



from Suzanne Devereux - BelieveInYourDreams.net

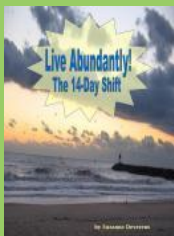


Tapping in to Inner Guidance & Working with the Law of Attraction

September 24, 2008



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CRANKY PEOPLE

I think people who are cranky are just confused, deep down. Confused about the way life turned out. Inside, they remember how it felt when they first arrived, when they gleefully slid into life on Planet Earth to experience all of it! Taste all of it! Try a little bit of everything! Live, love, laugh! And now, they're living pale, restrictive lives and are just not sure what to do about it.

Where in your own life are you cranky? Are there times you hear a little voice disgustedly declaring, "I deserve better than this! Life was not supposed to be this way!"?



How about having a conversation with that cranky little voice inside? Find out what it would really like to be doing and experiencing. Make a plan with that crank to smooth out some rough spots and bring more joy into your life. Ask the crank for ideas on how to make this happen.

Here's the thing: If you're cranky, it's because you're not doing what you really want to do. You're not following your Soul's blueprint; you're not allowing yourself to live the life that excites your imagination. Today you could start to change all that, by doing more of what really interests you, what really calls to you, and what really makes you happy.

Putting it into

Practice Making better-feeling choices

We're faced with decisions every day, all day long. Each decision is actually a chance to direct our lives the way we'd like it to go. If you're not sure which choice to make, ask your Inner Guidance for a sign. Your Inner Guidance communicates to you through emotions and intuitions. Emotions can be put into two categories: (1) better feeling and (2) worse feeling. In other words, if you're faced with a decision between two

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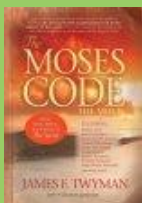
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things, one choice is always going to feel better than the other. "Better" means that one choice is going to feel easier or smoother or more in line with your Soul's plans for your life. One of the choices is going to just *feel* like it would make you happier, regardless of what your brain may be telling you. This is your intuition talking, the part of you deep inside that knows which steps will lead you to your heart's desire.

What if you have to make a choice between three or more things? The simplest way is to ask your Inner Guidance which one is the one for you, and feel the answer in your gut. If that doesn't work (because you're not allowing your gut to speak to you), you can take two choices and compare them to see which one feels better, then take two more choices and compare them... until you're left with just the final choice, the one which feels to you like it will lead you to happiness or at least to a little happier feeling.

And then, when it's time to make the next decision, go through the choice process again. When you choose those things which feel better (happier, more joyful, more peaceful, more "in alignment"), then you're following your Inner Guidance, which knows the Big Plan for your life. Always choose "better feeling."

The Law of Attraction is an invisible force,
just like the wind.

How do we know it exists? By the effects and results.

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Thanks for being part of this dialog about Inner Guidance and Law of Attraction. I look forward to your questions and comments. Feel free to write to me at: suzanne@believeinyourdreams.net

