

# THE TRUTH ABOUT ACTION

The following document was written by Dr. Robert Anthony and edited or enhanced to fit your 'Golf Desires' by Karl Fischer. So it is not a quotation, but an adaptation.

The words "Shocking Truth" have been used to describe the title, but I do not feel there is seldom any shock in the 'Truth' about anything!

Take the time to read and understand these few pages. You will certainly find the message fresh and of interest. You may even find a **'Turn The Light On Moment'**.

The article is titled

## **'Doing Without Doing'**

Rather a tricky concept at the very onset? Light With Darkness? Death With Life? Food With Hunger? Love With Hate? Sad Happiness! Bitter Sweet! Getting Something Accomplished Without Effort! Unexpected Rewards? Surprise Success? WOW!

One of the mistaken certainties or misconceptions most people operate under is that you get what you want in life by what you **'DO'** or through the actions you take. Most people believe that the **'DOING'** or action part is what makes things happen.

However .....

### **'This Belief Causes You To Create The Reverse!'**

Let me explain.

The reason we put a lot of emphasis on action is because we do not understand **'The Power Of Our Thought'** ('Mental Energy or Positive Thinking'). If you analyze it, 90% of most people's actions are spent trying to compensate for inappropriate thought! Trying to right the tilted ship when 'Mother Sea & Earth' will attend to there tasks!

The Chinese philosopher Lao-Tsu said, "In the practice of 'The Way', every day something is dropped. Less and less do you need to force things until finally you arrive at **'Non-Action'**. When nothing is done, nothing is left undone."

What he is talking about is **'Doing Without Doing'!**

The problem is that most of us are preoccupied with doing. Unfortunately most of our doing usually involves 'Struggle'. In the western world we are conditioned to be action-oriented, so we place a tremendous value on this 'Doing'. We are so busy 'Doing', we do not realize that all this 'Doing-ness' causes us to create in a reverse fashion.

## **'Most Of Our Actions Are Out Of Fear Worry or Doubt!'**

This is because we believe nothing will get done unless we 'Do' something. In other words, **'We Are Trying To 'Force' Our Desire Into Manifestation Through Action'**. If your decision **'To Do'** is dominant, then you will not focus on what you want **'To Be'** in the 'Present Moment'. You will become into the 'Future' and shall be focused on the 'Outcome' rather than the 'Process' or the 'Being'. This causes you to miscreate because 'Being' is the first and most important step in the creative process.

So often 'Mistakes' come from acting hastily or from acting out of 'Anxiety', surrounded by 'Doubt' or washed in 'Fear'. When we act hastily, we so often disconnect ourselves from our 'Spirits' and trundle off into the wilderness whereby we lose our 'Spiritual Compass' and wander about aimlessly without distinct fulfillable human purpose. This misdirects or corrupts our 'Celestial Energy'. Protect your 'Moral Compass' and enable your 'Spiritual Power' to tell you what direction you best travel. Be 'Intuitive' and listen to you inner conversations. 'Universal Energy' is steadfastly beneficial.

**Here Is The Secret:**

**'It Is Not Your Action  
That Makes Things Happen,  
It Is Your Intent!'**

Always think **'Baseline Cause & Effect'**!

It is not your part to guide, supervise or consciously drive the creative process. All you have to do with that 'Energy Path' is to **'Retain Your Vision'**. Stick to your purpose and maintain your faith, reverence and gratitude.

You can reduce the need for action to a very minimum by allowing yourself to focus on what you 'Desire' until you feel the 'Positive Energy' begin to move within you. You may find this to be the feeling of 'Inspiration' or just the simple 'Urge To Accomplish'. This energy is not based on 'Anxiety, Doubt or Fear, Worry or Need'!

**'If You Focus On What You Want,  
Instead Of What You Don't Want,  
You Will Know When It Is Time To Take Action!'**

**‘Positive Mindedness’** is a most powerful ingredient in action and success! When you are this, the call and stimulation to action will be effortless. Your energy will spring ‘Spiritually’ out of the deep and boundless inner well of your ‘Soul’. Doors will magically open wide and the entire universe will conspire to assist you in your ‘Desire’. Progress will simply take place! You will know the moment!

Put simply,

**‘You should take no action on anything or in any direction until you have visualized your ‘Desire’ and made it real enough in your mind that your next action or step, whatever it is, seems like the most logical move’.**

In this manner ‘Manifestation Shall Be Universally Handed To You’ as the very ‘Visualization Energy’ is itself ‘Universally Oriented or Sourced’.

How can you know the next logical step?

Here is the test that you can give to yourself before taking any action.

**‘If you focus on what you ‘Desire’ and still feel overwhelmed and anxious, then you are NOT ready for any action’!**

You know you are ready when it feels like the next logical step is effortless. There is no effort, no strain and no pain. When the ‘Universe’ is at your helm, the ship simply sails across the waves with destiny well in hand as you depart! The ‘Process Is Guided’ by a power greater than we such that you can just **‘Let IT Happen’!**

What we want to do is to use the leverage of ‘Positive Energy & Thinking’, which is the same leverage of energy that creates everything in the ‘Universe’. However, we are so caught up in the ‘Reality Of What Is’ that we often feel we must create everything through mental effort and physical activity. We must recognize, invite and nourish the ‘Process Of Thought’!

