



from Suzanne Devereux - BelieveInYourDreams.net

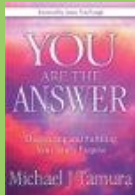


Tapping in to Inner Guidance & Working with the Law of Attraction

August 20, 2008

YOU ARE ENOUGH, AND YOU ARE LOVED

Just the fact that you're here, incarnated in a human body on this planet, is enough. Just by being here, you're adding your uniqueness and your unique perspective to The Whole, and the rest of us thank you for being here.



"You Are The Answer"
by Michael J. Tamura

What about "working" with the Law of Attraction, though? Is it necessary to get it "right" all the time? Do you find yourself in despair every time you think a negative thought or snap at a co-worker, saying to yourself, "Oh no, now I've messed up my vibration! I'm doomed and a bunch of bad stuff is going to come to me now!"

We're all taking this way too seriously.

Find out what The Secret is all about:



or order the DVD or book on Amazon:

If you had never heard of the Law of Attraction, you'd still be living your life, and you'd be creating a mixed bag of wanted and unwanted experiences, but it would still be okay. There's no test to pass or fail; you're just here to live your life. Once you have this information, the main benefit comes from using it to consciously create the things you want in your life; that is, consciously choosing pleasant things to think about rather than letting thoughts jump through your mind with no conscious direction on your part.

So, that doesn't sound so serious or hard, does it? Just choosing some pleasant thoughts as often as you remember to. All of the exercises and coaching tips and advice we get are just reminders to re-focus, that's all. Again, there's no test.

Imagine Source Energy as your Universal Grandma, with one of her little grandchildren. She *adores* this child; love pours from her -- the kind of



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Are you "stuck" in an area of your life?

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.

My website: Believe in your Dreams.net

Forward to a Friend

love that doesn't care whether you say the "right" things, or whether you're always in line with your dreams. Either way, She loves you just the same. Either way, Grandma's just happy that you're YOU.

Putting it into Practice Gently, Consciously Focusing

I recently went to a big discount chain store that I don't really care to go to. Normally I could tell you everything I don't like about this store, its employees, and its clientele. But I decided -- consciously -- that I was going to point out things to myself that I appreciate in that store while I was shopping. And I did. I was impressed by the selection of goods and happy about the prices. I cheerfully let others wheel their carts ahead of me. I made eye contact with the employees and greeted them. It was a much more enjoyable shopping experience than I usually have in this store. While checking out, the cashier noticed some cinnamon mints in my purse and commented about how much she loves cinnamon mints. I had a choice on how I was going to re-act to her, becoming annoyed that she was looking into my purse, or enjoying a little exchange with another human being who shares my love of cinnamon. I chose the latter, and offered her one of my cinnamon mints, which I never saw anyone enjoy more.

The half-hour spent there was not a big test for myself; it was just an opportunity to consciously decide what I was going to focus on while there. For the little bit of "work" I did before going in, I sure got a big payoff in terms of a pleasant experience. I think I'll go back tomorrow.

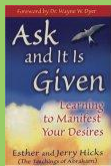
Readers' Section Vision Boards

Q. I spend a lot of time working on my vision board and gratitude journal (I use a lot of clip art to use for both my vision board and journal). I have been seeing things materialize from my vision board. My question: When I put something on my vision board or document it as a want in my journal, should I continue to keep it on there once I receive it? Will it "go away" if I focus my energy on other things? -T.S.

A. There are a couple of ways of looking at whether to take something off your vision board after it's manifested. If you look at the item and it brings up a feeling of gratitude that you send out to the Universe, thankful for the gifts you've been given, then that vibration is exactly the type that will keep enjoyable things coming to you... other things that match up to that same vibration. If, however, you look at the picture on your board and say to yourself, "I better send out a feeling of gratitude so the Universe knows I'm thankful," then that feeling is actually

BURSTING WITH ABUNDANCE

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"Ask & It Is Given" by Abraham-Hicks

coming from a place of fear or worry that you might lose it.

So the bottom line is this: How do you feel about it? There's no right or wrong way to handle your vision boards, only the way that feels right to you.

Some of my coaching clients elect to do their vision boarding with a corkboard and push pins, allowing them to add and subtract images and words as their desires change.

Send me your question or Law of Attraction story for this section of the newsletter. [Email me now](#)

A note from Professor Logan

Dear Readers -- Thank you for your enthusiastic response to my newsletter last week. I got many emails indicating that I "rock," which I'm interpreting as a positive thing. I love writing for humans, and will be guest authoring another "Living It Daily" soon.



Keep purring,
Logan

Activating the LOVE Vibration

My next Teleclass on filling your life with Love starts September 10th.

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