

Taking Back My Addiction

A quick Definition of Inspired:

1. to fill with an animating, quickening, or exalting influence: His courage inspired his followers.
2. to produce or arouse (a feeling, thought, etc.): to inspire confidence in others.
3. to fill or affect with a specified feeling, thought, etc.: to inspire a person with distrust.
4. to influence or impel: Competition inspired her to greater efforts.
5. to animate, as an influence, feeling, thought, or the like, does: They were inspired by a belief in a better future.
6. to communicate or suggest by a divine or supernatural influence: writings inspired by God.
7. to guide or control by divine influence.
8. to prompt or instigate (utterances, acts, etc.) by influence, without avowal of responsibility.
9. to give rise to, bring about, cause, etc.: a philosophy that inspired a revolution



My definition is a little more basic as I am just that kind of guy. When I feel good about something, get excited about something, want to show the whole world some kind of idea, I take the next step that will usually involve some form of action. It could be as simple as speaking to others about.

You can lay on the chesterfield, a couch as it is called in Canada and meditate, send notes to the Universe and desire that huge bundle of money to fall into your lap. As Kat always says, even if by some miracle that money falls out of the ceiling, you will have to take action to pick it up and put it somewhere.

Let's face it; almost anything that happens in this universe requires some sort of action. Now when you think of or feel something of tremendous passion to you, do you not think that it should include the step to help bring this something to a positive conclusion or to a larger next step.

The process by which we take this inspired action is what I desire to touch on briefly.

What I value most important in my life especially in the past 5-10 years or so is what I will call my own personal development. If I was reading, writing about, speaking about and or creating, healing and whatever, I felt totally awesome. Look at the above words, they involve some action steps. This is something that I felt great passion around; therefore it became an inspiration to me which brought forth my action.

I could stand up and speak out loud and say to a group 'Hi, my name is Wayne and Im addicted to inspired actions.' Seriously, I literally loved who and what I was doing. If I was labeled as someone that only spoke inspirease, so be it. If people were not hearing my speaking on this new whatever, who gives a rats behind. I still felt good inside and wanted to feel and see the next step for me.

Where did it all go????

I saw the new books that came out, bought many of them that were on the desired reading list and they sit collecting some dust on whatever shelf.

Where did it all go???

I spoke to so many about my latest lists, the new action steps I was taking to move me or move the project forward. Hmmm, what is the next project? Oh that, I will get to it.

Where did it all go???

I wrote here, there and everywhere about what I was passionate about. With the exception of The Magic Happens, my rants and universe bending has literally ceased.

Where did it all go????

When did I start to see things from a different perspective than I had a few years earlier? I used to view my source from a 360 degree point and remained open to all possibilities.

Where did it all go???

What about all the adventures in life. I guess they are on that never ending list of, 'I will get to this or that later.'

Where did it all go???

Okay, all of you get my point and right now in case you have not gotten my drift here, I am speaking of the tailspin I have been in for some time now. I even saw it and seemed almost helpless to do anything about it.

At what point was I finally going to open my eyes and see what I was doing or in this case not doing for me?

I am not able to come up with any creative answers to what happened or didn't happen that took me in this direction of couch-potato-hood as I call it but at least now, I recognize it.

Thank you to all of my friends and especially Kat for helping to get this to sink into my sometimes stubborn character; you are appreciated so much.

Hi, my name is Wayne and I am not addicted to inspired actions and I feel like total crap.

I have now taken the first step, towards recreating my addiction to Inspired Action, the twelve step program. Hey

wait a minute, that was an inspired action and I will continue to take the next whatever number of steps it takes to become once again fully addicted to Inspired Actions.

Wayne is back; well at least I am taking my inspired actions to return to my feel good place in life.

Peace and Love

Wayne

[Email Wayne](#)