

Whew! You made it! You're at step 5! Congratulations!

Before I speak about step 5, I want to take a moment to talk about allowing. Why? Because I feel inspired to do so, and step 5 is all about taking action when you feel inspired! The second reason is that you will have a far better time being successful with step 5, which is about being open to, and acting on, inspired thought, if you can approach it from a place of allowing.

Many of you have read or listened to the wisdom of Abraham, as channeled through Esther Hicks. And this is what they are talking about when they use the phrase the Art of Allowing: You have to feel good, you have to relax, you have to trust that the HOW is not your role to play! You have to get out of your own way (and thus out of the universe's way) in order to let the desire you've asked for in. When you get that, really get that, the time between your asking and your receiving will be come minimal. The need for patience will disappear, because you simply won't have to wait so long for your desires to manifest.

I recently heard Abraham explain the wonderful analogy they use of "placing your order with the universe." When you go to a restaurant, the waiter comes and you place your order. Do you trust that your food will come? Of course you do, and so it does. You don't grab that waiter as he's walking by 5 minutes later and say, "Hey, did you remember to put in my order? Read back to me exactly what you wrote down so I know you got it right. Now come back in 3 minutes so we can check in and see what's happening with my order." It would be ridiculous, right? Yet that's exactly what we do to the universe! We don't trust that it received our order, we doubt that it got it right, we keep bothering it for status checks. Abraham actually joked and said that we have more faith in our restaurant industry than we do in the universe! We put more faith in our waiter than we do in our creator. Surely, if we can trust a waiter, we can trust the creator of all that is!

So the work, the HOW, the preparing and delivery of the order, is not up to you. Your job is to ask for what you want, then to allow it to come by not pushing and struggling, by not doubting and worrying, by not feeling jealous or competitive, by not focusing on the lack you think you are experiencing. For there is no lack, there is only you pinching off the abundance by not letting it in. In other words, order your food and spend you time enjoying your pleasant dining experience rather than fretting over how/if/and when your food will arrive. J

Now, what does this have to do with Step 5: Right Action? As I said at the beginning, you have to allow inspiration to come to you! You have to be open to signs, rather than in the mental/emotional space of "pinching off" your desires, so that the action you are taking is always right action. Note

that by action I don't mean effort! It's more about understanding that what you desire may manifest in unexpected ways. You need to be open to, and act on, opportunities that show up. Action, quite often, will be about not dismissing an intuitive nudge when you get one. When you have one of those little flashbulbs of brilliance go off, don't dismiss it! Follow that inspiration, play in it joyfully, knowing that it will lead you to what you desire. I am hesitant to even use the word action, because human nature is so "get it done" driven. We equate struggle and hard work with results, and that is just the opposite of how the universe actually works! The universe works not through force, but through allowing.

So how can you allow inspiration, and through it right action, to come to you? One big way is to develop your intuition. And that is what the activities I've created for step 5 are designed to do. I'm including 2 of these activities for you here.

So, I wish you happy allowing of all the abundance that you've asked for! Be inspired, and act on it!

***In abundance,
Melody***

ACTIVITY 1: Express delivery!

Express Delivery is an outstanding way to improve your intuition, leaving you more open to creative solutions, insights and action steps when they present themselves as part of the Answering to your Asking.

Whenever you are stuck for an answer to an issue you are working on, or even if you are just waiting in line or commuting somewhere and want to use that time to work on your manifestations, imagine in your mind's eye a courier from your Universal Delivery Service appearing next to you and saying "Express Delivery!"

In your imagination, the messenger hands you an envelope and disappears again. You open the envelope and inside it is a single sheet of paper that contains a short message. You pull out the paper and read whatever the message says.

This message will be exactly what you need to hear. It may be an idea, an affirmation, just a single word, or the name of someone. Know that because the universe is abundant and good, it is impossible to ever receive a negative message. Even if the page is blank, that is a message that you need to put more focus on listening to messages! So don't be apprehensive that you will receive a bad omen or hostile message—it simply isn't possible.

Even if the message doesn't make sense at first, keep thinking about its significance. Ask yourself: What does this mean to me? Why did I attract this message into my life at this moment? How does this message help me solve the problem I have right now?

You'll get better at it with practice, and pretty soon the Universal Delivery Service will send you messages every day. Your intuition will become so strong that you'll be able to interpret these messages instantly, with no effort, and quickly make positive changes in your life.

ACTIVITY 2: Signs (the billboard game)

This is another activity for reconnecting to your intuitive powers. As you begin your day, ask that the universe send you an important sign, something that is exactly what you need for today. Then, as you go about your day, really pay attention to billboards, ads, or other "messages" out there.

At some point in the day, one of those signs will just jump out at you. It may be the entire message on the sign, or it might be only one word that strikes you. When this happens, take a few moments to reflect on the meaning of this message and then say thank you to the universe for delivering it to you.

I practice this on a daily basis and have been doing so for long enough now that I get incredibly powerful messages which are consistently right on the mark. For example, it was through a sign on the side of a bus that I received a message from the universe to write my book!