



from Suzanne Devereux - BelieveInYourDreams.net



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

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Negative circumstances and strengthening your focus

There's something useful in every "negative" thing that happens to you. What is it? Well, the short answer is: a chance to strengthen your focus.

When something occurs that is less than pleasing, a really helpful way to look at it is to ask yourself, "How would I like this to be different? What would I like in my life instead?"

The trap most people fall into at that point is to focus on what is unwanted, and to make excuses or look for reasons why it's in their lives. Instead, if you shift your focus to what you would like, and how you would like to feel, then the Law of Attraction can line up circumstances and people that resonate with those better-feeling choices.

So, of course, there are no "negatives"... only indicators that alert us to new opportunities to refocus.

Go confidently in the direction of your dreams!
Live the life you've imagined.

Henry David Thoreau

Readers' Section

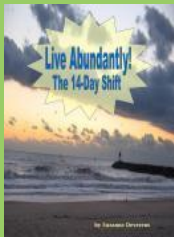
The Upstairs Neighbor



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J.W., a Living It Daily reader, told me the story of her troubles with a bothersome upstairs neighbor. It seemed that the neighbor was continually coming up with things to argue about: the dividing line in the garden, who was responsible for watering the plants, who took whose plants, etc. J.W. tried to figure out where the arguments were coming from, tried to placate the neighbor or, alternately, tried to outmaneuver the neighbor. But all that happened was more discord and upset. Then J.W. decided to use the experience as an opportunity to focus on what she really wanted, which was the peace and quiet of having no one living upstairs. After a few more attempts on the part of the neighbor to argue, and J.W. holding to her new vision, the upstairs neighbor unexpectedly announced plans to move. Yippee! It worked! Well, sort of...

Here's where some Law of Attraction fine-tuning came into play. As J.W. told this story to all her friends, even though she was happy about the neighbor moving, she was also re-activating the troubles she'd been having with the neighbor by re-living them through the stories she was telling. Subsequently, the neighbor announced her intention to stay in the apartment upstairs, and started attempting to pull J.W. into more arguments.

Did J.W. give up? No! Being a really conscious Law of Attraction practitioner, she decided this was her opportunity to refocus on her desire for the peace and quiet of no one living upstairs. After a short time, she realized that she rarely heard or saw the upstairs neighbor; somehow one was coming while the other was going, and their paths didn't seem to intersect any more. And, furthermore, J.W. is now envisioning buying her own home, without an upstairs neighbor, and is incorporating that desire for peace, quiet and cooperation into her new dream.

That's what tweaking our lives using the Law of Attraction is all about: living and practicing it daily.

Send your questions and comments to:
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