



from Suzanne Devereux - BelieveInYourDreams.net



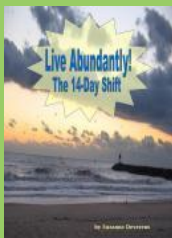
Tapping in to Inner Guidance & Working with the Law of Attraction

October 22, 2008

[Join My Mailing List!](#)

Would you like to read back issues of "Living It Daily?"

[Click here for archives](#)



"Live Abundantly! The 14-Day Shift"

My e-book, guaranteed to shift your life into a more abundant, prosperous mindset.

[Click here for all the details.](#)

The Inner Island of Love and Peace



"For as this appalling ocean surrounds the verdant land, so in the soul of man there lies one insular Tahiti, full of peace and joy, but encompassed by all the horrors of the half known life." (Herman Melville, Moby Dick, Ch. 58)

What is the "insular Tahiti" that Melville wrote about? It's the kernel of knowledge inside each of us that tells us we are divine, we are loved, we are precious, we come from the same Source Energy that created everything and everyone else on this planet and beyond.

Can't you feel it? Isn't there a peaceful place inside you, beautiful and pure? Deep inside, you know you're actually Love, and that all the ugliness and meanness and smallness which makes up your daily life is nothing but a wet blanket that's smothering your Spark. Your Spark can never go out, though; it's your essence, it is the piece of you joined to the Creative Force which makes all things. That Creative Force will not abandon you -- **cannot** abandon you, because you are a part of it.

Notice in the Melville quote that he talks about the "horrors of the half known life." There is a human tendency to think that only those things perceived by our five senses are "real" or "important"... but those things are only a tiny portion of who we really are. If these words resonate with you it's because a part of you knows that there is more to life and that a much more glorious existence is possible.

So, how to access that "insular Tahiti" inside? First, take a moment to imagine a space within you that is pure love and knowing. Now, notice how that makes you feel, just thinking about this pure space within. Do you feel relief, peace, love, hope, sweetness? The words are not so important; your recognition of the feeling is what's important. It is knowing and feeling that everything is okay, that everything is based on love, and that you are part of All That Is. The next step is to bring that knowing/feeling into your everyday life, as often as possible. It's that knowing/feeling that can guide you into an awareness of how to make your

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](#)

[MySpace page: AwarenessInside](#)



Acai berries (pronounced ah-sigh-ee) are one of Nature's Super-Foods, with remarkably high antioxidant levels and other health benefits.

For information on a pure, organic source of acai berries, please

life more joyful and fulfilling.

Inside each and every one of us is this knowing/feeling space, our insular Tahiti, which can guide us in our choices and support us as we give ourselves permission to live the lives we truly want. As we interact with others and with the world at large from that loving, peaceful space inside, our lives will surely shift into a more positive, fulfilling expression.

Putting it into Practice Find that Space Inside

If you're having difficulty finding that quiet space inside, here's a simple method to try: Get in a comfortable position and take a breath, pause after the inhale, then exhale. Again, breathe in and notice that pause at the completion of the inhale -- it's a quiet, empty space. Then exhale.

That small pause between the inhale and exhale is the space in which you can find a connection to your own Inner Awareness, the place to connect with the Divine. Within that small pause is a knowingness that everything is perfection, including you.

This breathing exercise can also be used to find a "calm space" when you start to feel yourself becoming irritated with something going on in your life. This simple practice of re-connecting with your Interior Tahiti can reassure you that everything IS all right, and that you CAN approach any situation with more awareness, love and peace.

Readers' Section

Q. "Can my positive thoughts of abundance override my co-workers' less-than-positive beliefs? I seem to be doing better and better, and get along great with everyone I work with. But there seems to be trouble all around me. Even though it doesn't directly affect me, I prefer my co-workers to do well (abundance) and get along. Any suggestions? Can my thoughts change their lives as well?" --S.W.

A. Each person creates his or her own reality, so it is not possible to "make" something happen in someone else's life. We can, however, be examples of a different way of living or a different point of view, and thereby influence others. I believe it is also possible to vibrate so strongly with a particular emotion that others will feel it on an unconscious, vibrational level and will react to it.

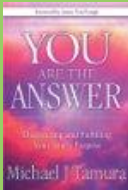
Have you ever met someone who has a strong negative vibration, and without even exchanging a single word, you feel the impact of their negativity, feel uncomfortable in their presence, and just want to get away from them?

Similarly, have you ever been around someone who seems to glow with positive emotions like love, acceptance and joy? Being exposed to a person like that can inspire you to shift into a better-feeling mood yourself.

visit
BerriesFromBrazil.com

Just as the Insular Tahiti in the quote above represents an island of peace and love within each of us, so can a person resonate with the higher vibrations and act as an "island" of positivity in everyday interactions with others.

"You Are the Answer"
by Michael J.
Tamura



Michael Tamura is a wonderful teacher with a reassuring message that all answers exist inside each of us. His book gives many methods to assist in accessing our Inner Guidance.

Send your questions and comments to:
suzanne@believeinyourdreams.net

To make a voluntary contribution in support of this newsletter, please click here.
And thank you!

[Make a Donation](#)

[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](#).

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

Email Marketing by

