

## Inspired *In*action



I have been having trouble with action in general this summer. Therefore, writing an article on *Inspired Action* has been twice as difficult. That's when it hit me – sometimes there is purpose in *no action*.

I have been getting hit over the head with meditation for the past few months. It's been recommended to me to meditate on a daily basis to clear my mind, get out of the way and allow the universe do its magic. For whatever reason I have not allowed myself to develop this habit, but have at least put thought into it. I meditate for 2 weeks straight, and then stop, then go, then stop, etc... This is when I came across a web site that Kat listed on "[The Magic Happens](#)" ning group. The "*How To Meditate*" web site broke down meditation in to small

manageable concepts for me. A short but fabulous lesson! As the saying goes "*How do you eat an elephant? One bite at a time.*"

This new information created a little fire within me. I now felt like I had the tools I needed to meditate properly, consistently and in small bites!

***As I have learned to allow my mind to become still, I have noticed a shift in my daily life, or should I say how I react in my daily life.***

Things that once seemed big, no longer seem so. Things that would "set me off" no longer do. I have personal situations that I have been impatient with that don't affect me nearly as profoundly as they did before. I have also noticed that when meditating, I sometimes hit a "special place" – I can't define it but it makes my nose tingle when I awaken. When my nose tingles, I know like I "hit the nail on the head" about something and it truly resonates with all of me... it's a great feeling!

The purpose of my "no action" was to become centered. To remember to allow the universe to take its rightful place in charge and for me to step back and loosen the reins of control that I have felt compelled to hold onto. This learning experience led me to finish an idea I had a while ago – The Mediations for Growth web site <http://www.meditationsforgrowth.com/> (still somewhat a work in progress).

***When you are having a difficult time taking action, stop. Look at yourself and see what your heart is trying to tell you.***

Sit down, back straight, feet on the floor and breath in through your nose – focusing on your breathing, how the air feels going in and out of your nostrils and allow your mind to become quiet. It takes a bit of practice – but just allow yourself to relax for 10 or 15 minuets and allow yourself to loose “control”. Your mind will become quiet and you will relax. When you “awaken” you will feel refreshed. You may even have an idea or thought that is moving you to take some action. Go with it! If you do not – then be grateful the universe is giving you a time out, a phase to go within, to relax, and to become centered. It makes all the difference in the world.

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