

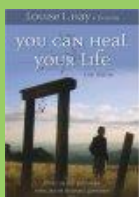


from Suzanne Devereux - BelieveInYourDreams.net



Working with the Law of Attraction

July 30, 2008



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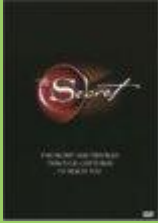
### JUDGEMENT OF GOOD AND BAD

I'm going to start the newsletter this week with a question that's referring to the 7/23/08 issue of "Living It Daily":

Q. You wrote about someone being passed up for a promotion and feeling dejected about it. And that putting the "dejected" vibration out into the Universe would attract more circumstances to feel dejected about. But how am I supposed to feel about not getting a raise? Happy?!

A. When we judge circumstances as "good" and "bad," "positive" and "negative," we take away our choice of response. In other words, if someone backs their car into yours and you proclaim it as a bad thing, you've locked yourself into a certain response, the "normal" response that follows "bad things."

There's another way to look at life: Nothing is inherently "good" or "bad." Everything just IS. Something happens, and you're free to choose how to feel and how to respond. Someone backing into your car -- or being passed up for a promotion -- are just things that happened, and you get to choose how you're going to react... how you're going to ACT in RE-sponse to that incident. You don't even need to try to see those things as positives; by simply not assigning the label of "bad" to an occurrence, it gives you more options on how you're going to feel and the actions you're going to take in response. Maybe your being passed over for a promotion is just the impetus you need to change career directions and, three months from now, you'll be in the job of your dreams. Maybe your being passed over for a promotion means that you're next in line when your boss is looking for someone to promote six



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months from now. Who knows? By not putting labels on occurrences, you open up your life to a myriad of opportunities.

## Putting it into Practice **It Just IS**

Take the words "good" and "bad" out of your vocabulary this week. Replace them with "It just IS." Feel the release from how you "should" respond to things that happen; feel the freedom to choose to let the seriousness go; feel the opportunities to focus on things that you DO want to bring into your life, once you let go of blaming and labeling.

### **The Buddhist story of the farmer**

There is a Buddhist story of an old farmer whose horse ran away. His neighbors came to sympathize, saying "What bad luck." The farmer replied, "Maybe." The next morning, the horse returned, bringing 6 wild horses with it. The neighbors looked on and remarked, "What good luck!" The farmer replied, "Maybe." The next day the farmer's son tried to ride one of the wild horses, was thrown, and broke his leg. "What bad luck!" the neighbors exclaimed. "Maybe," the farmer replied. The following day, military officials arrived in the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on his good luck. "Maybe," said the farmer.

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



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"Nighthogs" by Stephan Pastis

# 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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