



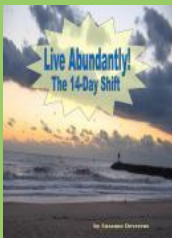
from Suzanne Devereux - BelieveInYourDreams.net



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

November 19, 2008

### Getting to the Essence



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A few months ago, I was on a flight with three companions, returning home from Florida. On the way to the airport, I decided that it would be better if I could convince the ticket agent to move us to a non-stop flight, rather than the itinerary I'd booked with a connecting flight. My mind kept coming up with possible resistance I might have with the ticket agent, and ways that I could get around him or her to "make" the non-stop flight a reality. Then I would chide myself for thinking "negative" thoughts, and refocus my intentions on how nice it would feel to be booked on that non-stop flight... until my mind came up with another possible resistance from the ticket agent.

I was caught in a spiral: A thought of something I didn't want to happen, then an effort on my part to focus on something I *did* want, then coaching myself to stay focused on my positive intention, followed by a doubt on whether the ticket agent could be convinced to see it my way.

That was a scenario with way too many conflicting vibrations. Recognizing that, I asked myself this question: "Suzanne, why do you want to be booked on the non-stop flight?" The answer was that I thought we would have a quicker, easier, less stressful and more comfortable trip.

So the **essence** of my desire was quick, easy, stress-free, comfortable travel. There's no way I could be certain that a non-stop flight would guarantee that kind of trip, or if we would be better off with the connecting flight. There were so many factors that I couldn't foresee: possible flight delays, crowdedness on the planes, friendliness of the crew and personnel, camaraderie of fellow passengers, available seats for the four of us together, clean seats in good condition, enough beverages and snacks onboard for us all, our luggage arriving on time and intact, smooth passage through security checkpoints, and the traffic on the road driving home from the airport.

I figured that, with so many unforeseeable circumstances, I would be better off leaving the particulars to the Universal Manager, and just ask for



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the *feeling essence* of what I desired.

I'm not going to tell you whether we got on the non-stop or connecting flight, but I will tell you this: The four of us got seats together, crew and fellow passengers were fun and friendly, and we arrived home safely in good time with all our luggage, having had a fun, smooth journey.

What more could I ask for?

## Putting it into Practice **Stop the Spiral**

Whenever you find yourself in what I call a Thought Spiral, where your mind is circling around in contemplation of possible scenarios, I encourage you to take a deep breath and ask yourself this: "What is the feeling that I'm wishing to have in this situation?"

Then focus on that **essence**, and let the Universal Manager work out all the details.

Send your questions and comments to:  
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"Mutts" by Patrick McDonnell

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