



from Suzanne Devereux - BelieveInYourDreams.net



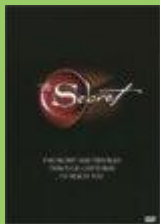
Working with the Law of Attraction

July 16, 2008

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James Ray is one of my

THE LANGUAGE OF THE SOUL

It's said that emotions are the language of the Soul, and that our Inner Being communicates to us through our feelings and emotions. Why would it do that? Why not just *tell* us which choices to make? It's because our human brains are FILLED with thoughts, constantly flitting through. And, in addition to all our thoughts, there are people all around us who are telling us what to do and what to believe, and they're communicating primarily in words. So if YOU were putting the whole system in place, wouldn't you design a special way in which a person's Soul could communicate with him or her, some way in which the Soul's voice would be totally different from other communications?

Feelings or emotions come **only** from inside of you, and they're uniquely yours. No one can make you feel anything; they can't insert emotions into you like words can be introduced to your ears. The way you feel in any given moment is strictly a personal, inside phenomenon. ***If you would like to have more direct communication with your Inner Guidance, you can have it by paying attention to your feelings.***

The practical application of paying attention to your emotions is that the Universe responds to your feelings and, through the Law of Attraction, brings people, things, and circumstances that match the emotional vibration you're putting out.

Putting it into Practice **Think, and then Think Again**

Play around with this thought-emotion connection. Think about

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**Life isn't about finding yourself.
Life is about creating yourself.**

---George Bernard Shaw



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something that's unpleasant to you, and notice the feeling you're in. Then switch to thinking about something that delights you, and put a name to the emotion that you're feeling. Notice the shift in how you feel?

Let's try it now. Think of a situation in the world that you find troubling, maybe war or natural disasters. Check inside and make note how that thought feels to you. You most likely feel "down," maybe sad or worried or angry. Now shift your thoughts to something more positive -- being on vacation in your favorite spot. Check inside and feel how that thought feels to you. Does it feel happy, joyous, excited, peaceful or something similar?

That's the first step to learning how to monitor the language of your Soul. We'll go into this further in next week's newsletter. In the meantime, just practice being aware of what you're feeling.

Q & A
Q. I liked the chart of emotions you provided last week. My concern is that there are only 7 "positive" emotions, while there are 15 "negative" emotions. Don't you think that it would be, I don't know, maybe more useful or uplifting, if there was either a balance of negative to positive emotions; or even better, a majority of positive emotions to identify with?

A. That Emotional Scale comes from Abraham-Hicks and I'd agree that it's not the words or order I would use if I was coming up with my own chart. I myself would move Frustration closer to Anger, and would put Revenge lower than Hatred/Rage. (If you want to see the chart again, click [here](#).)

Especially in the upper registers, a good-feeling thought is a good-feeling thought, and whether you're in Love or Bliss or Joy... it all feels pretty much the same, doesn't it? I think the negative emotions were emphasized to help people identify what they might be feeling. Once we start the practice of monitoring our own emotions, we're more often trying to figure out how we got into a "negative" space and how to get out of it. It might help for each person to come up with their own Emotional Scale, using terms that have particular meanings. But don't stay too long in a negative emotion trying to figure out exactly what to call it. Just recognize that you could be feeling better or more positive, then choose a thought or activity that will move you up the Emotional Scale.

Send me your question -- I'll answer one each week in this section. [Email me now](#)

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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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