

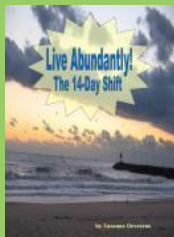


from Suzanne Devereux - BelieveInYourDreams.net



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

October 1, 2008



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ECONOMIC DISASTER... OR OPPORTUNITY??

The news is filled with gloom and doom about the shift that our economy is currently undergoing. Could there be some reason in the Grand Scheme of Things that this is happening? Could it be that there were some real inequities and problems with the way things were set up, and a change is in order? Sometimes change is accomplished by a dissolution of "the way things were" in order to make space for "the new and improved."

Think of an instance in your own life when you went through a tough situation... you made it through, right? You learned things that made you stronger and more focused in some way, didn't you? Usually, in hindsight, you realize that changes were needed and you can see how everything worked out beautifully.

The same is true for group experiences. This is not the first time a group of people has gone through difficult circumstances. Humans are remarkably resilient, always bouncing back, always finding a way to make things better... like a phoenix rising from the ashes.

The important concept to remember is this: Energy flows where attention goes. The Law of Attraction is responding to the vibrations that we are emitting, brought about by the thoughts we are thinking and the feelings we're holding. Where is your attention focused lately? On the doom-and-gloom newscasts? Or on the possibilities for change and growth? In any economic situation, there are those who do well and those who don't do so well. Successfully navigating a change comes from focusing on possibilities and opportunities rather than worrying about and resisting events.

How many minutes (or hours) a day are you being exposed to negativity about the economy? Are you counteracting those negative messages with positive ones, minute-for-minute? If you're hearing and reading sixty minutes' worth of negativity, you'd be doing yourself a favor to negate its effect by focusing on at least **sixty-one** minutes of positive things. It doesn't have to be positivity about the economy (though that would be helpful). **Any** positivity will counteract the negativity. What are you grateful for in your life? What and who do you appreciate?

Let's take this further: How about cutting back and allowing only 30

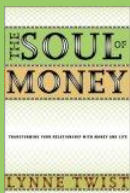
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minutes of negativity into your psyche, while focusing on positive, happy things for 180 minutes? Where would you be with a "positivity ratio" like that? It's similar to those old math problems in middle school: "If you travel 100 miles toward Point A and then go in reverse for 12 miles, how long will it take to reach your destination?"

It's all about mind control, really. It's your mind, and you get to control it.

Q&A

I would like to keep a positive attitude in trying to sell our condo but I keep getting depressed in this horrible market. How do I keep myself from giving in to the negative side?

What is the optimal way you'd like to feel about the sale of your condo? Can you imagine getting a good offer, meeting some really nice people who will be taking over your condo, completing the paperwork smoothly? Can you imagine what it will feel like to have a "done deal"? What words would you give that feeling? Freedom, happiness, elation, relief? The words aren't as important as the feeling behind them. We're told that the housing market is sluggish, but people are still buying and selling homes, aren't they? All you need is one buyer. There's a buyer out there looking for a condo, and it may as well be yours.

You influence your experience by imagining the desired outcome and by staying in those good, hopeful feelings whenever you think about selling the condo. You also help yourself by finding other things to feel hopeful, happy, and positive about. Don't allow what others are saying to bring you down... even if this means turning off the news and not reading the negativity in the newspapers. Instead of news negativity, watch TV shows that are about successful home sales.

Imagine how satisfying it will feel when your home is sold, then stay in that vibration as much as possible and trust that the Universe will work out all the details in perfect timing.

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