

# TRANSFORMATIONS

What do Your Actions Say About Your Life?

By Pamela Bell

# SPIRIT, MIND & BODY

The final article in the sequence of - Thoughts, Words and Silence: Your Three Most Influential Assets will focus on your "words and actions" and the power they have over the ultimate success or enjoyment of your life.

I have chosen to use "words" and "actions" synonymously because they are both manifestations of our thoughts. They are thoughts made physical and visible for the entire world to see. Though we all know "words" and "actions" are very different things, even as I write this a litany of cliché's run through my mind informing me that, "actions speak louder than words" "talk is cheap" and to "practice what you preach." But put in proper context these cliché's become simple reminders to make-good-on-our-word. They challenge us to not only speak of good

deeds but to make them real through action. Not to just speak of love but to become the love we speak of.

Every day we have thousands of opportunities to transform our thoughts into the material world. We get out of bed, but because thought precedes all action we must think about it first. We take a shower, we eat breakfast, we choose our clothes, we get in our car, we listen to music, we plan our day,



our night, our lives and in the course of all of this "thinking" we speak. We speak to ourselves "Wow, I really feel good today!" or maybe, "I should have gone to the gym this morning; I am such a slacker!" with a tinge of guilt attached. We speak to strang-

ers: "The weather is incredible today. We are so lucky, aren't we?" Or perhaps, "Get out of my way you \*\*!!!## and learn how to drive!" We speak to colleges; "I really enjoyed the presentation you gave yesterday Mary, I can tell you did your homework. Good job!" Or sadly, "What were you thinking when you asked that question? Or is thinking something you don't make a regular practice of doing?" And we speak to the people we love: "I am so happy to know you because you bring such joy and insight into my life." Or unfortunately, "Can't you do anything right? I've asked you a thousand times to not leave your stuff all over the house!"

I am guessing that we have all fallen prey to both sides of these scenarios but, seeing them spelled out somehow makes it so obvious which statements are infused with light and which statements are dampened with darkness. The messages of light we spread to ourselves and others are life giving; they are supportive and compassionate. The messages of darkness are destructive, life taking, and generally infused with anger or resentment.

How we choose to communicate on daily basis says so much about our personal beliefs and inform us as to whether our life is guided by fear or by faith (not necessarily faith in the religious since of the word but faith in ourselves, and in our ability to create a life of meaning and of substance.)

There is such a fine line between the light and the dark; a shade of this or a tint of that, and much of our life is spent teetering from one side to the next, seeking balance, equanimity, peace. The beautiful thing about being human however is that we get to choose which direction

we ultimately want to take. I believe, given a choice (which we all are) that most people would choose the path of light; a path that leads toward growth and fulfillment. But we must become aware of our choice and our right to choose before we are able to do so. Once that choice is made it is our actions that solidify our choice and let the universe know that we are serious. If you don't like where you are headed you can choose another path. How wonderful is that reality!

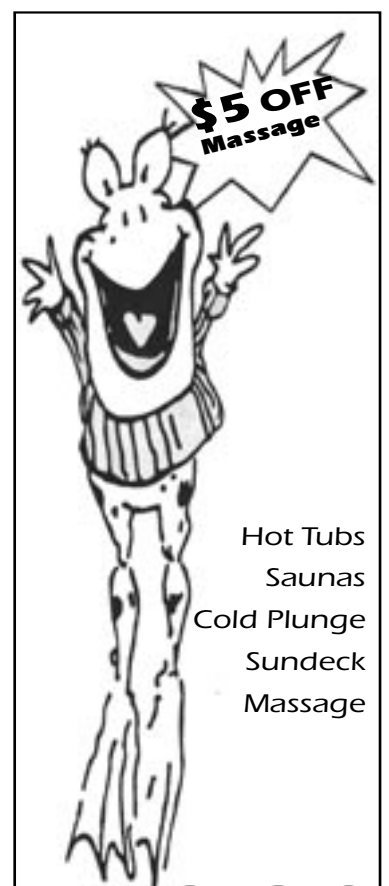
I hope by now you can see the importance of your three most influential assets (your silence, your thoughts, and your words) and are able to use them to move toward the light that lies within you. Through the practice of silence you gain awareness. Through the practice of right thinking you gain creativity, hope and inspiration. Through the practice of right action and mindful communication you gain a sense of possibility. It is that same possibility once actualized that makes life worth the living.

"What is the key to untie the knot of your minds suffering? Act great. My dear, always act great."

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