

INSPIRATION

ALSO BY DR. WAYNE W. DYER

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INSPIRATION

Your Ultimate Calling



Dr Wayne W. Dyer



HAY HOUSE

Australia • Canada • Hong Kong • India
South Africa • United Kingdom • United States

First published and distributed in the United Kingdom by:

Hay House UK Ltd, 292B Kensal Rd, London W10 5BE. Tel.: (44) 20 8962 1230; Fax: (44) 20 8962 1239. www.hayhouse.co.uk

Published and distributed in the United States of America by:

Hay House, Inc., PO Box 5100, Carlsbad, CA 92018-5100. Tel.: (1) 760 431 7695 or (800) 654 5126; Fax: (1) 760 431 6948 or (800) 650 5115. www.hayhouse.com

Published and distributed in Australia by:

Hay House Australia Ltd, 18/36 Ralph St, Alexandria NSW 2015. Tel.: (61) 2 9669 4299; Fax: (61) 2 9669 4144. www.hayhouse.com.au

Published and distributed in the Republic of South Africa by:

Hay House SA (Pty), Ltd, PO Box 990, Witkoppen 2068. Tel./Fax: (27) 11 467 8904. www.hayhouse.co.za

Published and distributed in India by:

Hay House Publishers India, Muskaan Complex, Plot No.3, B-2, Vasant Kunj, New Delhi – 110 070. Tel.: (91) 11 4176 1620; Fax: (91) 11 4176 1630. www.hayhouse.co.in

Distributed in Canada by:

Raincoast, 9050 Shaughnessy St, Vancouver, BC V6P 6E5. Tel.: (1) 604 323 7100; Fax: (1) 604 323 2600

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Editorial supervision: Jill Kramer • *Wayne Dyer's editor:* Joanna Pyle
Design: Charles McStravick • *Photo of Tysen:* Courtesy of Wayne Dyer

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A catalogue record for this book is available from the British Library.

ISBN 978-1-8485-0210-9

Printed and bound in Great Britain by CPI Bookmarque, Croydon, CR0 4TD.

*For my mother, Hazel Irene Dyer.
You inspire me—
thank you, thank you, thank you!*

*For Immaculée Ilibagiza.
You could never even imagine
how much better off this world is
because you were “left to tell.”
I love you.*

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*"The highest knowledge man can attain
is the yearning for peace, for the union
of his will with an infinite will,
his human will with God's will."*

— ALBERT SCHWEITZER

*"Every tree and plant in the meadow
seemed to be dancing,
those which average eyes would see
as fixed and still."*

— RUMI

*"Let me have the glory with Thee
that I had with Thee even before the beginning."*

— JESUS OF NAZARETH



INTRODUCTION

I LOVE BEING INSPIRED, and I trust that the idea of living an inspired life appeals to you as well. I've written this book with the paramount idea of showing you what I've learned about this magical concept.

Writing this book has been a transcendent experience for me. For many months I awoke every morning at approximately 3:30, and after spending my own personal, private moments with God, I sat down to write. Every word of this book was written out longhand. I'd place my hand on the table and allow the ideas to flow from the invisible world of Spirit through my heart and onto the pages. I know deep within me that I do not own these words—I'm merely an instrument through which these ideas are expressed. I trust in this process, and it works as long as I remain "in-Spirit" while I write. I also trust that these ideas will work for you.

This is the most personal book I've written in my 35 years as an author. I've chosen to use examples from my own life—that is, those I've experienced firsthand. The personal nature of this book is a deliberate choice. I discovered as I went along that, in order to write about such a deeply felt subject as inspiration, I needed to convey what I felt as authentically as possible. Just as one can never actually know what a mango tastes like from another person's description, I wouldn't have been able to adequately convey my familiarity with the experience of inspiration by citing case studies of others. By writing from my heart, I've been able to keep the flavor of inspiration alive here in these pages.

(By the way, if you're interested in why this book contains a leitmotif of a butterfly, read the final chapter, "How Life Looks When I Am Inspired." As I was finishing this work, I had an incredible mystical encounter with one of God's most fragile creations. In the last chapter I've described that astonishing experience, along with what *your* life might begin to look like if you apply the insights offered throughout *Inspiration*.)

