

The Law of Action

“Live Your Intentions, The Power of Action is a spiritual guide for putting your intentions on the manifestation fast track. A great book to help you create lasting change.”

[Marci Shimoff, NY Times bestselling author,](#)
*Love for No Reason and Happy for No Reason, and
Chicken Soup for the Woman’s Soul*

The Law of Attraction was never intended to be used as a stand-alone law. While it is an amazing Universal Truth, as all Universal Truths are, it is only one of many. The basic idea is you have the power to set your intentions about what you want in life and then attract it to you via focused thought. However, that is only part of the equation. There is something missing which created a restlessness in the spiritual world. People began to grow frustrated and weary with trying to think themselves into successful lives and loving relationships, or whatever else it was they desired. People began wanting something more, something deeper, and something more meaningful.

I, too, began to desire taking a more active role in my life. Waiting became stagnant. I felt as though I was giving my power away to someone, or something, outside of myself, waiting for me to think enough good thoughts before I could receive the outcome of my desires. I began to search for something more. What I discovered was The Law of Action; defined as the forward movement put to intentions. It was briefly discussed in the book *The Light Shall Set You Free*, by Drs. Milanovich and McCune. This new discovery was an instant fit! My entire experience shifted once I understood this concept and combined it with the Law of Attraction. I no longer limited myself to only visualizing what I wanted. It became about LIVING the life I wanted.

What I also discovered while working with the Law of Action is a need to address the spiritual malpractice from misusing the Law of Attraction. All Universal Truth is meant to inspire, expand, and uplift you into a greater expansion of love and expression of Divine Source. Universal Truth embraces and moves us forward. Spiritual Malpractice diminishes us, causing our dreams to become only a distant memory. I witnessed once empowered people giving their power away

due to misusing the Law of Attraction. I, too, had given my power away. It was time to reclaim that power!

One form of misuse I repeatedly witnessed over and over again was the fear of acknowledging anything “negative”, fearing that doing so would cause the belief to become truth. What I discovered is that by not addressing the negative, it was given the freedom to run rampant, unchecked. One example is when a person truly desires a relationship, but doesn’t feel worthy of a relationship. This underlying feeling of unworthiness prevents the person from being open to new relationships. With the misuse with the Law of Attraction, these feelings are never addressed, only suppressed, because of the false belief that doing so will make it true. However, by not acknowledging the negative, the person, no matter how much they desire a relationship, will never achieve it. They won’t be willing to take any action which could result in meeting someone, or even saying yes if the opportunity presented itself to meet someone. They will be taking action supporting their limiting belief.

Limiting beliefs take the form of excuses we use to justify not taking action. What excuses do you use to keep from taking action? Dr. Wayne Dyer has written a wonderful book about the excuses we use, *Excuses Begone!* In the book he calls excuses “deeply embedded thinking habits that are preventing you from being the person you want to be.” What from Dr. Dyer’s list resonates with you? Is it the “maybe someday”, or “I’m not enough”? Do you feel as though you are too old, too young, too poor, too busy, too scared? Or maybe you fear others won’t let you, they won’t accept you, it will take too long, or possibly you feel as though you don’t deserve it? Do you fear you won’t have help, you will be alone, or that it’s too difficult to achieve, that you shouldn’t dare to dream such a big dream? These are all very limiting beliefs and excuses we fight for time and time again, when we refuse to utilize the Law of Action. It’s time to create new truths of possibility; truths you can take decisive focused action from, to choose to create a new experience, to begin to live for your possibilities! But first, you must acknowledge the limiting beliefs you need to change. It won’t make it real, because the truth is, without acknowledging them, they’re already real, holding you back from the life you truly desire. Acknowledge them, learn from them, then create new truths and begin to live new possibilities! It is all possible within The Law of Action.

Another type of spiritual malpractice within the Law of Attraction came in the form of blaming others for attracting bad things through their negative thoughts. People in deep pain, who when they needed support, only found accusatory comments- “well, you must have wanted this, you attracted it.” Once again, Universal Truth always calls for a greater expression of love. Blaming someone in need of understanding and comfort is not an expression of Divine Source Love. There is this false belief that being spiritual makes us immune to life, so someone in pain must have done something wrong. It doesn't. But rather, being spiritual gives us a foundation from which to stand when less than desirable circumstances, people, and situations arise. Instead of accusing someone of attracting something bad, give nurturing support for the Truth of who they are, which is a beloved child of God.

