

Mary Allen:

Let me officially welcome everyone to Momentum Mastery Monthly. Today, we have our success call on Taking Inspired Action. This lesson is on choice point of surrender versus control.

What we're going to be focusing on here today is identifying powerful action steps for each of your top goals that you've previously identified. If you don't have those goals right in front of you, this maybe a good time to refocus on the top three goals that you're really most focused on here over the next 90 days.

We are also going to talk about the difference between inspired action and forced action. You can tell which one might be my favorite. We're going to distinguish when you really want something or not. We're going to remind you that it's not about doing every action on your to-do list, but it's really more about achieving your overall outcome.

We're going to talk about using will power to overcome fear and ego and really allow them to serve you instead of you being driven by such entities. We're going to talk about the idea of surrendering to your desires versus controlling them.

I want to just kick off with this call with a quote by Joel Barker, "Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world."

As we are about to jump into our call, I want to point to a few little things on the front end. One is a little bit of a reminder of what we've done over the month of September. We talked about the importance of emotional muscles. And I imagine some of you have really been working to flex those emotional muscles of abundance, of gratitude, of being seen, of feeling worthy and deserving.

We also talked last time about feeling worthy and deserving, and really owning your value, and diving into that which for most human beings is a challenge to really tap into the deepest level of your sense of worthy and deservingness.

In previous calls, we've talked about creating your yearlong vision. Those are really great calls to supplement that yearlong vision. We've also talked about this idea of *Spirit versus Ego* - really listening and honoring our spirit's guidance. Now, even more than ever, we're really going to put that relationship with spirit's guidance with your inner guidance, your intuition into action when we start talking about taking inspired action.

Most of you get other emails from me and know that the Inner Peace Immersion Retreat is right around the corner in just eight days. I can hardly, hardly believe it. I know some of you will be there, so looking forward to spending several days with you in person.

One of the resources you're going to see in the forum later on tonight is the Inner Peace Immersion Retreat questionnaire. Those of you that are registered for the retreat have already received this in your inbox or you will be receiving it tonight.

Even if you're not attending the retreat, this is my gift to you. It's a very comprehensive questionnaire. It's not sit down and in 10 minutes do this, this is really meant to gear people up for the retreat in a way that really will queue things up so that you really get the most value.

It's going to bring a lot of awareness to the service. Some of the questions will be really easy to answer, and some of them will be a little bit more thought-provoking. Whether you are attending the retreat this go-around or a future retreat, it's a worthy exercise. So, I know each of you is really committed to your own personal growth, and you'll find this a very valuable tool.

So let's get into talking about taking inspired action. Let's think, "What is inspired action?" Inspired action is about being pulled into action. Inspire literally means "in spirit." It's action that's generated by spirit running through this physical body. It's letting action flow.

It's letting action take you; and it's effortless versus effortful. It's allowing the power of your vision to pull you into action. Even sit for a minute and virtually feel what that's like.

We might say on one hand that all of life is moving through us everyday, anyway. No matter whether we think we're really in charge of our lives or not. There is a sense of some kind of an organizing force that we could call it spirit. We could call it sourced energy, something moving through us all the time.

So often, we're resisting that life force, and we're artificially slowing things down. Alternatively, we may want things to happen a whole lot faster than is our given time line. In which case, it feels like we're wanting to artificially speed things up, and it's another way to push against things naturally occurring in our lives.

When we can find that sweet spot - that place of inspired action, it's more or less like riding or surfing away. You get on there, and it just carries you forward. It's relatively effortless. It's not cumbersome like climbing a mountain. For many, they really resist climbing the mountain. Every single foot step lifting one after the other, after the other. It could be just completely exhausting.

We're going forward with inspired action and really setting up those circumstances so that we're open to action coming through us. In an essence, we're using a whole lot less energy in the process.

Button: That was easy.

Mary Allen: Oh, how funny, if there's anyone heard that. My Easy Button fell off my desk.

Button: That was easy.

Mary Allen: Which is sort of the essence of inspired action.

Button: That was easy.

Mary Allen: Perfect that it just fell off at that exact moment. For our live listener callers, I want to put out a question for us to explore. "How do you know you're taking inspired action? What are the clues?"

Amy: It feels easy.

Mary Allen: It feels easy for sure.

Cindy: You're completing things is getting undone.