Have you ever seen people who seem to have all the wonderful things in their life without much effort? It almost seems like they have an advantage over everyone else. Then you see that the people who work the hardest so often have the least? Have you noticed this tendency or phenomenon?

That doesn’t seem fair does it? But that’s the way the ‘Universe’ works.

Unfortunately, those who work the hardest usually have the least because they have not learned the **'Leverage Of Aligning Their Energy and Spirits'** to suitable worldly actions. They are going about creating their lives the hard way. They are trying to use their 'Actions' and not their 'Thoughts' to create what they want.

This is not how tasks and progress evolve. They do not take place 'From The Outside-In' but 'From The Inside-Out'. We must first conceive the 'Universal Spiritual Energy' and then manifest the 'Earthly Bodily Reality'.

We have also been programmed or conditioned that, in order to have what we 'Desire', we must work hard. How many times have you heard, **"No Pain, No Gain!"** The implication is that if you want to make something of yourself, you must work hard and **'Suffer The Slings And Arrows Of Outrageous Fortune'**. The message is clear: "If your are not hurting or struggling, you are not moving forward!"

But the truth is ....

**'Anytime you are struggling, you are mis-creating'!**

You are going against 'Universal Energy' and are not in 'Harmony With The Universe'!

Anytime you feel pain or struggle, your magnetic point of attraction is directed to that which you do not want, rather than to that which you 'Desire'.

Read that again!

**'Actions are necessary, but they are the  
'Last Component Of The Creation Process!'**

Actions cannot be used effectively to initiate results, because **'Initiation Is The Function Of Being and Not Doing'**. Then comes 'Thought'! Then comes 'Action'. First we 'Conceptualize'. Then we 'Intellectualize'. Finally we 'Actualize'. We must be 'Spiritually Aligned' before become 'Physically Engaged'.

Remember, the creation of anything is through your 'Vibrational Coefficients' ... your 'Cellular and Spiritual Energy' ... you 'Spiritual Harmonics'. All physicists know of this seemingly strange 'Life Aspect' that is indeed 'Universal Reality'. Medical professionals know of 'Cellular Vitality', which is simply 'Universally Cooperative Energy' embodied in our 'Physical Realm or Manifestation'.

If this sounds all too 'Ethereal', it is based on proven 'Quantum Physics'. Everything is composed of 'Subatomic Particles' ('Mass Energy Components') that vibrate at various frequencies, depending on the specific form it takes. Water has three 'Physical States' ('Solid, Liquid and Gas'), each of which has a different 'Energy Coefficient'.

Our bodies are simply 'Vibrating Particles' in different or varying 'Energy States' that we can directly influence. Our thoughts are 'Celestial Energy' that cannot be created or destroyed but only changed in form. We must take an active part in this 'Mental Process' as much as our 'Physical Processes'.

### **'What We Think, We Can Become!'**

Everything vibrates and it is by this 'Vibrational Energy' that we harmonize and attract experiences and other 'Subatomic Particles' ('People') to ourselves. So, before you act or do anything, first ask yourself, **"How am I feeling? How am I Vibrating? How is my 'Cellular and Spiritual Vitality? Is it high or low? Am I enlightened or shrouded in darkness? Is the 'Universe' fueling my evolution or am I against that 'Energy'?"**

How can you tell?

You can tell by how you 'FEEL'. Your 'Spirit', your 'Gut', will talk and tell you directly and then you shall know! Your 'Intuition' will speak! Your 'Feelings' shall show you your 'Vital State' through your 'Vibrations', which manifest through your 'Thoughts', which then evolve via your 'Actions'. There is no other sensible way!

### **'How You Feel Determines What You Attract.'**

When you use **'The Process Of Creating By Only Focusing On What You Want'** instead of **'On What You Do Not Want'**, you will soon see that the 'Universe' will provide a different set of circumstances and conditions for you that require much less 'Action'.

When you are 'Negative Minded', you oppose the 'Universe'. When you swim upstream it is tough going. When you travel in the wrong direction or your 'Energy Resonates' against the 'Universe', you are in an impossible opposition to the **'GREAT FORCE'**. Being 'In Harmony or In Compatible Energy Flow With The Universe' puts you in a state of **'Doing Without Doing'** or of **'Action Without Effort'**.

Strive to be 'Feel Aligned' and you will thus flow towards your 'Destination'.

Do not 'Break Camp and Strike Out' before you know you are ready and aligned in the right direction.

When you feel so inclined, use of the **'DAILY AFFIRMATION'** may be of benefit.

Here is how it goes ...

**I  
Am  
Always  
Truthful  
Positive  
And  
Helping  
Others**

You cannot go very wrong with these eight words as your guide!

**“Welcome Aboard!”  
“Enjoy The Ride!”**

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