In the parable of *The Good Samaritan*, the priest and the Levite, who walked right by are examples of not showing compassion. I wonder if they said “well, he must have wanted that lesson of being robbed and beaten”, much like what those people who profess to be followers of Spiritual Truth but yet practice such forms of spiritual negligence? Thankfully, Jesus didn't stop the parable with the first two people who had too much pious faith to be bothered with someone else. Rather, he continued the story with the Good Samaritan, providing a beautiful example of what true compassion is! Just to refresh your memory, the Good Samaritan stopped, offered not only compassion, but assistance too. As James so beautifully wrote *"Dear friends, do you think you'll get anywhere in this if you learn all the right words but never do anything? Does merely talking about faith indicate that a person really has it? For instance, you come upon an old friend dressed in rags and half-starved and say, "Good morning, friend! Be clothed in Christ! Be filled with the Holy Spirit!" and walk off without providing so much as a coat or a cup of soup—where does that get you? Isn't it obvious that God-talk without God-acts is outrageous nonsense?" (The Message translation)*

I love how The Message translation says “God-talk without God-acts is outrageous nonsense”! And yet, this is what I see time and time again, and yes, from people who claim to be spiritual followers of Universal Truth and Christ's teachings, but then

offer such platitudes as “you attracted this”. What good is their faith if this is what they do with it? What good is the Law of Attraction? What are they attracting if this is what they’re using it for? Following their logic, it would stand to reason all they’re doing is attracting less and less; as well as attracting people who don’t care about them. WOW! That isn’t something I want to do! This is why I love the Law of Action. It clears up all of those spiritual malpractices and error beliefs. It reminds us that Universal Truth is based on the foundation of LOVE and always expresses as love.

Waiting to live one’s dreams was yet another form of misuse I saw. In the movie, *The Secret*, three simple steps were given. First, ask, next wait and finally, receive. With the Law of Action, I realized waiting was never intended to be the passive step everyone was trying to make it be. I hear people talk about their dreams, their intentions, with great passion. When I ask what they were doing to support those intentions, and they reply, “waiting”, I would ask for what? The answer would be some form of waiting to attract what it was they desired. Dr. Rev. Michael Beckwith says, *“do you press the “pause” button- the “until” button in life by saying “I can’t be happy until...?” all this accomplishes is a delay in your entry into your innate state of happiness, which is independent of outer circumstances. So press the “play” button and rejoice in the nowness of the moment.”* Instead of waiting to arrive at your destination before you enjoy the journey, realize each step you take, each action moving you towards your intentions becomes you living your intentions. You don’t have to wait until some magical moment to begin living your dreams. Every moment becomes magical when you add congruent action supporting your desires.

Another form of waiting is waiting for inspiration before beginning. So many times I hear people talk about their dreams, their desires with such passion. When I ask them what they’re doing to move forward, I hear the excuse “I’m waiting for Inspiration.” Really? Waiting? Now, while there is a time to wait, are you using it as an excuse to stay safe within your known? Inspiration is all around, if you are willing to watch and listen. It can often be found just outside of the box so many of us limit ourselves to. If you’re not willing to actively seek, then it may be hard for you to find Inspiration, or worse, for it to find you! If Inspiration has to find

you, don't run away from it or hide from it. Look for ways to connect to this beautiful energy in all that you do, don't just wait for Inspiration to find you.

Jack Canfield, best-selling author of *Chicken Soup for the Soul* and featured in *The Secret*, shared with us how he set his intention to become a best-selling author. He did step 1: he asked. Next, step 2: waiting. Now, did he sit back and do nothing while he waited? NO! He and co-author Mark Victor Hansen developed what they called the Rule of 5. They did five things, each and every day, to promote their project. By doing this for sixteen months, their book finally became a best seller. Step 3: Receive. They gladly received the fruits of success, but during that wait, there was action!

In discovering the Universal Law of Action, a new, revised formula was also discovered with a more empowering series of steps.

