



## The Art of being Inspired

A good friend of mine wrote a song with a line in it that goes like this, "I need my soul stirred, I need a little inspiration, do you have what it takes to ride the rhythm and catch the breaks?" This line gripped me and as a result, I found myself pondering the topic of "Inspiration." I want to share with you what I feel about it and what it means to me.

### **Inspiration: the Essential Ingredient**

Inspiration is an essential ingredient that we need in order to create and innovate, to help us see things through. Everyone would like to be great at something, or at a lot of things, but something that is worth doing is for the most part, neither quick or easy. It takes purpose, focus, persistence, energy, and a lot of inspiration. Inspiration is the ingredient that causes us to get through the tough times, the mundane times, the repetition; it causes us to get up after we have been knocked down. It moves us past our stopping points and helps us to not sweat the small stuff.

### **For example**

In the heady days of falling in love, be it with a person, a new sport or a musical instrument, nothing can stop us. The annoying ticks he or she may have are insignificant, on our next mountain bike ride we are going to get to the top of the mountain without stopping, and we are going to practice that guitar 60 minutes every day until we are a rock star. Why? because we are inspired. This is the kind of inspiration that "happens" to us. Before long however, the honeymoon is over, he or she is starting to annoy you, your mountain bike isn't getting that many miles anymore, and practicing arpeggios on your guitar is boring as can be. This is when we get to that place where we need to find our true inspiration. We need inspiration "on demand" to help us achieve rock star status.

### **So how do we find True Inspiration**

In my opinion what lies at the core of this stumbling block is a lack of purpose, or the lack of "clarity" of purpose. What is your purpose in life? For Columbus, it was his hunger to explore. For the Wright brothers, it was getting man to fly through the air. For Mother Teresa, it was easing the suffering of the poor in this world. What are you to do? Who are you to be? How am I going to be meaningful? Where can I make a difference? Forget why and how you got here... you are here, now what?

What is your purpose? When we are asked this question most of us become quiet and have no answer. This, (in my opinion) lies at the heart of feeling empty. It opens the doors to depression, addiction, disease and ultimately, death.

So what is it for you? For me, it is being physically immortal. By that I mean eradicating death from my physical being, from the cells and atoms of my flesh. Being free of death means to be free of all the things mentioned above. It means being free of anything that would stop me from functioning 100%. It means being 100% responsible. It means being 100% accountable, so I can manifest and express the true glory of me, the glory of who I am.

Some call me crazy, some call me delusional, but it works for me so who are they to tell me anything! I learned early in life that no matter what I do, there will be those that like it and those that don't. I

discovered that I needed to figure out what made me tick, and then surround myself with those whom approve of that. Think big, feel deep, have the guts to stand for what you feel in the midst of adversity, for only there will you find true inspiration.

### **Ignite your Inspiration**

How are we to become inspired on demand? Once you have found your purpose, you have to line up your whole life with that purpose. This means; Get rid of everything that distracts you from manifesting who you are, change your thoughts and habits, say goodbye to unsupportive people, get rid of your addictions, and not just the obvious ones such as tobacco or alcohol but your addiction to let's say... drama or depression. It takes a continuous movement to be lined up with your purpose, even when you are totally free of duality; there is always the threat of invaders that want to rob your joy and inspiration.

### **Practice being Inspired**

Once everything in your life is lined up with the new you, you have to start practicing. We have to learn how to nourish our souls, how to fuel the fire. This is done first by having people around you that remind you of who you are and what your purpose is, not only by "telling" you, but also by "showing" you who they are.

We need to consciously engage in stimulating interactions, and stimulating activities. Every morning we need to line ourselves up with our purpose instead of going on autopilot. We need to "practice" feeling inspired.

Life takes on a different meaning when we do what we do out of inspiration and not out of a drive, or out of obligation. I hope I have inspired you to take charge of your inspiration :)

Good luck!

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*As an investor himself, as well as a licensed Realtor®, Dimitri has over a decade of real estate experience. Dimitri's specialties include primary residences, second homes, investment properties, commercial properties and land. He has been recognized for being a Multi-million Dollar Producer, and is an accomplished Realtor® committed to superior results for his clients.*

*"Strive not to be a success but rather to be of value" Albert Einstein*