



from Suzanne Devereux - BelieveInYourDreams.net

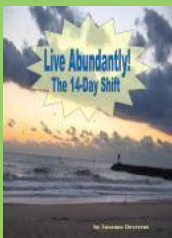


## Tapping in to Inner Guidance & Working with the Law of Attraction

October 29, 2008

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### Whatever you want to call it, it's still about Conscious Creating

We call it the "Law of Attraction" nowadays, but the concept of influencing the creation of one's own life has been around for a long time. In the early twentieth century, Frances Scovel Shinn told us to "speak our word," and that which we asked for in faith would come about. Napoleon Hill, author of the best-selling self-help classic *Think and Grow Rich*, said, "Our minds become magnetized with the dominating thoughts we hold in our minds and these magnets attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts." Wayne Dyer told us to focus *The Power of Intention* to bring about the life we envision.

Neale Donald Walsch writes that each of us can follow a formula for creating what we want to experience in our lives, and that formula is called the Process of Personal Creation. The power behind Personal Creation is what he calls the Mechanism of Manifestation, which includes the Energy of Attraction.

"Huh?" you say?

It's a lot of words, to be sure. I think Walsch's point here is that we are all creators, and for the most part we create *unconsciously*. By bringing these concepts into everyday conversation, we are all having a chance to consider using the focus of our thoughts to *consciously* create our lives. When we decide on a condition we would like to have in our lives, it changes us on the inside, causing us to take mental and physical steps to bring that idea into physical reality. With enough focus of thought in any given area, we simply guide our own steps towards that which we want.

We're living our lives anyway, passing our days on Planet Earth. Why not explore these concepts, gaining new understandings of how we can consciously bring about that which we desire?

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

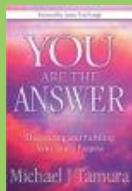
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For more information, please see the "Coaching" pages on my website by [clicking here.](#)

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

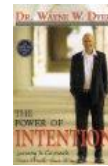
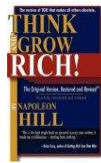
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**"You Are the Answer"**  
by Michael J. Tamura



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.

If you're interested in exploring any of the material mentioned above, here are the book links on Amazon:



These and other books are also listed on my website's [Resources Page.](#)

Some see things as they are and ask, "Why?"

Others see things that never were and say, "Why not?"

Paraphrased, from George Bernard Shaw

Putting  
it into  
Practice

Replacement Thoughts

A woman I know said recently that her new practice is to instantly replace any thoughts she thinks or words she speaks that are negative and self-defeating. This practice actually takes a lot of focus and ingenuity. Most of us have a whole litany of negative things we think and say about ourselves. How many times a day do each of us think that we did something wrong, or that we're not "enough"?

Monitoring our thoughts is just the first step, though. It's essential to re-program ourselves, telling our story a different way, celebrating our uniqueness and cutting ourselves a break. No one is perfect, and there are so many wonderful qualities that each of us has that deserve celebrating -- there should be no room for negative self-talk.

How about trying this for a day (or a week, or from now on)? Pay attention to the things you think or say that are not supporting you. When you catch yourself in negative self-talk, immediately rephrase it in a more self-loving, self-accepting way.

Send your questions and comments to:  
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