

Allyson Scammel: You are listening to the Uncorked Conversation Podcast with Allyson Scammel, episode number 39. Hello and welcome to the Uncorked Conversation, a podcast for soul guided, passion filled women entrepreneurs who want to uncork big magic in life and business without burning out. We'll get to the truth of how to uncork our core gifts, the ones we keep hidden inside and how to infuse those gifts into our personal and professional life in a way that feels like magic. We'll also uncover how to truly experience the joy of the journey through smart time management and planning. I'm your host, Allyson Scammel. Let's uncork.

Allyson Scammel: Hello there. Welcome to episode 39. If you are a routine listener of this podcast, you may have noticed that I took a few weeks off. I have been running my ultimate up level workshop that I run twice a year to help people craft their life and business plan, aligned, inspired, soul guided life and business plan for the next 12 months. Oh man, the last two weeks working with a group of incredible high vibe, soul guided women, the experience couldn't have been better and I'm so inspired by them and their visions and their plans and the things that they have envisioned for their life and for their business. It truly is such a magical process, the soul guided planning process.

Allyson Scammel: But that's not what I want to talk about today. Something that came out of the workshop was this question of inspired action versus non-action. Before I dive into what that means, I just wanted mentioned now that this podcast is going to be going through a substantial rebrand. The content is going to remain more or less the same, but it's going to have a new name, a new look, a new vibe and I'm super excited about it. So, and I don't want to rush myself and I want to be in the flow of the inspired action or non-action as the rebranding takes shape.

Allyson Scammel: So next week you'll receive episode number 40 which is going to be a story as I dedicate every 10th episode to telling an inspired story that is in service to you in some way. Then I'm going to take a break for the summer to allow myself to get new inspiration for my content and keep it fresh and exciting and always in service to you or as an example of what is possible. Then I'm going to return a later in late summer, early fall with episode number 41 with the new name, new look, new vibe, new everything and I'm super, super excited for it. So please stick around, stay with me. I'm really excited about everything to come and I am more than thrilled to share it with you and have you be with me on this journey.

Allyson Scammel: Onto today's episode, we are going to talk about the difference between inspired action and inspired non-action. We're going to explore around a bit on what exactly inspired non-action is and how it shows up in your life or how it could and then how to know what to focus on, what inspired action or non action wants your focus today. Alright. Inspired action. So when your heart calls you, nudges you, whispers to you, "Hey, I got something different, I have something new." When you receive that call, that's an invitation to allow in a vision, a vision that is bigger or more evolved or different in some way than your

current reality. Maybe it's business growth. Maybe it's an expanded state of awareness. Could be anything.

Allyson Scammel: So the question then becomes, how do I get from here to there? Often it's difficult to surrender to the vision because you want to know exactly how to get there, how to get to that bigger version of yourself that you see in your vision, that you see from your heart. Well, when you get into creative flow to your vision, you receive the desire to act in that flow. It comes to you and that is the inspired action. It is a state of doing and it's action that is flowing out of you, and in many ways it's you experiencing the action because you already took the action in the vision. You visualized yourself doing something that felt inspired and then when that vision becomes 3D reality, you are experiencing it, in the flow of it, in the joyful expanse of flow and that is juicy and delicious.

Allyson Scammel: Sometimes in our inspired action, we can get out of alignment, a normal thing to do, and we can get in the space of overacting and that heavy feeling of too much on our plate and that feeling of flow and inspiration can get heavy and it just starts to feel like work. So what that is is an invitation to say how am I out of alignment and how can I make things better? Very often the answer to that is going to be in the form of some sort of inspired non-action. An inspired non-action is also you in creative flow, in alignment to your vision and your soul's purpose and your core gifts. It is the state of not doing. In many ways, it is a state of being, although the state of being has a different flavor to it and I will be diving all into that topic in a future episode.

Allyson Scammel: So for now I just want to focus on the state of not doing. When you're in a state of not doing, you're either resting, you're playing, indeed you are in a state of being, and it is also the process of taking things off your plate, off your to-do list, granting yourself permission to stop doing things that you have been doing in some sort of routine way. That is also inspired non-action. It's putting something on your to-don't list. So let me give you an example of how this can look. I received the vision for my business to launch a podcast, this podcast, and it felt so aligned and so right, like the perfect medium for me to be able to be in service to you and express my core gifts.

Allyson Scammel: But not long after I launched it, I realized that there was a huge learning curve and I was quickly overloaded and I had too many actions going on because I was also blogging. So I had both a podcast and a blog. Well, the thing about the blog is I launched that baby in 2013 and in many ways that blog really set me on the path that pushed me into alignment to what it is I truly want to do. So I felt very attached to that blog. But at the same time I just wasn't feeling called to blog. It wasn't feeling inspired. So in that honoring of the inspiration I was feeling towards the podcast, I gave myself permission to stop blogging. I gave myself permission to no longer focus on that and to be able to focus on launching and growing my podcast and that still feels in alignment.