I'm also well aware that I've repeated one theme over and over throughout these pages. I decided not to edit out this repetition because I see this book as an instrument for moving you to a place where you truly understand what it means to be in-Spirit. This oft-repeated theme is: *Live in-Spirit. You came from Spirit, and to be inspired you must become more like where you came from. You must live so as to become more like God.*

One of my favorite mentors and storytellers, Anthony de Mello, was a Catholic priest who lived in India and could convert complex philosophical issues into understandable and simple teachings using the art of storytelling. Here's a short tale from *The Heart of the Enlightened*, in which Father de Mello does such a

good job of summing up much of what I want to convey to you about living in-Spirit:

The devotee knelt to be initiated into discipleship. The guru whispered the sacred mantra into his ear, warning him not to reveal it to anyone.

“What will happen if I do?” asked the devotee.

Said the guru, “Anyone you reveal the mantra to will be liberated from the bondage of ignorance and suffering, but you yourself will be excluded from discipleship and suffer damnation.”

No sooner had he heard those words than the devotee rushed to the marketplace, collected a large crowd around him, and repeated the sacred mantra for all to hear.

The disciples later reported this to the guru and demanded that the man be expelled from the monastery for his disobedience.

The guru smiled and said, “He has no need of anything I can teach. His action has shown him to be a guru in his own right.”

I trust that the meaning of this story will become clearer and clearer as you immerse yourself in this book. You have a profound calling back to Spirit. It is working right now in your life, otherwise you wouldn't be reading these very words in this very instant. I urge you to heed that calling and come to know the pure bliss that awaits you as you make an inspired life your reality.

In-Spirit,
Wayne W. Dyer



PART I



**INSPIRATION—
LIVING IN-SPIRIT**

*“A physical body was given him [man]
by Nature at birth. Somewhere exists
the original Divine spark launched
from God and which, reformed,
will be his conscious spirit.”*

— RODNEY COLLIN

from The Theory of Conscious Harmony



LIVING YOUR LIFE IN-SPIRIT

*“When you are inspired . . .
dormant forces, faculties, and talents become alive,
and you discover yourself to be a greater person
by far than you ever dreamed yourself to be.”*

— PATANJALI

IN THE TITLE OF THIS BOOK, I’ve deliberately used the word *calling* to indicate the importance of inspiration as it applies to our lives. There’s a voice in the Universe entreating us to remember our purpose, our reason for being here now in this world of impermanence. The voice whispers, shouts, and sings to us that this experience—of being in form in space and time—has meaning. That voice belongs to inspiration, which is within each and every one of us.

Inspiration responds to our attentiveness in various and sometimes unexpected ways. For example, when I began writing this book, I debated between the two titles *Inspiration: Your Ultimate Destiny* or *Inspiration: Your Ultimate Calling*. One day while swimming in the ocean, I was going back and forth in my mind, trying out both titles. Still uncertain when I’d finished my swim, I called Reid Tracy, president and

CEO of Hay House, the company that publishes my books, from a pay phone to get his opinion about the title. While I waited for him to answer, the word *calling* appeared on the miniature screen of the phone. Nothing else, just *calling*. And then the word began to flash on and off as if it were trying to get my attention.

When Reid answered, I told him what had just occurred, and we both agreed on *Inspiration: Your Ultimate Calling* for the title of my new book. All of this may appear to be nothing more than a silly coincidence, but I know better.

Consider that the word *coincidence* itself relates to the mathematical idea of angles that coincide. When two angles join in this way, they're said to fit together perfectly. Not accidentally—*perfectly*. Any so-called coincidence might then just be an alignment of forces fitting together in flawless harmony. The word *calling* flashing before my eyes, for instance, at the exact moment that I was trying to choose between *calling* or *destiny* exemplifies an opportunity to notice something important. You see, what catches our attention might be more than a coincidence—it might also be a potential incident of inspiration.

We know that there's something deep within us waiting to be known, which we sometimes call a "gut reaction" to life's events. We have a built-in yearning to seek our inspired self and feel wholeness, a kind of inexplicable sense that patiently demands recognition and action. We might describe it as a mechanism persistently projecting the words *destiny*, *mission*, or *purpose* on our inner screen. It's possible to have our daily behavior so aligned with these inner feelings that we unequivocally know what our calling is. In fact, if you put this book aside and check in with what you're feeling at this moment, my guess is that you'll hear a part of yourself crying

out, “Yes, I want to have more inspiration in my life! I want to know my calling!”

I promise you that after your first reading of this book, you’ll begin to be intimately connected to your inspired self. I say this with such certainty because it’s *my* calling to write and publish these words. You see, *you’re* a component of *my* ultimate calling.