Mary Allen: Yeah. The cool about inspired action is that when we let it run, it goes all the way to completion. It doesn't stop midway. Yeah. How do you know you're taking inspired action?

Cindy: You're enjoying the process.

Mary Allen: Yes, enjoying the process.

Michael: You look forward to it.

Mary Allen: You look forward to it. Absolutely.

Stephanie: It seems right; there's no conflict.

Mary Allen: Mm-hmm. Yeah. It seems right, no conflict. Well, maybe even there is less mind involved, less second guessing. It's just clear. In a way, it's like almost automatically happening.

How do you think you can increase your ability to take inspired action? When thinking about this as a metaphor of really allowing action to run through you, what would really allow yourself to increase your ability to take inspired action?

Gaile: It feels really simple, but it feels really true to me. That is remembering to breathe. When I stop breathing, I do not have access to inspired action.

Mary Allen: Right. Yeah. Of course, it's one of the best indicators that stress is alive in our bodies when we stop breathing. You can even try it on right now. Hold your breath for a minute. It's like there's more contraction.

What else? How can you increase your ability to take inspired action?

Catherine: This is Catherine. One thing is just to make the choice to be looking for it. Start off the day by saying, "Boy, wouldn't it be nice to take inspired action all day." It might increase the chances.

Mary Allen: Right. Yes, yes, yes, yes. I completely agree, and it's a pretty fun experiment.

Cindy: Hi, Mary, this is, Cindy. I would say by practicing meditation and also being in the moment.

Mary Allen: Yes. Exactly. Actually that's one of the biggest keys. We know from meditation that calming the mind, we end up with a clearer signal-to-noise ratio, which really means we're more of an open vessel versus with a lot of mind chatter going on. Mind chatter like, "You should do this, and oh, you should do that, and what about this? And what about this, and how about this? And there's this."

So, you can end up being quite confused, if we've got a whole lot of chitter chatter going on. When you bring it back to the present moment, it's actually one of the really, really, big keys, which is why taking inspired action is lesson number five and not lesson number one.

Lesson number one in *The Power of Inner Choice* is about living in the present moment. When we can really learn to be in that present moment, it's from this space that we can be in a better position to allow ourself for inspired action to run through us.

Then, of course, leading into lesson number two, we can really choose things that consciously cultivate a high energy vibration. When we're in a higher energy vibration, we're also going to be more likely to allow inspiration to move through us.

When we're in a lower vibration in fear, shame, grief, or anxiety, – I don't know how it is for the rest of you taking action, but I typically find that – it seems to take at least double, triple, or quadruple the energy.

Of course, when we're really fully present and we're in a high energy vibration, we are more easily accessible to spirit and of course, this is really the central command center for inspired action. Excellent.

So, who else would add? What can you do to increase your ability to take inspired action? Okay, we have another one

Michael: This is Michael.

Mary Allen: Oh, okay, go for it Michael.

Michael: Just trying to leave a little space here, you know. Love what you do.

Mary Allen: Love what you do. Yeah.

Michael: If you can wake up in the morning and look forward to going and doing whatever it is that you do each day. It's almost like you get to go and play all day, and somebody paid you to do it.

Mary Allen: Yeah, so there's a real welcoming of everything that's showing up in your space, like welcoming the action and looking at it as the joy and I love to do as opposed to a I have to or should do.

Michael: That's right. Almost no matter what you're doing, you can always find a perspective that will allow you to feel that way.

Mary Allen: Yeah, I think that's very true, very true.

Michael: It's all on how you interpret it. If you want to choose to resist it, or

do you want to choose to embrace it.

Mary Allen:

That reminds me of one of the blog post that I received from the Byron Katie world. It's about the diary of a dog. The diary of dog, it goes something like, "8 o'clock on Friday morning. Dog food. Yippee, my favorite! 10 o'clock, walking, my favorite! 12 noon, water break, my favorite! 2 o'clock, nap time, my favorite!" So on, and on, and on, like everything that comes the dog's way is like, "Oh, goody, my favorite!"

We can really take on that same energy with each and every activity in our day. It's like, "Oh, goody, my favorite." Sometimes even saying that, maybe it wasn't your favorite 50 seconds ago, it could be really helpful in making that shift.

Great. The essence of inspired action is really surrendering to it. It's almost just not getting in the way of it, not editing, but allowing yourself to just be moved through life. Surrender to that flow as opposed to a kind of a control thing.

