

Day 24: The Law Of Action

Quote today "In order to carry a positive action we must develop here a positive vision."

Dalai Lama

Recap of the Law Action that supports your desires allows you to manifest things on earth and get the results you want. Action is definitely the key to success.

Today I am grateful for.... Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.) Feel free to meditate on this law or choose a meditation of your choice.

Exercise As you exercise today, commit to making exercise a personal habit, even when your 30 days of this plan is complete.

Hydrate Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight Do or find what you love. It is easy to be in action when you have a passion for something. Explore the Passion Test if you are unclear about your values and loves. You can find the test in the book *The Passion Test: The Effortless Path to Discovering Your Destiny* by Janet Bray Attwood and Chris Attwood. Or find a coach who will take through the process to find your loves and passions.

Your Mindful Practice Take a moment, breathe and just be in the present. Commit to taking the action of meditating a few times a day (which in some circles, is clearly seen as non-action, so there's a lovely spiritual paradox in this one). Take little steps toward this and you will change your future.

Day 24: The Law Of Action, Continued

Your Success Strategy Read aloud *Chapter 11: Acting in a Certain Way* from *The Science of Getting Rich* by Wallace D. Wattles. (If you feel you really want to integrate this chapter then find an accountability partner and read it for 30 days. If you miss a day, then start all over again until you do thirty days in a row.) Each night write out six items you intend to do the next day. Prioritize your list and always do the most important ones first. Get into the habit of always finishing this list.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

The Law of Action states that you must move in the direction of your dreams in order to achieve them. You must engage in some action that supports what you think about and/or dream about. It is your burning desire that drives your action. Your passion will move you into inspired action. You must engage in actions that support your thoughts, dreams, emotions and words.

Action allows you to manifest things on earth and make them yours. Knowledge with positive action can create a powerful force. The Law of Action says that action is always necessary to achieve the results you desire in life. To manifest the dreams you desire, you must engage in actions which support your desires and dreams, as well as your thoughts, emotions, and words. You need to gain mastery over your thoughts and program your mind with "I can."

When you immediately follow your decisions with action, doors begin to open. Self-motivation mobilizes you from the inside out. Once you have made a decision, act with enthusiasm, courage, persistence, passion and purpose. See your actions co-creating all that you desire as you align with the power that manifests everything in the universe.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
