



from Suzanne Devereux - BelieveInYourDreams.net



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

January 7, 2009

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### The Mechanism of Thoughts

This question comes up to me frequently: *If thoughts become things, why don't I have all the things I want that I've been thinking about?*

Here's one way to look at the mechanism of turning thoughts into things and creating your own reality: Thoughts are an energy vibration, just like *everything* in our universe is an energy vibration. Once a thought is released, it is striving to become "real" in the physical world.

After all, everything that exists in our physical world began as a thought, didn't it? Someone had to think about a telephone or a statue or a high-heeled shoe before it ever came into existence.

Let's take the subject of cars. Joe is a normal guy, having many thoughts about many things, only one of which is cars. Examples of the car thoughts Joe has had over the years include: "I like that new blue sports car," "Isn't that red truck cool," and "I'd love to drive a big SUV like that one day." All of those thoughts now exist as an energy vibration, striving to become a physical manifestation in Joe's life. Eventually, depending on how open Joe is to buying new cars and switching to different vehicles, he would probably own a blue sports car, a red truck, and a big SUV at some point in his life.

That is, if he didn't think about any of the other 3,000 possible cars or trucks that are out there. In that case, any of the vehicles could possibly become reality in Joe's life, if he lived long enough.

On the other hand, let's say that Joe *really* likes the red truck. He thinks about it every day; he notices other red trucks on the road; he passes by the Red Truck Dealership on his way to work in the morning; he even imagines himself in the red truck, getting into the feeling-space of how fun it would be to drive it. In that case, Joe is much more likely to end up with a red truck, because just by the power of his thoughts and observations, he's giving more intensity to the thought that is striving to become a

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physical red truck.

Yes, it's kind of an "out there" way to look at manifestation, but doesn't it make sense? After all, we think thousands of thoughts each day, but not all of them manifest in our physical reality. Just the ones that we focus on and give power to, or the thoughts that we give strength to by thinking similar thoughts (along the same vibrational frequency). When we focus on something, it intensifies our intent, prompting us to take physical steps to bring it about.

So, as usual, it comes down to *focus*. The amount of focus we give any one idea determines the likelihood that it will manifest in our lives. And the good news is that we each get to choose what we focus upon.

Next week, we'll look at the role hidden beliefs play in whether thoughts and desires manifest in our reality. Stay tuned.

***You can create the energy  
to turn your dreams into reality  
by knowing what to say  
when you talk to yourself.***

~ Dr. Shad Helmstetter

## 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.

Now is the perfect time to give yourself the gift of identifying what's been holding you back, and charting a new course for yourself in 2009.

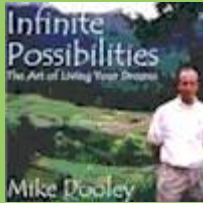
I offer one-on-one and group coaching, via email or on the phone. For more information on Inner Guidance Coaching and the Soul Coaching Program, please visit the [Coaching Pages](#) on my website, [www.BelieveInYourDreams.net](http://www.BelieveInYourDreams.net).

In this exciting New Year of Change, choose the life you will create for yourself. Let me support you as you gain clarity and focus on your heart's desire.

***Believe in your dreams!***

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The Art of Living  
Your Dreams  
by Mike Dooley

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