I'm wondering how many people have that experience. I was talking with somebody at an event a couple of weeks ago, and we were really talking about his thought. He is very big in law of attraction. I asked him, "Do you control your thoughts?"

He's like, "Absolutely. I control my thoughts. I absolutely control every single thought."

And if we ask him, "Do you control every single action?" He was very emphatic, "Yes, absolutely. I control every single action."

So I gave him a little inquiry. "I'd like you to just play with this for the next 24 hours and just notice and observe when a thought arises or when an action arises where you're controlling it or did something else arise. Did a thought just arise? Do the actions just arise? Just pay attention to that." It was kind of funny, because he came back 24 hours later, and he was still pretty convinced. He's like, "No, I'm in charge. I'm in charge. I'm in charge." Then I asked him a question. "Well, who's the 'I' that's in charge?"

As he started reflecting, the "I" that was in charged was really that big "I", like the spirit "I," consciousness, God. That was the "I" he was talking about that's really moving him all the time. So I shared with him and said well certainly my experience is that it's not the "I", meaning the little I me, Mary Allen, this package that's put here on planet Earth. I noticed that thoughts just arise. In a sense

I'm sitting here, a thought enters, certainly there are times when I can reach for a thought and say I want to feel good or even if I put out an intention, I want to call for as my top three goals, right?

Okay, so where did that thought come from? If I want to do a brainstorm for ten inspired actions for each of my top ten goals, where did these thoughts come from? Is it really me, the little me, or is there something else moving through me? In the same way with action, it is really to notice what actions are moving through you at any given moment. It's like, "I'm moving my hands right now." The "who" or "what" is moving the hands? Is it me, the conscious me? I just stopped it. Is it because I said to stop or was something else moving through me?

So I open the lines back up. How do you experience action arising? How do you experience thought arising?

Catherine: This is Catherine. I would say that I really resonate with that idea of thoughts arising. I'm learning from listening to the book and Adyashanti who's got a great other take on how separate you can be from thoughts. That's the brand new thinking for me that's been delicious. It is the thought therefore as, you know, I can do things with it. I can pay attention to or ignore it, whatever I want to do with it versus feeling like it owned me.

Mary Allen: Right exactly, or that you are your thoughts.

Catherine: Exactly.

Mary Allen: Or that we have to believe every one of the thoughts that arises.

Catherine: Right, I'm thinking it, so it has validity, but maybe not.

Mary Allen: Yeah, maybe not so much.

Catherine: Yeah.

Mary Allen: I find a lot greater peace in just simply questioning the thoughts that arise as opposed to believing them. It sure makes life simpler. Who else might add a thought or comment about actions arising on their own particularly when you're in inspired action. We'll talk in a minute here about the difference between forced action and inspired action, but I would largely say that a lot of what's going on already is inspired action.

I would say that a lot of what's going on is that we're kicking and screaming along the way saying, "I'm not sure I'm ready for this." You're putting all those brakes on or wanting to speed things up quicker than time is unfolding. So what's your experience of inspired action naturally occurring in your world?

Michael: This is Michael.

Mary Allen: Yeah, Michael.

Michael: Let me ask you something. Have you ever been talking around the table with people maybe brainstorming and somebody says the absolute worst idea possible. Then, the very next idea turned out to be totally brilliant?

Mary Allen: So let me see if I'm following you. So we're at a table and somebody pulls up like worst idea, and then right after the worst idea comes a great idea.

Michael: Yeah, not necessarily from the same person. In fact, very likely a different person, but that worst idea was just the trigger that caused somebody to come up with this wonderful, beautiful idea.

Mary Allen: Yes, yes.

Michael: It's like a seed, an ugly seed that turns into a beautiful flower, you know?

Mary Allen: Right. Yes, I certainly had that happen.

Michael: It happens to me all the time.

Mary Allen: So what do you make of that?

Michael: I'm not sure. I don't know if I'd mentioned it on these calls, but in my mind things are very quiet, most of the time, very peaceful, very quiet. Apparently for most people, a gazillion thoughts are going on all the time in their head. And so I had to come up with an analogy on how I perceive this.

The analogy I came up with was I'm in a room by myself. That's my world. There's maybe the other staff in the room. In my mind I just picture it as a dark room where that's very empty, very plain, very peaceful, very quiet and as I go through my days, there's a door. Every once in a while, the door will open and somebody will pass me the notes. It's like, next door, there's a party going on or

there's something going on. There's a lot of noise next door and every once in a while the door will open and the idea will come in and the door will close. I have no idea where it comes from. You know, some people will say, well that comes from God.

