

# Inner-Ease™ Technique

## Creating a Balanced Rhythm

The state of ease is a highly regenerative state that helps us flow more easily through challenges and builds our resilience capacity. Inner ease is not a sleepy-headed state or merely a state of relaxation. It is characterized by a balance between the mind and emotions which allows us to access a sense of inner stillness while on the move.

## Creating a Choice Point

Being in a state of ease creates an extra time window for deeper discernment and more competent and conscious choices that can help prevent and resolve many unnecessary challenges and unwanted predicaments.

Having an attitude of inner ease can help us remember we don't have to feed into daily drama or depleting emotions such as worry, fear, impatience and judgment.

Breathing ease helps support the alignment between our heart, mind and emotions when we are making decisions, communicating and planning. It gives us extra pause to act consciously rather than react mechanically by repeating the same stress patterns.

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**Inner ease is a state of “active calm” in which we are composed on the inside but ready for intelligent action.**



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**Step 1.** Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

*Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).*

**Step 2.** With each breath, draw in the feeling of inner ease to balance your mental and emotional energy.

**Step 3.** Set a meaningful intent to anchor the feeling of inner ease as you engage in your projects, challenges or daily interactions.

## Inner-Ease Quick Steps

- **Heart-Focused Breathing**
- **Draw in the feeling of inner ease**
- **Anchor and maintain the feeling**

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## Inner-Ease Applications

- Discerning important issues, making decisions or engaging in creative processes.
- Overloaded from deadlines and time pressures; too much to do and not enough time.
- Experiencing unexpected changes or disruptions that break up your routine or plans.
- Feeling frustrated, anxious or impatient with yourself, others or life's situations.
- Prepping before upcoming events.
- Processing inner drama before, during or after communications.

**Where can I apply this technique in my daily life?**

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