I think of the word *inspiration* as meaning “being in-Spirit.” When we’re in-Spirit, we’re inspired . . . and when we’re inspired, it’s because we’re back in-Spirit, fully awake to Spirit within us. Being inspired is an experience of joy: We feel completely connected to our Source and totally on purpose; our creative juices flow, and we bring exceptionally high energy to our daily life. We’re not judging others or ourselves—we’re uncritical and unbothered by behaviors or attitudes that in uninspired moments are frustrating. Our heart sings in appreciation for every breath; and we’re tolerant, joyful, and loving.

Being in-Spirit isn’t necessarily restricted to the work we do or the activities of our daily life. We can be inspired and at the same time be unsure of what vocation to pursue or what activities we want to schedule. Inspiration is a simple recognition of Spirit within ourselves. It’s a return to that invisible, formless field from which all things emanate, a field of energy that I called “intention” in my previous book *The Power of Intention*.

In *this* book I’m going beyond an understanding of the inherent power of intention, however, by describing how to live in-Spirit and hear the voice of inspiration even when we’re doing absolutely nothing that we’d call purposeful. This is quite different from being highly motivated; in fact, it’s almost the opposite of motivation.

Motivation vs. Inspiration

It's important to note that whatever is needed to fulfill our calling is part of the present process. Arthur Miller, who was perhaps the most accomplished dramatist in the U.S., is an example of a man who knew this. In an interview late in his life, he was asked, "Are you working on a new play?" Mr. Miller's answer went something like this: "I don't know if I am or not, but I probably am." This delightful response suggests that Miller's writing came from inspiration—that is, something other than ego spurred him on.

By contrast, highly motivated people have a kind of ego determination driving them over obstacles and toward goals—*nothing* gets in their way. Now, most of us have been taught that this is an admirable trait; in fact, when we're not accomplishing and demonstrating drive and ambition, we've been told to "get motivated!" Lectures, books, videos, and audio recordings abound that preach that all we have to do is dedicate ourselves to an idea with actions designed to make it a reality. This is a beneficial approach for a different level of accomplishment—but what we're exploring in these pages is what leads us to precisely what we're meant to be and do . . . our ultimate calling.

If motivation is grabbing an idea and carrying it through to an acceptable conclusion, then inspiration is the reverse. When we're in the grip of inspiration, an idea has taken hold of us from the invisible reality of Spirit. Something that seems to come from afar, where we allow ourselves to be moved by a force that's more powerful than our ego and all of its illusions, is inspiration. And being in-Spirit is the place where we connect to the invisible reality that ultimately directs us toward our calling. Often we can identify these inspired times by their insistence, and because

they seem not to make sense while at the same time they keep appearing in our consciousness.

If we ignore inspiration's powerful attraction, the result is personal discomfort or a sense of disconnection from ourselves. For any number of reasons, we might be resistant when we feel called to create, perform, visit a foreign place, meet someone, express ourselves, help another, or be a part of a cause. Inspiration is a calling to proceed even though we're unsure of goals or achievements—it may even insist that we go in the direction of uncharted territory.

Throughout various stages of life, inspiration is the thought or idea reconnecting us to the energy we were part of prior to becoming a microscopic particle. I call this "surrendering to our destiny and allowing ourselves to hear the call." At this point we can differentiate between the demands of our ego and those of the ego-dominated people and institutions that deflect us from the call of inspiration. As we move more deeply into Spirit, we cease to be guided by the ego demands of others or ourselves. We surrender to the always-present force that urges us to be in this blissful state of inspiration. We're guided by our ultimate calling, which is truly our life purpose.

A Force Beyond Even Our Own Life

The invisible reality, where all physical life originates, is more powerful and significant than the tiny parenthesis in eternity that we call "life," or what comes between birth and death. The spiritual dimension of the invisible reality calls to us in this material world of beginnings and endings. This spiritual essence is our Source, which is magnificent and stu-

pendous compared to our earthly self. When we're inspired (as I refer to it in this book), we're connected to this force that's greater in every respect than our physical being. It was in-Spirit that our purpose was laid out, and it's in-Spirit where our magnificence is absolute and irrefutable. Before merging into form, we were a part of God, with all the inherent qualities of a Creator who sends forth abundance, creativity, love, peace, joy, and well-being.

When we feel what Arthur Miller apparently did, we acknowledge and rejoin that more expansive energy field running through us, and we invite this Source to participate in our daily life. We suspend our ego identification and warm to the idea of trusting the energy that created us. We choose to live in-Spirit, entrusting ourselves to something greater than our life as a physical being. When we listen and allow it to, Spirit guides us; when we fail to listen—or allow our ego to get in the way and run the show—we're going to be uninspired. It's that simple.