Step 1 Ask. This is very important. Deciding what you desire gives the other steps focus. Many times, people don't know exactly what they want. If this is the case, then decide on the feeling you would like to experience. By focusing on the feelings, the experiences will follow, especially when you move to Step 2.

Step 2 Create. Instead of passively waiting, this will now be replaced with actively creating. This is the step of reclaiming your power and utilizing the Universal Law of Action. Each day, choose congruent actions to support your desires. If you want to manifest peace, then what can you do to support the feeling of peace? If you want to manifest love, then engage in activities you love, nurturing your desire for love. Become what it is you desire. Begin to say yes to experiences supporting what you want. While you may have to wait for the overall end goal, you reach that goal in each step, no matter if it's small baby steps or giant leaps. By adding action, you create an active faith in creating the life you desire.

Step 3 Live. As you create and nurture your desires, you begin to live your intentions in a very empowering, active way. You become connected to Divine Source. Breathe new life into your intentions, by adding action. Decide what you

want, then create those desires by bringing them into your present experience and living them. The more you live, the more you put forth, the more you receive, which gives you more to create with. As you create the answers to your prayers through your active participation in manifesting your desires, be open to new experiences. Don't say no because it doesn't fit your original definition. Love, peace, joy, abundance, etc. can manifest in a variety of ways. By saying yes to the desired feeling, you are living your intentions. And, you never know where one step will lead.

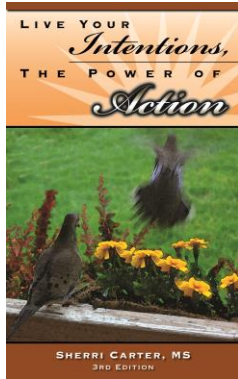
The Law of Action requires a proactive role in creating. It isn't about leaving The Law of Attraction behind. You still need this law. It is the foundational step before taking Action. Your actions must have purpose and focus. Adding congruent action to your desires creates powerful change. There is a dance balancing both of these concepts. There is a time for silence, for vision, and there is also a time for action. First, decide what you want, then take reasonable steps, or maybe daring steps, toward those goals. As you take these steps, you will notice you begin attracting what you need to take further action and the further action you take, the more you create what you want. When something feels forced, take a step back, reassess. But don't get stuck there. Moving from the space of imagining, feeling, and thinking about the goal and into action, or movement toward that goal, is essential.

This sounds like a simple idea. Decide what you want, then go do it. However, what happens when you have limiting beliefs, difficult situations, old habits and fears keeping you from action? Many times, this is when people will give up on their dreams, believing taking action is too much of a risk.

Developing strategies for these moments is essential, and this is what I have offered with this book- ***Live Your Intentions, The Power of Action***. With the Law of Action, you become empowered, once again, to fully live your intentions. No more hiding from yourself in fear; either in fear of limiting beliefs, negative thoughts, or afraid of attracting bad things. No more waiting to create your lives. No more giving your power away. With the Law of Action, you will now have the ability to shine your light into the darkness, to face circumstance head on, honoring yourself and others. Faith without works is dead. The Law of Action breathes new life into your intentions, igniting your passion and puts creating the life of your dreams on the fast track!

Are you ready?

For more information, please visit www.liveyourintentions.net



Live Your Intentions, The Power of Action: 12 Steps to Living an Empower Life, 3rd Ed. With Facilitator's Guide is available in both print and ebook formats, exclusively from amazon.com and is available in the *Kindle Lending Library*.

About the Author:



*"I believe we are powerful creators. Aligning our thoughts with action creates an active faith, one that empowers us to move mountains!"
~Sherri*

Sherri Carter, MS, best-selling author of **Live Your Intentions, The Power of Action** and **Supervising Editor** for AllThingsHealing.com, believes strongly in the power of Universal Principles.

She is the leading expert for the Universal Law of Action. Her best-selling book, [Live Your Intentions, The Power of Action](http://www.liveyourintentions.net), focuses on empowering people to actively create the lives they desire. She has been published and interviewed in several national platforms including Huffington Post and Unity Magazine. Sherri lives in the beautiful Ozarks region of Missouri. She is available for interviews, guest blogging and articles. For more information, please visit www.liveyourintentions.net.