

The Gift of Inspiration

Finding Truth in Your Life

DEBBIE SUTTMAN



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One day, on the journey to self-realization, you will no longer need to be in control of the planning of your own life. In that moment, you will be able to give in to the inspiration of the God who created you. The future will be unclear but you will know it is exactly why you were created. Your desire to become your truth will allow you to walk right into the hands of Inspiration.

The Gift of Inspiration

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Debbie Suttman

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First Edition

Dedication

To

Jennifer Lawson
And her search for Inspiration

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Inspiration

Inspiration supersedes thoughts, feelings, prior plans, opinions and judgments. It pays no attention to time or schedules, and requires no preparation.

Inspiration just happens sweeping us gently into a sunny spot within us, enveloping us in pleasure and freeing us from our fears and limitations. We experience and become more than we knew we could be, and find ourselves dropped off in our lives with an unforgettable memory that we long to relive but cannot recreate.

Inspiration comes up through us like a warm breeze and brings something beautiful to our day.

Inspiration is the Spirit of God filling us with what we need in the moment and leaving us feeling loved, complete, fulfilled and nourished.

Inspiration is like a warm, sunny spring day after a long cold winter. Inspiration is a gift to the soul. It is effortless living. It is being wholly in this moment in time in our real lives, void of rules, regulations, schedules, plans and thoughts—except that of the only real commandment to love and be loved.

The Gift of Inspiration

Inspirational living is becoming rarer in the American way as people schedule every aspect of their lives and every moment of their time with plans, rules and regulations.

Freedom from what we think we should be doing seldom shows up. We feel we cannot afford to live without a tight schedule and a tight budget. We feel we cannot live without a long list of personal rules and regulations which are concocted as a way to keep ourselves safe and on track, and keep others from interrupting our well thought out plans which are meant to one day free us from the burdens in our lives – not realizing the rules and plans actually are the burden.

Living inspirationally dreams like a fairytale to some and a nightmare to others. A day with nothing to do and nothing planned is not often met with openness for inspiration. Why?

Some do not even know inspiration as it was lost in childhood. Give a creative child a day without plans and watch what they do with it. Watch for inspiration in children. They let the day bloom into itself as if it has a life of its own already set to happen.

Many simply confuse inspiration with being spontaneous in order to fill up a day with nothing planned, break up the monotony of a routine, ordered life or as a way to prove a point to someone.

Spontaneous behavior is often reckless, foolish and detrimental to your real being. Therefore the idea of inspiration is associated with past mistakes and disasters rather than personal fulfillment and nourishment.

Some people just believe inspirational time is a waste of time where nothing is getting done, no money is being made, and time is wasting.

Inspirational time is about an essence so much deeper than what we see on the outside, and what we are trying to create in our lives.

Inspiration is an essence that wants to create our lives for us from the inside out. It wants to create our lives without regards to our fears, barriers, rules, limitations and resources. Inspiration wants us to soar freely in the world with open arms, open minds, timelessly.

Can you fathom this way of life?

The Gift of Inspiration

Anything that stops you from imagining a life of inspiration, also keeps you from living a life inspired by the Spirit and truth of God.

Inspiration does not require rules and regulations to keep you or others safe because it works in complete harmony with you and the world.

The first step to living inspired is to simply hear about its existence. When we hear about it, we start looking for evidence of its existence, and hoping that such a life of joy and freedom might exist on earth.

As we begin to find evidence of inspiration we begin to think it does exist occasionally for some people. Once our thinking acknowledges inspiration, we allow ourselves to have moments of inspiration and we find ourselves believing this may be more than just a trick or a coincidence. We begin to experience inspiration more and more as it is so fulfilling, so nourishing, so natural, and so freeing.

Eventually we know it to be so true we want to live no other way.

We hope for it... We dream about it...We believe it...
We know it...We live it.

Inspiration aligns us with all that is true within us and brings us into harmony with our lives. It takes no effort and no planning from us, just participation and lack of resistance (faith).

All that weights us down must be removed. All that limits or frightens us must be overcome. All that controls us must be shut down. All that rules us must be eliminated.

Just as Jesus gave up all that humanly bound him by dying on the cross before being born again free –we too must give it all up mentally, emotionally, and physically if we are to be free to live on the wings of inspiration.

We must detach ourselves from the belief that anything on earth belongs to us or that we cannot live without anything on earth. We cannot live with the fear of loss controlling us. Know instead that if we keep our minds, eyes, and arms open, God will always keep us full of His goodness.

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