Later in this book there are specific suggestions for communing with and connecting to this part of ourselves. First, I'd like to share some of the personal experiences I've had when I've been in-Spirit.

My Experience with Being in-Spirit

When I'm in-Spirit, I have a feeling of contentment, but more than this, I experience joy. I'm able to receive the vibrational energies of my Source—call them voices, messages, silent reminders, invisible suggestions, or what have you, but they're vibrations of energy that I'm able to align with as I get myself out of the way. Wolfgang Amadeus Mozart, one of

the world's great geniuses, once remarked: "When I am, as it were, completely myself, entirely alone, and of good cheer—say, traveling in a carriage, or walking after a good meal, or during the night when I cannot sleep—it is on such occasions that my ideas flow best and most abundantly. Whence and how they come, I know not, nor can I force them."

We don't have to be a genius to know what Mozart speaks of—the same force in a different way is flowing through you and me right now. I've learned to remove resistance to the free flow of this spiritual energy by reminding myself to align with it, or to be in-Spirit in my thoughts and expectations.

Spirit doesn't dwell on the impossibility of anything—that is, it doesn't focus on not being able to create, on things not working out, on expecting the worst, or on being stuck in place. When I'm in-Spirit, I want my present moment and thoughts to align perfectly with what I desire. I want to offer an experience of inspiration to my audience, so I don't give a speech thinking, *I'll probably disappoint them*. I choose to know that if I stumble or forget something in the middle of my talk, the inspiration to get me through it will be there. The results are exhilarating feelings of inspiration.

When I sit down to write, my desire is to invite Spirit to express through me, and I encourage ideas to flow freely. Like Mozart, I'm connected, as it were, to my Source in-Spirit, thinking and expecting to be the instrument of my spiritual Source. Ideas flow, and whatever assistance I need just shows up. And like Mozart, I can't describe how the ideas come, and I can't force them. Staying in-Spirit seems to be the secret to this feeling of being inspired.

I also find that inspiration flows in other areas of my life when my primary mission is like what Michael Berg so beau-

tifully describes in *Becoming Like God: Kabbalah and Our Ultimate Destiny*: “. . . just as every being is God’s business, every being becomes our business as well.” That is, being inspired necessitates the willingness to suspend ego and enter a space where I want to share who I am and what I have in a completely unlimited fashion.

At a recent lecture, for instance, a woman named Rolina De Silva approached me at the break to ask if I’d visit her teenage daughter, Alison, in The Hospital for Sick Children in Toronto. Alison had been hospitalized for many, many months due to a rare disease that’s characterized by a breakdown of the lymphatic system. Her intestines had been perforated, so she was unable to process proteins and fats . . . and her prognosis was dismal at best.

As I sat with Alison on my third visit with her, I held her hand and noticed that a scab was forming on the top of her hand from a minor injury brought about by an intravenous injection. Something came over me in that moment, and I looked into the girl’s eyes and reminded her that the scab was a gift to her. It indicated that the essence of well-being (our Source) was working within her. I reminded her that all she had to do was to summon that same well-being to her abdomen. “You’re already connected to Spirit,” I almost shouted, “otherwise you wouldn’t be growing a scab over that cut on your hand!”

When I spoke with Rolina 14 months later, I asked if she remembered that day in the hospital when I held Alison’s hand and felt inspired by the scab. Rolina replied that that day was a new beginning for her daughter, as something inside of her opened. Always before she’d had a blank look on her face, yet she gave off an air of intolerance about the entire process. When the girl realized that she was indeed con-

nected to Spirit, evinced by the presence of the scab forming on her hand, she changed her attitude completely.

Today Alison is back home and actually doing work to raise money for that same hospital where she spent so many months as a critical-care patient. (If you ever see me speaking on television or in person, you'll notice a little angel pin that I wear, which was given to me by Alison as a thank-you gift. To me, this pin is a symbol of the angel that guided me that day to speak to Alison as I did.)

I know in my heart that when we remember we're always connected to this Source and that we can summon the well-being of God, it is then that we're said to be inspired. Whether the outcome is miraculous, as was Alison's, or our physical reconnection to our Source is completed through the death of our body, we live out our moment in-Spirit. It's important to understand that *each and every one of us represents God or Spirit revealing Itself here on our planet.*

Also, keep in mind that our creative force is a forthcoming energy. I find that when I emulate it, the result is inspiration flowing through my life, and I'm living a life that is my ultimate calling. If I feel called to something higher and then do nothing about it, I'll generally find myself experiencing discontentment and disappointment. But when I act upon that calling by being in vibrational harmony with it, and by being willing to share it with as many people as possible, I feel inspired.