Mary Allen: From Spirit or it comes from intuition.

Michael: But it's just my way of how I perceived it, and I have no idea what is in the next room or wherever it's coming from. It could be the subconscious for all I know. Who knows?

Mary Allen: Right. Yeah, that gets us into a big question, where do these ideas come from? It can be useful to create a metaphor for how thoughts are arising. And particularly if we can open our receptors to them showing up. So what I'm hearing is that some of the notes that get passed to you feel like really, really great ideas and some feel like not so great ideas.

Michael: Yeah.

Mary Allen: Yeah.

Michael: Yeah, well, actually most of the notes that come through are usually quite amazing ideas. And I haven't figured out how to go over to the door and knock at the door for an idea.

Mary Allen: Well, that could be a tricky thing. So this is sort of taking inspired action into the mind which, is where it generates itself anyway. But there is something that when we really try, we're like, "Hey! Can you send me some more notes?" We might put out a request or an intention and say, "Hey, I really would like to receive like a few more notes particularly if you can send me some notes on this particular topic."

Michael: Yeah. You know, it's funny. Up until tonight when I was describing this analogy of the room that I'm in. It had never actually occurred to me to knock on the door and ask a question. I just always looked forward to the door opening and something to be passed to me.

Mary Allen: Right. Well, in ...

Michael: I wonder if there's something there.

Mary Allen: Yes, I would say that it goes back to this general inquiry of how we can increase our ability to take inspired action. It's kind of all

around the same thing. There are certain things we can do that make ourselves more susceptible and receptive to consciousness flowing through us. So for you Michael, just to say on this original inquiry, so when you experience actions running through you, is it you doing the acting. I guess the question is, "Do you feel like you're in control of every action you take or do you also experience life unfolding through you? How does it feel for you?"

Michael: That's a very deep question. I've often wondered that, you know?

Mary Allen: So just stay with the question.

Michael: Yeah.

Mary Allen: Like how would you respond? What's your experience?

Michael: I guess I would have to say, it's partnership.

Mary Allen: That's a beautiful way of describing it.

Michael: You know, things happen, things exist, but I have to do my part too. Everything that comes into my life will not have any meaning or value to it if I'm not there to be open to it and take advantage of it.

Mary Allen: Yeah, I totally agree and I think that's where partnership is a really, really powerful way to embrace this idea of inspired action. There is something moving through us. There's a lot of unconscious people walking around the planet that have never been exposed to any personal growth ever. If they continue to progress through life, there's something happening. There's something also that occurs that when we can really embrace the partnership in a way where we tie that to our vision, that the path actually leads to something that perhaps is an even higher expression of who you are.

Cindy: Mary? This is Cindy. If I can add something.

Mary Allen: Sure.

Cindy: I hope I can explain this the way I'm trying to think it in my head. This was whole action thing, all of us would be so much is just out of push or habit or whatever that's learned. What was wrong with me is I actually had three torn ligaments in my foot, which were totally separated. The ligaments connect bone to bone so my bones actually were not working together, which created everything else.

So it's really amazing everything that I can do, every step that I take. I got to do the dishes so then like I found great joy and after not being able to do it for so long. But it's just a matter of being aware of how every aspect of your body and your mind goes along with everything else.

It's something that I've really been more in tune to with an injured foot. I really have to concentrate to move that foot or to do anything with that foot right now, whereas before you just don't think about moving and I think with any type of action it's, you know, starting a new project of something, whenever you're truly inspired action, you don't think about it. It just all falls together because all the bones are connected in the right places. So until everything is connected in the right place, the thoughts and the actions don't connect in the way they're supposed to.

Mary Allen:

Right, right. Yes, yes. And it's almost like we've just had surgery on our foot. It's a good metaphor for either, really being cut off from your powers like there's sort of a regeneration stage to bring yourself back into full connection and things working if we over exhaust ourselves, for example, or we're not giving ourselves the foods that really give us the proper energy. It handicaps us in kind of the same way.

Cindy:

But a friend of mine, she said that your feet are your pathway for your life. And so she said with my injured foot I'm beginning a new path in my life now with a new beginning in my foot.

