

# Principles to Live with Ease

Monique Martineau for Coaching, Keynotes & Workshops

Reprogram your mind with the wisdom of modern-day masters.

Use the mirror of relationship for evolution. ~ Deepak Chopra, MD, Bestselling Author

The only thing I'm fanatical about is meditating 30 minutes twice a day. ~ Deepak Chopra

Stress is an alarm clock that let's you know you're attached to something that's not true for you.  
~ Byron Katie, Bestselling Author, *The Work*

Would you rather be right or happy? ~ Wayne Dyer, Psychologist, Bestselling Author

If you want to be happy, simplify, simplify, simplify. ~ Wayne Dyer

Accept what is, or suffer. ~ Adyashanti, Zen Teacher, Author of *True Meditation*

Argue with reality and you'll lose every time. ~ Adyashanti & Byron Katie

Don't sell your soul to the story. ~ Adyashanti

You are the love you seek. ~ Adyashanti

You can't control when grace comes. You can only make yourself grace-prone. ~ Adyashanti

All you can do is create a space for transformation to happen...for grace and love to enter.  
~ Eckhart Tolle, Bestselling Author, *A New Earth*

You can't argue with reality. Well, you can, but it hurts. ~ Eckhart Tolle

Escaping the pain of the present moment by seeking salvation in the future doesn't work.  
~ Eckhart Tolle

Enter into consciousness through any of these portals: presence, surrender (detach and accept), dis-identify with the mind (ego), put attention on the body. ~ Eckhart Tolle

Stop "shoulding" on yourself and others.

Pain is mandatory. Suffering is optional.

God / life works in mysterious ways.

Life is a conspiracy to wake up! ~ Monique Martineau

Principles without practice fall flat. Refer to priceless Practices for Quality-of-Being under Resources on my website. ~ Monique Martineau