When I donate books to a prison or a library, for example, I feel my ultimate calling being fulfilled by my actions. And just this morning I received a thank-you call from a woman who'd asked me for an endorsement for her work. I'd taken the time to respond with an appraisal of how her spiritual practice of healing hypnosis had benefited me and what I thought

it could do for others. She said, “Your words were the greatest Christmas gift I ever received.” So why am *I* still inspired by this? Because I left the world of ego and entered the world of expressing Spirit to benefit another person.

These experiences of being in-Spirit are available to all of us—I’ve simply used some personal vignettes here to illustrate ways to discover the calling for each of us. I’ve felt called to help others, and my life has taken me in that direction.

In What Direction Are You Moving?

Being in-Spirit is a direction we take, rather than a destination to be reached. Living our life in-Spirit requires us to determine that direction, and we do so by noticing our thoughts and behaviors. Thoughts that are in-Spirit reflect a vibrational alignment moving us toward our ultimate calling—and, obviously, this is the direction we want to take. Once we begin to observe our thoughts, we realize that there are many times we’re going in the opposite direction. When we catch ourselves, with conscious effort we can make a U-turn with new thoughts. For example, blaming something we call “evil” is thinking in the wrong direction. When we see things in our world that we label evil, what we’re really seeing are people moving away from their Source, not individuals in the grip of an evil power.

In our world there are many activities that seem to be motivated by evil, but we must be careful not to assign power to a force that doesn’t exist. There are only people moving away from Source with behavior that contradicts the creative energy that’s within them. When we have thoughts that reflect hatred, judgment, and exclusion, we’re moving away from our Source.

When those nonspiritual thoughts explode in the painful form of terrorist activities, for instance, we call them evil. While the pejorative labels that we use may alleviate our feelings of anger and helplessness, they don't help us be in-Spirit. It's imperative for all who seek an inspired life to assess the direction of their thoughts and behaviors in terms of going toward, or away from, Spirit. Condemning behavior as an evil force is thinking that takes us away from living in-Spirit.

To become inspired on a daily basis, we must be able to quickly identify any thoughts that are moving us away from our Source, and then shift the direction. We need to bring love to the presence of hatred, as Saint Francis advised. When we're consumed with thoughts we've labeled as evil, we need to notice that we're headed in the wrong direction. It's difficult to comprehend because we're accustomed to blaming our problems on external forces such as evil or hate, but we know better. We can make that U-turn by using the same energy within us that has us traveling away from God.

Evil, hatred, fear, and even illness soften with love and kindness when we're in-Spirit. When we make that U-turn, we make an alignment correction and move back into the space of Spirit in our thoughts and actions.

Some Suggestions for Putting the Ideas in This Chapter to Work for You

— Commit to at least one daily experience where you share something of yourself with no expectation of being acknowledged or thanked. For example, before I begin my daily routine of exercise, meditation, or writing, I go to my desk and choose my gift for that day. Sometimes it's just a phone call to a stranger who's written to me, or perhaps I order flowers or send a book or present to someone who has helped me in a local store. On one occasion I wrote to the president of the university I graduated from to start a scholarship fund, on another day I took a calender to the yard man, on another I sent a check to Habitat for Humanity, and on another I sent three rolls of postage stamps to my son who'd just started his own business. It doesn't matter if this activity is big or small—it's a way to begin the day in-Spirit.

— Become conscious of all thoughts that aren't aligned with your Source. The moment you catch yourself excluding someone or having a judgmental thought, say the words "in-Spirit" to yourself. Then make a silent effort to shift that thought to match up with Source energy.

— In the morning before you're fully awake, and again as you're going to sleep, take one or two minutes of what I call "quiet time with God." Be in a state of appreciation and say aloud, "I want to feel good."

— *My life is bigger than I am.* Remind yourself of this statement. Print it out and post it strategically in your home, car, or workplace. The “I” is your ego identification. Your life is Spirit flowing through you unhindered by ego—it’s what you showed up here to actualize—and is infinite. The “I” that identifies you is a fleeting snippet.

— Dedicate your life to something that reflects an awareness of your Divinity. You are greatness personified, a resident genius, and a creative master—regardless of anyone’s opinion. Make a silent dedication to encourage and express your Divine nature.



A Course in Miracles quotes Jesus as saying: “If you want to be like me I will help you, knowing that we are alike. If you want to be different, I will wait until you change your mind.” Being inspired is truly being like your Source. If you’re not, then your Source is politely waiting for you to do something as simple as *change your mind*.

