

Nudges and Niggles

By The Domestic Gourdess

Tick, tick, tick, tick... I glanced at the calendar. Yipes, the deadline for articles is looming closer! Tick, tick, tick....

I'm not feeling it. Wait, there it is! Type, type, type, type, type.

No that's not quite it. I hit the save button anyway. A day or two passed by.

Tick, tick, tick, tick...

Here it is! Type, type, back space, right click, delete, type, type, back space, back space, type, type. Nope, that's not quite it either. I clicked the save button again. I must be trying to hard.

I was attempting to push the article out instead of allowing it to flow.

Tick, tick, tick, tick.... Douglas Adams had something funny to say about deadlines.

"I love deadlines. I love the whooshing noise they make as they go by."

My ears perked up to listen. No, no whoosh, just the clock, tick, tick, tick, tick...

I was feeling no inspiration to write about inspired action. No amount of cajoling, bribing, or stern talks would move me. Well, it was either going to drop into my head or I'd be listening to the sound of the deadline as it zipped on by.

August 27th at 5:00 AM, I'm slurping my morning coffee at the dining room table with tissues stuffed up my nostrils to staunch the allergic response to ragweed. Tissue reserves are stuffed in my bra for easy access along with a box strapped to my hip. The computer is ramped up and I'm scanning through e-mails. I feel the niggle. It's a tickly, wriggly kind of feeling in the brain.

THERE IT IS! After I moved my morning paraphernalia (coffee mug, tissues, and computer) to the couch, I sat, it flowed, and I typed.

Inspired action shows up naturally when you are living in the present moment and takes on many forms.

It can be an idea that drops into your head. That's how my writing shows up. Or it's an impulse to call someone or to say something you normally wouldn't.

I followed a nudge to show a gourd to the basement waterproofing representative. Normally, I don't do that. We found the perfect company to waterproof our basement and he found the perfect artist to create a visualization tool for his dream. That was inspired action at it's finest. Inspired action will flow easily and naturally even when it may feel a bit uncomfortable.

What about those times when you follow it and SPLAT, nothing, nada, zip?

Imagine that you're shopping for new clothes. This analogy was inspired from my recent shopping excursion. I found a shirt within minutes and on the sale rack. I loved the colors (hues of purples), the texture and pattern on it. I slip it over my head and looked into the mirror fully expecting to see....AAAAAAAAAAAAAH! I looked like Ms. Frilly Froo Froo Pants! Get it off! Get it off! I glared at the shirt as it hung so inviting and funky fresh on the hanger. It didn't look that way on me. I noticed an odd attachment to it. It HAD to be the right shirt. I was inspired to go into this particular store. I found it within minutes of entering. However, the image of the frilly froo-froo look was burned into my brain. I bade the shirt a rueful farewell. The vibrational mis-match forced me to look outside my purple box and trust that I would find what I was looking for.

I sure did. I found a bright yellow, sleeveless, cinched at the waist cotton shirt. Totally not a color I normally wear and did I mention it was bright yellow? I LOVE it!

My point is when you think your inspired action has gone SPLAT,

there is usually a very good reason for it. You can't always see the reason from your current physical vantage point.

You have to trust that there was a reason. I can honestly say that I've had a few that didn't work out so well. From where I'm standing now, I'm rather thankful! It gave me a chance to tweak the big picture.

I liken inspired nudges, niggles, and action as my personal wee munchkins pointing me down the yellow (formerly purple) brick road of life. You could say it's part of your personal GPS system uniquely tailored to you.

Well, the munchkins are calling again. Have yourself a Wonder-Filled day and enjoy the journey!

Tracy



The Domestic Gourdess is a creative fiend. She delights in playing with dried gourds and blogging. Her gourdacious creations can be found at <http://thecandlegourdess.com>. You can read about a day in the life of a Domestic Gourdess at <http://thedomesticgourdess.com>. Warning, reading her blog has been known to cause giggles, laughter and uncontrollable spitting of beverages. You will be entering another realm of pure silliness and may not return the same person when you leave. You have been warned.