



## Law of Least Effort, by Deepak Chopra

If you observe nature at work, you will see that least effort is expended. Grass doesn't try to grow, it just grows. Fish don't try to swim, they just swim. Flowers don't try to bloom, they bloom. Birds don't try to fly, they fly. This is their intrinsic nature. The earth doesn't try to spin on its own axis; it is the nature of the earth to spin with dizzying speed and to hurtle through space. It is the nature of babies to be in bliss. It is the nature of the sun to shine. It is the nature of the stars to glitter and sparkle. And it is human nature to make our dreams manifest into physical form, easily and effortlessly.

In Vedic Science, the age-old philosophy of India, this principle is known as the principle of economy of effort, or "do less and accomplish more." Ultimately you come to the state where you do nothing and accomplish everything. This means that there is just a faint idea, and then the manifestation of the idea comes about effortlessly. What is commonly called a "miracle" is actually an expression of the Law of Least Effort.

Nature's intelligence functions effortlessly, frictionlessly, spontaneously. It is non-linear; it is intuitive, holistic, and nourishing. And when you are in harmony with nature, when you are established in the knowledge of your true Self, you can make use of the Law of Least Effort.

Least effort is expended when your actions are motivated by love, because nature is held together by the energy of love. When you seek power and control over other people, you waste energy. When you seek money or power for the sake of the ego, you spend energy chasing the illusion of happiness instead of enjoying happiness in the moment. When you seek money for personal gain only, you cut off the flow of energy to yourself, and interfere with the expression of nature's intelligence. But when your actions are motivated by love, there is no waste of energy. When your actions are motivated by love, your energy multiplies and accumulates.

--Deepak Chopra, *\_Seven Spiritual Laws of Success\_*  
[[http://www.innerself.com/Behavior\\_Modification/effort.htm](http://www.innerself.com/Behavior_Modification/effort.htm)]