



from Suzanne Devereux - BelieveInYourDreams.net



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

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### Releasing Resistance

There's a phrase, "What you resist, persists." That is, whatever you push against and complain about is only going to have a stronghold on your life.

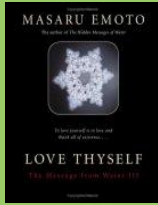
Looked at from the perspective of the Law of Attraction, it makes sense, doesn't it? Thoughts of worry or anger are going to attract more thoughts and circumstances which match the vibration of worry or anger -- just as thoughts of joy and love open your world to more joyful and loving experiences.

There's a fine art to releasing resistance. After all, if there's a person or circumstance in our lives that is less than pleasing, it is hard not to pay attention to it. Particularly in the American culture, we've been taught to identify a problem, come up with a solution, and implement the changes with as much speed and force as we can muster.

But that's counter-productive to how the Law of Attraction works. It's okay to notice when something isn't going the way we'd like, but then the next step is to focus instead on what we *would* like. And to keep our focus on how wonderful/delicious/peaceful/happy we will feel when the wanted scenario is a part of our life experience.

It's about finding a space of acceptance in which we acknowledge that things may not be quite to our liking, but knowing that we are creating our own lives... knowing that we're much better off putting the majority of our focus on how we want to feel, rather than on all the "negative" things that are happening.

What if it feels like you're caught in a negative spiral, or it feels like everything is falling apart in your life? What if you allowed yourself to feel yucky, but love yourself anyway? You might be saying to yourself, "Life wasn't supposed to be like this... I don't deserve this... my life was meant to be so much better." What if you believed that in 6 months from now, your life is going to be wonderful -- and that you need to let go of all this junk in order to get there? What if you comforted and nurtured yourself, and turned your thoughts even a little bit towards a more hopeful mindset?



"Love Thyself: The  
Message from Water  
III"

by  
Masuru Emoto

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You ARE precious. You ARE lovable. You ARE adored by the Creative Spirit. Relax into that feeling, and know that everything is going to be alright.

**"To love yourself is to love and thank all of existence..."**

**-- Dr. Masuru Emoto**

## **Putting it into Practice Focusing Tools**

Here are some ways to release resistance and re-focus your thoughts:

If you can find a picture of yourself as a young child, put it someplace where you can reflect on the hopefulness and loveliness that you were -- and still are.

Have a list of sure-fire ways to distract yourself from negative thoughts and raise your spirits. Things like listening to a favorite piece of music, dancing around the room, going outside and taking deep breaths, playing with a pet. When you feel yourself starting to identify with the unwanted things in your life, make yourself do one of the things on your list, and you'll be in a better-feeling space in short order.

Use focusing tools to direct your thoughts towards what you DO want in your life... tools like a vision board or my new Vision Mug. This stainless steel travel mug is actually a portable vision board that contains your own collage of words and pictures representing all of the wonderful things you intend for your life. Take it with you everywhere you go, and look at it many times a day!

Find out more about it at: [www.VisionMug.com](http://www.VisionMug.com).



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