



Poetry of OM

with Marina Phillips

Inspire Me Today

Did you ever think about the word 'action' in all its forms and intricacies? Living in such a hectic era, there can be long stretches of time where we are in perpetual motion ... but 'motion' should not be confused with 'action'. A general air of busy-ness doesn't always mean that things are getting accomplished. Motion is just movement, but action ... action is motion with purpose!

Action is the premise of all the great quotes in history about 'Carpe Diem' and 'Sieve the Day', not just motion. It is action that accomplishes the things we want to attract into our lives - be it money, fitness, love, happiness, or anything else you can think of.

Many inspiring historical figures have had something to say about action. It has long been a subject about which the most successful, influential people are asked. Many interviewers have asked questions like 'What inspired you?' or 'How did you come up with this idea?' and 'How did you make your vision a reality?', causing these great minds to pause and ponder how they did it.

When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to act on it. W. Clement Stone

Contemplation often makes life miserable. We should act more, think less, and stop watching ourselves live. Chamfort (French Playwright)

What is it you plan to do with your one wild and precious life? Mary Oliver

Is it any wonder that poetic expression is often a study of action and of how emotions are affected by actions taken, or neglected? One wild and precious life - let's all act on that! Life can be a beautiful place - no matter what - if we allow it to be!

Namaste!