



from Suzanne Devereux - BelieveInYourDreams.net

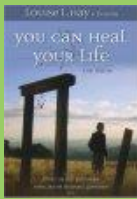


Tapping in to Inner Guidance & Working with the Law of Attraction

August 13, 2008

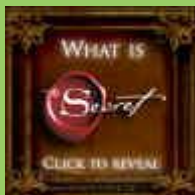
Guest Writer

I'm going to take a break this week, so my cat Logan will be covering the newsletter. Animals are so much more plugged in than most of us humans, I thought I'd give him a chance at explaining this Law of Attraction thing. If you can imagine a stodgy, tenured professor who knows his subject forwards and backwards, and who's a little exasperated with his students -- that's Logan's basic personality. But he's a great teacher of how to stay in a good-feeling vibe...



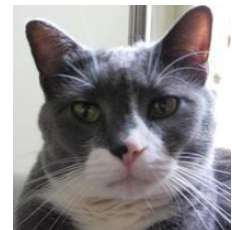
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Okay people, I may as well cover the basics first

Let me start with the basics about the Law of Attraction, in two easy points: 1) You think something. 2) You attract it to you. It's simple, really, but maybe you people would like me to clarify that for you a little. When you're thinking about something, you're feeling something. And those feelings have vibrations -- just like radio signals -- that broadcast out to the Universe this message: "I want more of what I'm feeling and thinking about." I could scarcely get any clearer than that. If humans would just do things that feel good to them and that make them happy, they would be sending out a happy, feel-good vibration, which then the Law of Attraction could respond to with more good-feeling things.



Me, personally -- I like to sit out on the back deck to watch the squirrels and birds, so I make sure I do it every day, at least once.

Then I have my human let me back in, and I take a nap.



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Are you "stuck" in an area
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I offer one-on-one
coaching to support you as
you're working with the
Law of Attraction.

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My website: [Believe in
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 Forward to a Friend

Putting it into Practice The "What I Like" List



Make a list of things that put you into a good-feeling space. Have this list on hand in case you're having a hard day, or you're feeling out of sorts. Really. If you're feeling like you've got a hairball in the pit of your stomach, and things just aren't going right, refer to your list and pick one thing off the list... then do it! Your mood will shift in no time and you'll be able to see the whole situation as a little less serious and a little more handle-able.

And, when all else fails, or you're really feeling yucky, take a nap. When you fall asleep you "unplug" from the "seriousness" of your life, and your brain shuts off for a while, you get a break, and then things don't seem quite so bad when you wake up. If at all possible, have a cat (or dog, if there's absolutely no cat around) handy to take the nap with you. We're notorious channels of pure, positive energy.



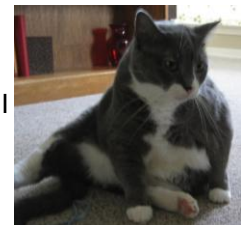
Readers' Section

Logan answers readers' questions

Dear Logan,

How can I really be happy, day-to-day, week in and week out?

A. Be Yourself. Everyone has something unique to give to this world. Figure out what your gift is, and give it. Personally, my gift is my big furry tummy. I share it every time my human wants to take a nap -- I let her rub my tummy, and I purr until I put her to sleep. She always wakes up in a better frame of mind.



Dear Logan,

How do I know if I'm reading the right books and doing the right things to create my ideal life?

A: Let me ask *you* a question: What do you feel like doing -- right now, while you're asking me this stuff about what to read and what to do? What do you love to do? Why aren't you doing it? You feel like sitting on the porch with a good book and a bowl of ice cream? You feel like walking in the woods? What's stopping you? Why do you humans make

everything so complicated?

What would make you happy right now? Go do it right now. Simple enough. Me, I'm gonna go take a nap.

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](#)

Questions and comments for Logan can be sent to [DEAR LOGAN](#)



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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.

Forward email

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