



from Suzanne Devereux - BelieveInYourDreams.net



Working with the Law of Attraction

July 9, 2008



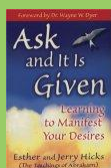
"Activating the Love Vibration" teleclass begins

TONIGHT

July 9th, 2008 --

Still time to register!

Click here for more details.



"Ask and It Is Given" by

SHIFTING ONE STEP UP

While working with the Law of Attraction to create the life you want, the basic framework is to go for the best-feeling vibration you can, in any moment. You look at things in your life that please you; you think of things that are pleasant; you dream of and intend for things that feel wonderful. If you're in a situation where you can't think thoughts of bliss, you can still choose a thought that feels slightly better than another thought, and in that way you're on the *path* to bliss.

In the book "Ask and It Is Given," by Abraham-Hicks, there's a list of 22 emotions, ranging from Fear/Depression on the "low" end to Joy/Love on the "high" end. This list can be used as a guideline to determine how you're feeling, and for aiming for a slightly better-feeling thought. By shifting up one step at a time, you can build a steady vibration of more positive feelings on most (or all) subjects. That's all your "work" really is -- looking for the best-feeling thought you can find. The Universe and the Law of Attraction do the rest.

In the "Putting It Into Practice" section below, there's a link to the Scale of 22 emotions.

Putting it into Practice Charting your emotions

My friend Medina came up with a chart using the list of 22 emotions to help pinpoint where we are on the emotional scale. There's a copy of it in PDF format on my website which you can access [here](#). The way it works is to check in with yourself once in the morning, then around lunchtime, then once in the evening. Mark on the chart which emotion

Esther & Jerry Hicks

best fits the way you're feeling right then. At the end of the week, you can clearly see where your dominant vibration has been. (There's also a daily chart on the same linked page.)



My website: Believe in your Dreams.net

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BURSTING

"Bursting with Abundance" is my weekly newsletter about attracting prosperity, wealth, joy, and all-around abundance into your life. To learn more, [click here](#)

Awareness is a key component in affecting any change, and this is a great tool for becoming more aware of where you're vibrating. The next step is to -- consistently -- choose thoughts and activities that move you up the emotional scale towards joy.



Send me your question or Law of Attraction story -- I'll occasionally put one in this section. [Email me now](#)

If you need help getting clear on what type of partner and relationship you want to attract, check out my Love Vibe teleclass starting on July 9th. You **will** gain insight into why you keep repeating the same relationship over and over, and you **will** gain clarity about what you truly want.



Activating the Love Vibration teleclass starts tonight,
Wednesday July 9th.

[Click here for information or to register.](#)

Thank you for being part of this dialog about the Law of Attraction.
I look forward to your questions and comments.
Feel free to write to me at: suzanne@believeinyourdreams.net.

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