Mary Allen:

New beginnings in the foot. Love it. Love it. Love it. Let's come to just a few other organizing principles, and then I want to wrap up the call by going to each of you that are here on the line that are willing to share two inspired actions that you're wanting and willing to take on over the coming two weeks.

Let's talk about a couple of other distinctions here about **outcome versus action steps**. So what are the ways that we can get tripped up and handicapped, if we will inspired action? If we get too caught up in having to do all the steps, and if instead we come back to and we're reminding ourselves, what is really the overall outcome versus the action step.

And my friend, Clark is a brilliant biotech engineer. He does all kinds of medical devices. Literally, he's the tenth largest patent holder. And what I love is he is always get coming to, "What's really the ultimate solution that we're aiming for? What's the ultimate outcome?"

One time they were in the lab and they were looking for some matches. They couldn't find matches, and then Clark said, "No. What are we really after here? We're really after fire. How else can we create fire?" So rubbing two things together is an alternative. Sometimes we get caught up in those extra actions steps instead of really looking at those overall outcomes. As you brainstorm those listed inspired actions that maybe some of those inspired actions you named first just to kind of help generate the next few ideas, but it doesn't necessarily mean you need to do every single one of them. So one principle to keep in mind.

Another idea is around this idea of inspired action versus will power. What do we mean with will power? I like to think of will power as when we need a little boost. Sometimes maybe we've got ego standing in the way, and there's a part of you that's wanting to jumpstart - let's say a health or fitness program. And you're not quite feeling the inspiration or the inspiration isn't strong enough to trump the ego that's saying, "No let's start tomorrow. Let's start next week. Let's do whatever."

Will power, it can be useful to come into play. It's like ultimately this is in alignment and serves my greater vision. And so I'm willing to let will power jumpstart inspired action to give it the boost. It's like one side I use will power to get my workout clothes put on my body and will power to start marching through the door. Usually, it's just getting the workout clothes on. That's where the will power is. And then inspired action takes over and carries me off to the gym and carries me into the workout.

So we can think of will power as a little jump starter. We can. I've seen some people use, you know, "Well, I'm just not inspired to do this or that." What we want to really come to distinguish is the voice of ego that's coming from fear and causing you to play smaller from true inspiration of what's really in your divine best good.

So we can take the next principle of really distinguishing between forced action and using will power. I don't know how many type A's we've got here on the phone, maybe some reformed type A's - where it's, "I've got my task list. I'm going through it one by one by one by one. And I'm going to make it all happen. And I'm going to force myself to do it even if I'm not feeling the love for the action in that moment."

And we could see that could be a very exhausting way to go through life if we're just constantly regimenting and controlling every single thing coming out of the mind, right? And we know it's forced action. Ultimately with forced action, we're going to be exhausted. When we tap into inspired action, it tends to be more energizing and kind of go on and on and on.

So just to distinguish forced action is and using will power. I'd like to see will power more as the jump starter to get you moving with things and then to allow inspired action to take over.

My experience is that if I sit down to work on a project and I'm in that, "Okay. Let's use a little will power to kind of focus my energy and attention to get started with something." If inspiration doesn't kind of come over me within a reasonable period of time, I will often take that as a sign that it's like, "Nope, not now. I'll come back to this one if inspiration is really, really flowing."

Occasionally, there're deadlines, that it's like, "Okay, I really got to get this out." It's like major, major consequences, and it truly is a forced action all the way to the finish line. Personally, I just find it so exhausting and not a joy. So that's something I wanted to do a whole lot of.

So any comments or thoughts about forced action versus will power versus inspired action? Well, anyone want to add anything?

Catherine: This is Catherine. I will say that I really noticed the difference in the last year, for sure, with the belief system I used to have. Things have to be hard. I have to work my belief and ass off every single day or it doesn't count, you know?

That's a big part of it for me, since I started walking at the Nature Preserve. That means that I can't do everything. And you know what? Life's going on.

Mary Allen: Yeah.

Catherine: And it's been a joy for me, because I just love my ducks out there and my bird friends. I don't want to start a day without them. And life's just going to have to adjust itself to me. And that really is a huge, huge development.

So I'd recognize forced action. Physically, my jaw is tight. I feel this feeling of tightness in my chest and throat that I'm glad to say, I'm feeling it earlier and earlier in a task that really – like you said,

it's not like the task is wrong, it's probably just the timing because the inspiration isn't there.

