

Inspired to Take Action

Occasionally, I may be inspired to take a particular action.

It starts off as an idea which feels like it's in alignment with my vision. Then, I look at what options are available that relate to the expression of that idea, and see how I feel about each one. I sense the energy of each possible action and compare it to the energy of my vision, and if there is a resonating match, I go ahead with that action.

The specific details of what happens after I take the action, are less important. What's essential is the awareness of the feeling I'm getting while making the decision to act. If I feel balanced, peaceful, and aligned, then I just know that the related outcome would support that positive state, and things would just work out in their own perfect way.

What I am describing here is the fundamental principle of manifestation. Here are the key elements:

1) Feeling the energy of the vision

Be clear about the type of experience you would like to have in your life. Imagine it as vividly as you can, then hold onto the energy of that vision, while dropping any specific details or expectations.

2) Seeing all the available options

Write down as many possible options that can be made available to you. Use your imagination and be creative. Keep brainstorming, and you may discover choices and actions that are even more exciting than the original idea.

3) Comparing the energy of the action to the vision

Look at each item on the list and get a sense if there is alignment with your vision. Some items may carry so much excitement, that your whole being may practically be vibrating with energy.

4) Taking action from an aligned state

When you feel a sense of balance within yourself and a particular action is aligned with your vision, then the decision to act can be made instantaneously. You can be inspired to act without even thinking about it, because it would just feel so right.

If I don't feel comfortable about something, I don't do it. Having internal resistance to a particular action is a sign that there is something else that requires my immediate attention. So, I leave things for a while, and come back to them at another time.

As I am writing these words, I feel good. I started working on this letter in the morning and I was actually planning to leave it for another day. However, the idea of not sharing this information was creating so much imbalance within me that I was promptly guided back here to finish it.

The key is to be constantly in touch with how we feel about something. Feelings are the language of the soul, and are here to provide the most reliable guidance for our self-realisation. Very often, the mind would try to rationalise whether a particular action is beneficial, while the heart just knows when something is the right thing to do.

If we were to summarise the principle of manifestation into one sentence, this is what it would look like:

“Think without acting, then act without thinking.”

I am making the decision to send this letter today because this action is in alignment with the energy of my vision. It just feels right, and so no other reason is necessary.