

Just a Little Action, Please

by Bob Rush



Themes can be grand things, like a directional marker to show us where to go and not get lost in the ozone.

Inspired Action – let’s see – inspired to act , no... how about action with a little purpose, wait; I think I’ve got it – at least for the moment.

Action that comes from the heart. Motivation from the soul.

Yes , there are actions done daily that aren’t necessarily inspirational – taking out the garbage, remembering to put dirty clothes in laundry hamper and so on. Even these could change depending on how the action is viewed. But enough with the Zen for the moment.

I have been participating in the 45 Day Boundless Living Challenge as originated by Bob Doyle. It asks us to pinpoint goals that you want to achieve during this period, identify blocks or obstacles faced and then surmounted, and share with others about the journey. Goals range from weight loss to world peace(kidding) to challenging ourselves to live a life of passion, My goals – Expand the equine massage and saddle fitting business which, of course , is my passion and to write about my experiences with horses, Law of Attraction, the spiritual journey and lessons I’ve learned along the way. Not really a how to do it book but one that hopefully will show some practical lessons along the way to living a life of passion.

Now how does this tie in to “inspired action” - Through many wonderful connected souls that pointed me to this challenge, my soul sounded the bugle and decided it was time to put up or shut up.

I was paying lip service to the idea of getting off my ass and putting a plan into action. The challenge brought forth accountability.

If I am accountable to an audience of sorts, then I will in turn hold myself accountable to me as well. For me, that's the swift kick in the ass I need to get motivated.

Getting back to inspiration. This means that there is a movement from within to do all that I can to achieve my desire.

Reaching out, becoming a little vulnerable and at times baring my soul so that I may move forward. Yes, there are potholes – many which are self-inflicted. One of my favorite potholes which I fall into is “laziness” – I’ll do the Scarlett O’Hara thing and “think about that tomorrow.” Abe says to “get so fixated on what you want...” – that is inspired action at its very core level. Damn the torpedos and full speed ahead!!! I’m am called forth to be the best damn equine bodyworker. Horses will ask for me. I now understand that in order to fulfill this dream I must network , put myself out there and do all those things (being the inspired action) to get to the Emerald City. Oh, there he goes again with the Oz stuff.

I used to believe that networking was a very distasteful task and frankly, I was a little chicken. What if everyone doesn’t like me.

But what I am beginning to find is that if you are truly passionate and firmly believe about what you are doing, people will listen and they will respond.

Reminds me of “Field of Dreams” – “people will come, Ray” So by being inspired – people will call, Bob.

One mini example of an inspired action that led to a mini-manifestation. I use a liniment when I massage horses that I really like, Its all natural and is easy on the hands and is easy on the horse. I sent the company an e-mail praising their product. Not a big deal but just an appreciation. I got a call within twenty four hours of the e-mail. Would you like to be put on our therapist list, could you send a picture of you working on a horse, and be a mini dealer. So my testimonial now resides on their website along with a

picture of me at work. This was a validation for me and my skills. What it may lead to , who knows. The universe in its most infinite wisdom will let me know when it thinks I'm ready.

If I am inspired by something or someone. I react differently than the usual whatever.

I get these little hints by the universe to do this or that. Not sure sometimes as to why – but I no longer try to question the Universe.

Often when I write blog entries I worry that no one can seriously want to read this stuff. Funny thing is there is a tiny bit of inspiration that wells up inside that says write it anyway. Now I think I understand the old Nike saying of Just Do It. These are the actions. A friend of mine told me once that you can do life perfectly if all you are doing is sitting on the couch. How's that for a little cosmic thunderbolt.

Whether or not I make a million, become famous , retire to Bora-Bora or whatever – the Universe is there willing to help and is on standby – I simply just need to remember a little “inspired action”.

Till next time, fellow travelers – may all your desires manifest, may the journey bring magic and the ride be neverending.

[Bob](#)
