



Law of Reversed Effort, by Aldous Huxley

There is a Law of Reversed Effort. The harder we try with the conscious will to do something, the less we shall succeed. Proficiency and the results of proficiency come only to those who have learned the paradoxical art of doing and not doing, or combining relaxation with activity, of letting go as a person in order that the immanent and transcendent Unknown Quantity may take hold. We cannot make ourselves understand; the most we can do is to foster a state of mind, in which understanding may come to us. --Aldous Huxley

Published at www.awakin.org on Nov 22, 1999