Mary Allen: Right.

Catherine: I'm still going and trying to get myself through that – like that where it could be easy and fun.

Mary Allen: Yes.

Catherine: It's delightful.

Mary Allen: And I would dare say that your walks in nature at that time is actually allowing you to be more tuned in to inspired action flowing through you so that when you are focused on it being "work time" or "self-expression time" or "build the business time," that you can much more easily allow that inspiration to flow through.

Catherine: Right. And also, to give me this clarity on what drive I shouldn't be doing. I need to accumulate the resources to hire the help that I need. It's becoming more and more clear what I can do and what is somebody else's gift.

Mary Allen: Right.

Catherine: And so all these awareness is a very helpful in keeping peace of mind and all.

Mary Allen: That's good, good. Any other thoughts or comments on forced action, will power, inspired action?

Stephanie: Hi, Mary. It's Stephanie.

Mary Allen: Yeah.

Stephanie: The part that you mentioned about being careful to see if this is the ego that's keeping you from moving forward, I feel that as I've calmed my mind and I get attracted to because I'm getting a lot of inspiration, a lot of great ideas. I see I'm very much inspired, but I also feel as if there's part of me that's telling myself, "Well, the timing is just not right." Move on it.

So as you commented on that, I just began to wonder, "Well, maybe that is more ego talking than the lack of inspired action."

Mary Allen: Well, and that's a very important thing to be paying attention to. So what's the clear sign that ego is involved?

Stephanie: This is the thing, because in the past, I used to feel like if a decision was difficult to make, maybe there's more ego involved. And now, I find that making decisions and if things are presented to me, it's crystal clear what path I'm going to take.

But even up until this morning, I felt like, "You know, I should be really moving forward a little bit more." And I felt that like that was more of a mind thing than an inspiration than intuition.

Mary Allen: Right, right.

Stephanie: But now, for me, kind of the lines are blurred, because I know there has to be some ego there.

Mary Allen: Right, right and this is probably a good example of wanting to artificially speed things up, right? It would be very much an ego comment to say, "Hey, Stephanie, you need to be doing more," right?

Stephanie: That's how I feel.

Mary Allen: Yeah. That's not really what spirit is really about, you know, aligning with what is. It's just going with the flow per se. It might do a little nudge or tap on the shoulder as an inspiration, "Hey, call so and so."

But I would venture to say that spirit is much more of a friendly, loving source in the universe, not the, "Hey, get on the stick here. You're not doing enough." So you might also look at the quality of it. If it's like, "Hey, you know, you could pick up the phone and maybe there's so and so that you need to reach out to," the quality that will feel different. One will feel a little heavier or stickier versus freeier and like you want to.

Stephanie: Okay.

Mary Allen: Right?

Stephanie: Okay. Yeah.

Mary Allen: Yeah. But, you know, it can work both ways, right? We can have the ego that wants to speed things up, "Hey, faster, faster, faster."

We can also have a different version of the ego saying, "You'll write that article tomorrow" or "You know, I'll do that tomorrow."

If in those moments, we can just bring ourselves back to a point of peace and clarity, maybe that means sitting down on the meditation cushion for a few minutes or going for a walk in nature or just taking a few minutes and consciously breathing, just coming back to that point of center where we clear the mind. Then, it will become clear and obvious what really the next thing to do is.

Stephanie: Okay, great.

Mary Allen: Yeah, very good.

Michael: And you'll find your carrot.

Mary Allen: And you'll find your carrot?

Michael: Yeah. When I think of inspired action, I always think of a horse. It can either be led by a carrot or it can be pushed.

Mary Allen: Right, right, right. Yes.

Michael: So what's your carrot?

Mary Allen: Right.

Michael: Well, what's going to draw you forward instead of having you push yourself forward?

Mary Allen: Right, out of what, fear, right? And if it's a push, there is some other kind of motivating force, "Ah, we're not moving quick enough. If you don't do *this*, *this* will happen."

This leads to another key point. It comes from the world of Byron Katie, "How do you know you really want something?" A really powerful concept. Katie would say, "Well, how do I know I want to drink a water? I'll pick up the glass and I take a drink of water."

How do I know I want to pick up the pen? I can say, "Oh, I want to pick up the pen." Well, it's not true until I actually get into action and pick up the pen. I want to write...

Michael: Up until then, it's in your head.

