



from Suzanne Devereux - BelieveInYourDreams.net



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

December 17, 2008

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Ships in harbor are safe, but that is not what ships are built for.

That quote is on a bookmark I've had since I was in my teens, so it's been around for quite a while, inspiring me. Ships in harbor are safe and solid, and they're amidst others of their kind. They may be comfortable bobbing next to their dock, securely tethered with thick, strong ropes. They may like hanging around with the other ships, which are all in exactly the same circumstances.

However... ships are capable of so much more. They are designed to sail upon the world's waters, encountering new adventures. Yes, there may be rough waters and storms awaiting them on the high seas, but there are also calm, blue, warm days spent basking and floating. Either way, in rough or calm waters, the ships can revel in experiencing it all. They can be glad that they are here on earth, being ships.

Can you feel the analogy coming? I don't even need to type it out, do I?

I encourage you to look out toward the horizon of your world, and let your heart remind you of long-held desires to do more, see more, BE more. Listen to those inner nudging beckoning you to new, expanded experiences. It's why we all chose to come to this time-space reality called Earth -- to experience it, taste it, and enjoy it.

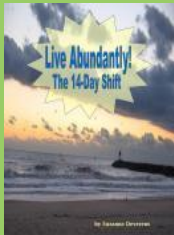
Loosen the knots in your mind, and sail forth. **Believe** in your dreams!



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Putting it into Practice **Thank you for this**

It seems that the Living It Daily edition written by Professor Logan a couple of weeks ago struck a chord with people. Especially the part about Gratitude and Thankfulness. (Access it on my [Archived Newsletters](#) page and click on "Being Thankful," if you haven't had a chance to read it.)

I came across this simple and quick exercise to shift out of judgement and into gratitude. It only takes 5 seconds, and can be used anytime something is irking you. Try saying this to yourself:

"Thank you for this..."

There can be an immediate shift in your perception of what is happening.

So simple, and yet so effective.

"Thank you for this... thank you for this person in front of me who I saw as an annoyance, but I can now see as confused and lost, and in need of my compassion."

"Thank you for this... thank you for this stack of bills which were starting to bring up fear, but which I can now see as evidence of the full life I live, the home and clothes and electricity and running water I have in my abundant experience."

"Thank you for this... thank you for this traffic jam, which offers me a reminder to slow down and take notice of the world around me."

There is always another way -- a more positive way -- of looking at anything bothersome in your life. Try this out for a few days, and drop me an email to let me know how it goes.

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And thank you!

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Getting ready for the New Year with Inner Guidance Coaching

Do you:

- feel a yearning for your life to be more than it is?
- feel a sense of disconnection?
- wonder why you're here or what it's all about?
- have a vague feeling that you're not on your path?

These are all signs that your Soul is trying to get your attention and re-direct you on your Life's Journey.

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I offer one-on-one and group coaching, via email or on the phone. For more information on Inner Guidance Coaching and the Soul Coaching Program, please visit the [Coaching Pages](#) on my website, www.BelieveInYourDreams.net.

We're approaching a New Year, in an exciting time in the world's history. Let me support you as you gain clarity and focus on YOUR heart's desire!

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

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