



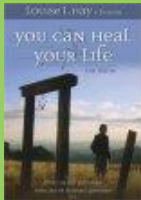
from Suzanne Devereux - BelieveInYourDreams.net



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

August 27, 2008

"You Can Heal Your Life" by Louise Hay



How to use the messages your life experience is giving you, and make changes to create the joyful life you want.

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TWO SIDES OF THE SAME COIN

Any subject about your life experience that you can come up with is actually two subjects: The thing you want, and the absence of the thing you want.

The subject of health is actually about a vibrant, healthy, strong body... and the subject of illness, disease, and aches.

The subject of relationships is actually about loving, caring, close relationships... and the subject of anger, discord, and loneliness.

Esther and Jerry Hicks speak of this duality, particularly in their newest book, "Money, and the Law of Attraction."

Have you been wishing for a life partner, imagining love and sweetness and closeness between the two of you? And then do you also find yourself thinking things like, "I'm so unlucky in love. I always wind up with the same losers. There are just no good men/women left.?" If so, you're putting out two different vibrations on the same topic; you're basically flipping the Relationship Coin and letting it land wherever it lands.

Don't you think your experience with relationships would be different if you consistently looked at only one side of that coin? I believe so. If you told yourself positive, uplifting, hopeful things about love and relationships -- consistently -- your vibration would have to be affected and your life experience around relationships would have to change. That's how the Law of Attraction works.

"No matter how far you have gone down the wrong road, turn back."

Turkish Proverb


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

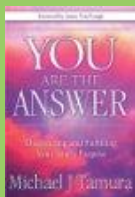
I offer one-on-one coaching to support you as you're creating a life you really want to LIVE.

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



"You Are The Answer"
by Michael J. Tamura

You can send me your question or Law of Attraction story for the Readers' Section by clicking below.

Readers' Section

Is it a lost cause?

Q. Suzanne, I'm really trying to bring the Man of My Dreams into my life. I'm doing visualizations and vision boards, and sometimes I think I'm getting closer and closer. But I've spent a lot of years dating losers and thinking that love is hopeless. So, I guess I'm worried that I've put so much negative vibration out there that I can't possibly counteract it, no matter how positive I am now.

A. That's what's so great about creating our lives with an understanding of the Law of Attraction. Every thought/feeling you have activates a vibration that starts moving things into your experience that will match that vibration. If you simply stop thinking those negative messages, you will no longer be activating that vibration and it will go dormant. If you consistently feel how wonderful it is to be in a close, loving relationship, you are activating only that vibration and it will grow stronger and clearer.

If you are offering both types of thoughts, then both types of experiences are headed your way -- or you may be seeing evidence of both in your current life. Which experience do you want to increase? Then think more of those thoughts and feel more of those feelings.

If you're consistently putting out positive intentions but are not seeing the changes you want to see in your love life, then chances are you have one or more **hidden beliefs** that are contradicting you. I spend a lot of time in coaching, workshops and teleseminars helping people uncover old messages that are playing in their subconscious, holding them back from creating the loving, joyful relationships they want. Try this: Sit quietly with pen and paper. Ask yourself, "What belief have I been carrying around that is holding me back from Love?" There will usually be one or two huge, weighty, insidious beliefs that have been playing in the background of your mind, sabotaging all of your best efforts. Can you see evidence in your life where this one non-serving belief has stunted your love life? This message must be changed if you want to see real results. Re-write that old belief with some new, empowering, supportive words. Then tell them to yourself every day for at least 21 days, many times a day. Anytime the old belief pops up, replace it with your new, empowering belief. As you shift your inner awareness, your outer reality must shift also.

If you'd like to do more belief changing and intention setting to impact your love life, consider joining me for the next "Activating the Love Vibration" teleclass.

**Activating the
LOVE Vibration**

**My next Teleclass on
filling your life with Love**

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starts September 10th.

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