

## What Inspired Action Means to Me

First, let me just say how honored, thrilled, excited and inspired I am to be joining The Magic Happens as a contributor. I've been a long-time reader, and I just couldn't be more happy to be up here with all these amazing people.

I thought for my debut issue, I'd tell you a little about me, my mission, and why I ultimately chose to accept Kat's invitation to contribute. And, yeah, I'm hoping to pass along some inspiration and practical tips and information along the way too.

I've been studying the Law of Attraction for the better part of 12 years. As a teenager, I knew that I could have anything I wanted. I knew exactly what it was like to see something, want it, and – as if by magic – it would come to me. I was always amused at the power I had.



Then, I was hit by a long bout of low – no – terrible self-esteem. And my power of seeing something and have it magically appear in my experience pretty much disappeared. I'll never forget, my Senior year of college, one of my roommates made a comment to me. She said, "Jenn, you always get what you want, no matter what. I really hate that about you."

Ouch.

She was right – I did get whatever I wanted, but I really had no clue how. I thought everyone could do what I did. I didn't realize I was so special. Since I was suffering from awful self-esteem, I decided I couldn't have anyone hating anything about me and I turned off my magical attraction power.

After about two years of struggling, and being really down, I remembered that life didn't always used to be like that. Life used to

be relatively easy. I saw something I wanted, and it would come to me. Why wasn't it that easy anymore? What happened?

Thus began my study of law of attraction. At first, I didn't know I was studying "Law of Attraction." I didn't realize what I could do had a name. I was simply on a quest to figure out what the heck happened to me and my magic. I began by remembering exactly how I got what I wanted before I lost the magic.

First, I would see something I wanted – like a toy, a job, an outfit; anything. Then, I distinctly remember just knowing I would get it. I didn't know how or when, but I knew I'd get it. I could feel it deep down in my soul. Next, I would be inspired to take some sort of action. Whether it was put in a job application and ask to speak to the manager, or go to the mall and find a sale – I could remember taking action when I felt intuitively guided (or inspired) to do so. Finally, I just had this knowing that everything would work out. And even if something seemingly went awry, I knew it would all work out the way I wanted. And then, I'd get what I wanted – it would come to me. It usually didn't take long, and I never really worried about "when" anyway.

I compared the times of getting what I wanted to the times I was struggling, and I found that the biggest reason for my struggle was the types of action I was taking. When I was struggling, I was coming from a place of lack in my actions. When things were easy, I would feel inspired before taking the action. I would be guided to take certain actions, and I would just take them. As opposed to stressing, straining, worrying, about what to do, when to do it, how to do it, and whether or not what I was doing was right.

These last 12 or so years have been an interesting journey. I went from practicing the Law of Attraction perfectly, to making life a struggle, full of worry, and harder than it had to be, and back to being a pretty darn good attractor.

While I was learning to get myself back on kilter with LOA, I often wondered what this whole experience was meant to teach me. And when I look back on this time, I realize, I'm meant to teach these

concepts. I wouldn't be able to teach them quite as well, if I had always been the master. So falling out of sync with it has been a great way for me to know what it feels like to be out of alignment, taking motivated action instead of inspired, and getting the exact opposite of what I thought I wanted.

Now, I apply these teachings and my experience toward helping people build businesses that are in service to others. It is my mission to help people thrive – and not struggle like I did. The struggle is senseless and unnecessary. Though, we are human, and we do go through it.

Getting back into alignment, and getting back to myself has surely been quite a journey. I think what I love most about the whole process is the inspired action. After all, life is all about the journey – all about the actions you take. And when they're inspired, they're fun, and when they're fun, life just rocks.

If you love the actions you're taking, if you feel inspired, then you know you're in alignment, and you know you're getting exactly what you want.

About Jenn:

Jenn Givler is an Intuitive Business Coach. She teaches healers, alternative therapists, spiritual teachers and coaches how to promote their practice without aggressive, hype-ridden or manipulative marketing tactics. Through her Mindful Marketing process, Jenn shows practitioners how to authentically and effectively promote their practice. You can learn more about Jenn, read her blog, and get help building your practice by visiting Jenn's site:

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