Allyson Scammel: Another way that this has shown up is my ... I do have a natural tendency to overwork. Just it's something that I do. I love to work and sometimes I work to death. So I've had many layers of realization that that doesn't serve me but I relatively recently had another layer of deep understanding to just how much overworking is really not serving me. I'm overdoing and out of alignment. So I ask the question, well, how can I shift deeper into, and I should say, I asked the question in my heart, how can I shift deeper into alignment and where can I put my focus on inspired non-action?

Allyson Scammel: I received the message from my heart that I need to stick to my boundaries and that means my work hours. I run a work from home business, so I set my work hours. I am the only person who truly sets my work hours and work boundaries and I'm the only person who can uphold them. So the first inspired non-action is to stop doing for my job after my appointed work hours. That's the first thing. The second thing I received from my heart was to schedule in white space throughout the day that I can do whatever my heart is yearning or calling me to do in that moment. That is also a state of non-doing, inspired non-action. So it's walking in the forest, it's doing yoga stretches, it's shifting into a state of being and just being. It's doing something playful, goofing off, whatever it is. In that white space, I am in inspired non-action.

Allyson Scammel: Lastly, in the inspired non-action, I gave myself permission to take one basically afternoon a month of white space of inspired non-action where I can rest, play, be, and taken all together, when I do all of those things together, I am stopping overworking as I know again and again and again that that doesn't serve me over the long haul. That is inspired non-action, which is just as important and just as juicy and creative and in the flow as the action. So when you get the vision and you decide what you want to do to walk towards it, sometimes it is putting new things on your to-do list. Sometimes it's taking things off your to-do list, things that just don't need to happen and those actually can be added to your to-don't list. It's giving yourself new permissions to get in that state of non-doing, of resting, playing, being, and letting go to the things that no longer serve you to do.

Allyson Scammel: So how do you decide, when you get the vision from your heart and you want to decide what is the inspired action or non-action to focus on for the next week or month or year? Delegate that to the heart. Ask the heart, what is my focus of inspired action for the week ahead? Don't forget to ask, what is my focus for inspired non-action for the week ahead? See what you receive. Marry what the heart tells you with collecting evidence of things that you have been doing that you know work. So if your vision is some sort of growth for your business and you look back over the last 12 months and see that inspired action A, B and C, and inspired non-action, D, E and F have helped you grow your business, then use that information and bring it together with what you receive from the heart to determine what your focus should be for the next fill in the blank, next week.

Allyson Scammel: It's in that focus and deciding on the top priorities, and I like to think in threes, so let's say your top three priorities for the week ahead and be sure to consider your inspired action and you're inspired non-action that will help you get one step closer to that bigger, more evolved vision you have for yourself. Wherever you're feeling resistance, like I couldn't give myself permission for white space, I have too much work to do, that is your homework, to look at that resistance. Those thoughts, I have to do, I have to overdo, I have to work, I have too much to do, and understand that that's conditioning from our society, from our family, from a modern world that places too much of a premium on doing, on work.

Allyson Scammel: This is your opportunity to start reconditioning yourself, rewriting the story, giving yourself kudos, a pat on the back, a big self hug for taking things off your plate, for resting, for playing, for pleasure. So you're removing that resistance and those thought patterns that say, "You have to overdo. In order to grow, in order to get to your vision, in order to be successful, you have to overdo," and shift that to, "I am in creative flow. I'm in creative flow of the inspired actions that I want to experience, to be in service to the people I feel called to serve and to the planet and I'm in creative flow to the inspired non-action that puts me into a state of play, rest, being and awareness of the things that no longer serve me to do."

Allyson Scammel: My challenge for you this week is to ask your heart, what are you calling me to do right now to be, to grow into? What's the vision you have for me heart? In that vision, in that larger, evolved version of myself and my life, my impact, my joy, what is the inspired action and non-action I should place my focus on today? I am so grateful for you, so grateful that you're here connecting to this content. So excited for what's to come with this podcast and my rebrand and all the new possibilities that lie ahead and I'm going to be asking myself what inspired action and non-action will keep me in alignment to the vision of this podcast so I always can be in alignment when I am talking to and connecting to you in this way.

Allyson Scammel: If you're feeling called to share this content, I would be so grateful to give it a little love on iTunes, give it a rating and review, share it with a few friends. As always an until I rebrand, I will ask you to stay uncorked. Feeling drained by the amount of work you put into your business and disappointed by the results? Then get your free four-step soul guided business planner to make every work week harmonious and high-earning. Get your free PDF at my website, [shantipax.com/gifts](http://shantipax.com/gifts). That's S-H-A-N-T-I-P-A-X.com/gifts.