Mary Allen: It's in your head, and it's just a thought. I want something. The way we know we really want something is that we're in action around it.

So it can be some little idea to play with if you're finding the procrastination beast on your shoulder. It's like do you really want this? Do you really want to write a book? Do you really want to make more money? Do you really want to build a coaching business? How do you know you really want it? It's like you allow yourself to take the inspired action to fulfill that.

Okay. We've got just a few minutes here to the top of the hour. I'd love just to check in, with those of you here on the main bridge line, that are willing to share. What are one or two inspired actions that you would like to take over the coming weeks? So first tell us what one of your top goals is in a word or a sentence, and then what are one or two inspired actions that you want to take over the coming week.

Who would like to go first?

Gaile: Mary, this is Gaile.

Mary Allen: Yeah, Gaile.

Gaile: I still appreciate your working to distinguish all these things for us, inspired action from will power, from forced action and still a challenge for me to flow or depart.

So how am I going to answer your question if in an inspired action that I'm going to take in the next few weeks is to take action when I'm inspired. Actually, notice inspiration and take action. I know that sounds flaky, but it's a little challenging for me still to anticipate an inspired action when it seems to me that inspired actions are inspired in the moment.

Mary Allen: Right, right, right. Yes. Yes. Yes.

So I love this. I can offer a little bit of a structure for how this could be done in a more structured format. Do this exercise. This is very good.

Let's say ours is a brainstorm. If I'm sitting here on this call and I'm going to brainstorm, let's say, 10 potential actions that I can take towards my goal. One of my goals, I'm leading a four-day Inner Peace Immersion Retreat. I've got a few action items on the

list, right? So then I would look at the list and from the place of inspiration, I might look and check in and see, so where am I feeling the gravity right now? It's like right now what feels easiest? What feels like it's the next piece to do?

It may match up with logic, might not necessarily, right? And then I might star the two that I felt most magnetically drawn to.

So that could be another way to get with inspired action. Because I agree with you, most inspired action just occurs in the moment. You might actually do a list of 10 actions that, "Okay, these are all in support of this goal." But then, if inspiration takes you somewhere else, I say, honor it. It is so not about the to-do list.

Gaile:

Right, exactly. That's really great. What I heard in that is an additional distinction. I could pick for each of my three goals, inspired action I'll take in the next week is to look at all the possible actions I could take and see what lights me up and what seems inspired in that moment, regardless of whether it seems logical or practical or the next thing to do to actually take that action.

Mary Allen:

Yes, love it. Now, let's even think, as we're putting together an inspired actions list, which one of the forms that I'll post on the Ning forum tonight. It's just a simple worksheet that has a place for you to list each one of your top three goals and there are 10 spaces to write for those 10 inspired actions.

If you think, it's like where did those inspired actions that end up getting written down, where do they come from? Some of them may come from the ego mind that says, "Hey, in order to do this, this is the next step."

But often what happens and why it's a fun exercise to just allow yourself, the creativity to do 10 for each goal, is sometimes just like Michael was saying that you could be in a room. It's like the worst idea and then the one that comes after is actually really amazing - kind of in the same way when you do your list. You get what's being held in the mind out on paper. So often, the extra layers of inspiration can then flow onto the paper. It might be item nine or 10 that all of a sudden feels like, "Wow. That is inspired. I'm just about that. It might actually reach my outcome quicker." And so you go with it.

Gaile:

Thanks.

Mary Allen: Yup, cool.

Michael: Sometimes, you need to let go and get those poorer ideas out, because they're actually blocking the flow of the good ideas coming right after it.

Mary Allen: Exactly, exactly. And Michael, how about you? What would be one or two inspired actions that you're up for in the coming week?

Michael: I've been building up an inspired action for a few weeks now, because it wasn't an inspired action.

Mary Allen: Oh, okay. So...

Michael: So I've been turning it into an inspired action.

Mary Allen: And what is it?

Michael: I've been building up my carrot. I have gotten myself into the bad habit of going to bed around 1:30, 2:00 o'clock in the morning.

Mary Allen: Okay.

Michael: And I've been doing that now for a few months. And I'm recognizing that it's not serving me.

Mary Allen: Okay.

Michael: So my inspired action for the coming week will be, starting with tonight, to get to bed much earlier.

Mary Allen: And are you going to name something specifically, so we can celebrate with you?

Michael: Eleven.

Mary Allen: Eleven. Okay. And so...

