



from Suzanne Devereux - BelieveInYourDreams.net



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

September 10, 2008



Find out what "The Secret" is all about with this dvd.

[Join My Mailing List!](#)

Would you like to read back issues of "Living It Daily?"
Click here for [archives](#)

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

I offer one-on-one coaching to support you as you're creating a life

THERE'S NO SUCH THING AS "NOT"

Do not think about an ice cream cone.

Did a picture of an ice cream cone just pop into your head? That's because the mind cannot think in negatives. It cannot process "not."

When you want to create something in your life, such as a healthier body, it's important to focus on what is wanted, instead of what is unwanted. Do you imagine radiant health and a strong body with increased stamina? Or do you say to yourself, "I want to lose weight"?

And what about the new diet that you're embarking upon? Do you declare that sweets and carbohydrates are the enemy, and make a list of things not to eat? How can the mind not think about those things, if it doesn't process "not"? What happens when you tell yourself something like this: "If I eat Food X, I will gain weight"? Then that's exactly what will happen... eating Food X will result in increased weight gain. Alternatively, you could make lists of foods that feel healthy and life-sustaining to you; you can program your mind and body to equate Foods A, B, and C with radiant health.

The mind plays tricks on you all the time. We're just evening the score.

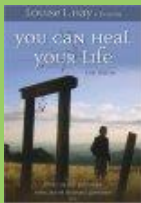
Putting it into Practice The 68-second focusing exercise

According to Abraham-Hicks ("[Ask and It Is Given](#)"), there is a magnetic power in holding a thought for 17 seconds, because at that point another thought with a similar vibration is attracted to it, increasing its power. If you hold that thought group for another 17 seconds, you've reached 34 seconds, then 51 seconds, then 68 seconds... and at that point your clump of thoughts is so magnetic that there's a combustion of energy attracting

you really want to
LIVE.

For more
information, please
see the "Coaching"
pages
on my website by
[clicking here.](#)

"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.

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

 Forward to a Friend

into your life whatever you're thinking about. As long as you don't dilute or negate it with contradictory thoughts, the manifestation of what you want is well on its way to you.

How about starting with 17 seconds of pure, focused thought? If it helps, talk out loud or doodle while you're thinking, just to keep your thoughts from shifting to something else. Or partner with someone who's willing to help you focus for 17 (or 34 or 68) seconds on something you're imagining for your life. Talk about or think of all the positive aspects of what you want. Put some emotion into it! And then -- very important -- don't offer contradictory thoughts about it later.

Want to try an experiment to show yourself the power of holding your thoughts for as little as 68 seconds? Here's the experiment: You're going to think about 3 different things, separately, for 68 seconds each, then watch the Universe bring them into your reality. Pick three subjects about which you have no opinion, and which have no particular importance for you. Orange trucks, peacocks, raisins, whatever. Take 68 seconds per subject, and think or talk about how wonderful it is, what you like about it, how it feels or smells or the delightful color it has. Actively engage as many of your senses as you can. Engage your feelings or emotions, too -- really *feel* what it would be like to have this item in your reality. After 68 seconds, forget about it. Don't focus on it and don't actively look for it to surface in your life (because your recognition that it's not there has a canceling effect). But when some indication of the item appears in your reality, acknowledge your role in causing it to come to you.

For instance, in the book "[Illusions](#)" by Richard Bach, one of the characters focused on a *blue feather*. A short time later, while eating his meal, he was shocked to see a picture of a blue feather on the milk carton. Some people might call this "coincidence," but in a universe of intention and magnetism, coincidences are really evidence of the Law of Attraction in action.

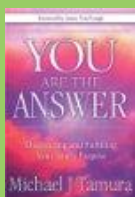
Give it a try, and let me know how it works for you.
suzanne@believeinyourdreams.net

[Mind Movies](#) are great tools for focusing on what you'd like to create in your life. They are essentially Video Vision Boards playing on your computer. Click [here](#) to find out more.

MindMovies.com
Create your future



We are all born for love. It is the principle of existence, and its only end. --Benjamin Disraeli



"You Are The Answer"
by Michael J. Tamura

The search for a true love-mate is really a journey to self-love. In the "Activating the Love Vibration" tele-class, we do processes and self-exploration that will allow you to overcome old, non-serving beliefs that have been keeping you from fully **living in love**. You'll have a chance to *get clear* and *clear out* -- leaving room to attract love into your life. Join me... this program will change the way you interact and vibrate with Love.

Activating the **LOVE** Vibration

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

[Email me now](#)

My next Teleclass on
filling your life with **Love**
starts **September 10th**
9 p.m. ET / 6 p.m. PT

[Click here for more details.](#)

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to devereux007@yahoo.com by suzanne@believeinyourdreams.net.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Inner Voice Communications | IVC | Virginia Beach | VA | 23454