

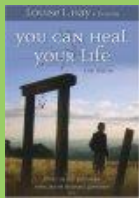


from Suzanne Devereux - BelieveInYourDreams.net

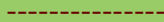


Working with the Law of Attraction

July 23, 2008



You Can Heal Your Life (dvd or book) by Louise Hay



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T → E = V = M (Thought becomes Emotion equals Vibration equals Manifestation)

What is the connection between listening to your Soul's messages and manifesting the life of your dreams?

First let's go back to the concept that thoughts generate emotions, and emotions put out vibrations into the Universe, and the Law of Attraction matches up similar experiences that hum along that same vibrational frequency. So if you think of your favorite dessert and feel comforted, you put a "comforted" vibration out, and the LOA starts lining up people (Grandma), things (a fuzzy, warm blanket) and circumstances (someone holding the door open for you when your arms are full) -- all things that resonate with the "comforted" vibration. In order for those things to physically manifest in your life, you have to stay in that "comforted" vibration long enough, or activate it often enough, to pull those things into your reality.

The fine point there is that you didn't put out a "dessert" vibration, but a vibration equal to how the dessert made you feel.

This works with so-called "negative" experiences, too -- which correspond to less good-feeling emotions. If you think about being turned down for a promotion at your job, and the feeling that comes up in you is dejection, you can believe that there are a whole lot of circumstances and people that are right in alignment with the vibration of dejection.



James Ray is one of my teachers, and has a new book and dvd about creating lives of Harmonic Wealth

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I offer one-on-one coaching to support you as you're working with the Law of Attraction.

For more information, please see the "Coaching" pages on my website by clicking here.

## Putting it into Practice

### Go for the better-feeling story

Here's a tactic for moving yourself up the emotional scale into more pleasant feelings: Tell yourself a story that feels better to you. Interpret what's happening around you in a different way. Instead of getting angry at the "inconsiderate jerk who cut you off in traffic," explore another explanation, such as "a man who overslept (haven't we all) who holds the keys that will open the store so that ten other employees can start their day at work." Doesn't that feel a little better? You almost feel like letting the guy into your lane, just to help him out. After all, how do you know what's really going on with that guy? You get to **choose** which story to tell yourself; just go for the better-feeling story.

Write and tell me your experiences with this... I'd love to hear your stories.

Q & A

**Q. If emotions are the "language of the Soul," then all emotions must be messages from our Inner Guidance. Why would some feel so good and others feel so bad?**

A. Every spiritual tradition tells us that the highest form of that which we call God is love. God's creations (including us) encompass everything, including all emotions. But the highest form of expression is the great-feeling emotion called Love, aka Bliss/Joy/Freedom. Therefore, when we are feeling Love/Bliss/Joy, we are experiencing the highest form of expression of All That Is.

We're free to feel any emotions we choose, and to experience life in any way we choose. But when we're in those higher emotions, we're more fully experiencing that which Source is. That's why the higher emotions feel so much better than the lower emotions -- we're actually in a vibration that resonates more closely with Source Energy. Your Inner Being knows why you're here and what you've identified as being components of the life you want to live. Your Inner Being holds the pure vibration of all that you've decided you want. Since things you want feel better to you than things you don't want, the associated feelings of "wanted things" are higher up the emotional scale.

This can greatly simplify the process of creating a wanted life; all things wanted feel better than all things unwanted. If every thought you offered was in the higher, more positive emotional range, then everything that came into your life would bring positive, good-feeling experiences.

We're human, though, and no one's perfected offering only pure, blissful

My website: [Believe in your Dreams.net](http://Believe in your Dreams.net)

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thoughts. Just get as close as you can, as often as you can, on as many different subjects as you can. It doesn't always have to be Bliss; just a thought that feels a little better.

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

## BURSTING WITH ABUNDANCE

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

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](mailto:suzanne@believeinyourdreams.net).

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