Michael: So three hours earlier.

Mary Allen: Okay. So this is probably a great example of where we might want to bring in a little element of will power to get this jump started. But at the moment of maybe 10:45 or so, it's like, "Okay, Michael. We want to make this happen. So let's jumpstart it so that it

actually can ultimately become easy and effortless to get to bed at that time."

Michael: Great.

Mary Allen: Great – and who else?

Catherine: This is Catherine.

Mary Allen: Yeah, Catherine.

Catherine: I actually have a book project for Pete's sake. I'm writing a book proposal and that's all very exciting. And I have a deadline.

Mary Allen: Awesome.

Catherine: So that's a terrific goal. I love your idea about listing the steps, gather my information. There's a lot of preliminaries I could do to create a comfort zone around it. So I will do that idea. And I like that, be able to glance through, to see which one seems fun and follow that trail that's very friendly to me.

There's another way that I create conscious-inspired actions that I want to share. And that is like if I'm going to go out to a Starbucks, I will write two different addresses on two different pieces of paper then turn them face down and pick one. I do allow inspiration to take me somewhere and then pay attention to what happens there, what I notice.

Mary Allen: Right.

Catherine: And that's fun because some really cool things have happened if you do that.

Mary Allen: Right.

Catherine: So anyway, that's what I wanted to share.

Mary Allen: Oh, love it, love it. Okay. I also do that as well when time is less structured on the weekend. It's really just to watch what *she* does. *She* being the blonde, me. "Okay. We're going to go this way. Well, we could go here or here." Then, I just let go and see what happens. It often surprises me. There's something else doing the choosing, and it's fun to notice what the gifts of honoring that hour later on.

Catherine: Right, because last week, I had the biggest event of my career, and it went off very well loved. There's a potential headache, but the hour felt great. It's the coach of the moment, you know?

Mary Allen: Well, congratulations.

Catherine: Thank you. But like three days before, I spent the day sorting glasses, net, and stuff. And this has to do with something you had said. You maybe surprised to what you're inspired to do and just do it, follow that. And I did that. This is what I really feel like doing. Now, cleaning cargo stuff is rarely something we feel like doing, so that's already unusual, but it didn't hurt me though. You know, I could've spent the day, creating mountains out of small hills type of thing and instead did something totally unrelated to my list. But it was inspired. It really was. I knew. I can feel it. And I put my music on and I was channeling my inner inspiration.

Mary Allen: Here's great a beauty in honoring inspiration.

Catherine: Yeah.

Mary Allen: Very nice.

Cindy: Mary?

Mary Allen: Yeah.

Cindy: This is Cindy.

Mary Allen: Yeah, Cindy.

Cindy: I'm going to be taking inspired action on some of my coaching business. I have some articles that I have been thinking of writing in. I have some videos that I wanted to make. So I'm going to take inspired action on those.

But also, just talking about inspired action, I really want to share this with you. My grandson's first birthday is in September, so Amy took me up to Phoenix so we could celebrate.

When we got there in the motel and things weren't going real well. I didn't feel like my son was cooperating. And my daughter, just out of the blue, picked up your book. The first thing she opened up to was that you can't control other people. It's just is what it is and

just live in the moment and accept people for who they are. It's neither good nor bad.

But it was truly a huge inspirational moment for both Amy and me. It definitely shifted both of our moods and our mindsets. Toward the rest of the weekend, it went very, very well. The thing is Amy just opened up your book, and there it was.

Mary Allen:

Wow. Well, it's a great example of inspired action and then creating another little ripple effect. Oh, beautiful, beautiful.

Anyone else that wants to share their inspired actions before we sign off here for tonight?

Okay. So let's do this as we check out for tonight. Your assignment is really to just continue to be present to inspired action moving through you. How will power can be a jump starter in certain moments to kind of trump passed the ego forces?

So I'd also love to invite you to play and dance with the Inner Peace Immersion Retreat questionnaire whether you're going to the retreat or not. I'm really looking forward to our next call on October 26th where we can really play with those inner peace visions and really looking forward to playing with those of you that will be at the Inner Peace Immersion Retreat next week.

We've got a lot of amazing things lined up for you and an experience that will surely transform your life especially if it relates to everyday inner peace.

So with that, we'll just wrap for now and we'll see you on the call in two weeks.

Female 1:

Thanks, Mary.

Mary Allen:

Bye, everyone.