



from Suzanne Devereux - BelieveInYourDreams.net



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

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### Hidden Beliefs strive to become real, too

Last week we looked at how thoughts strive to become "real" in the physical world, and how we can help thoughts become reality by giving more focus to a particular thought. But what if you think about and visualize something every day, and it still hasn't manifested in your reality?

What might be hindering its manifestation is a **hidden belief**.

Hidden beliefs are thought patterns that play in the background of our minds, often unnoticed by our conscious minds. They usually come from something that we've decided is "true" about how the world works, and which shape our reality even without us knowing it. Hidden beliefs can serve us or hinder us, but it's the latter which is usually causing us problems in manifesting the life we really want.

Let's look at relationships. Carol is ready to have a relationship with the love of her life, and is actively calling her life partner into her reality. Carol visualizes the wonderful man she wants to meet, listens to love songs, and spends time getting into the "feeling space" of how it will feel to be with the man she loves.

However, there is a hidden belief playing in the background of Carol's mind, one that she's barely aware of. Having been through a tough relationship that ended in divorce, Carol actually believes that there are "no good men out there." So, even though she's thinking thoughts of a wonderful relationship, there are also thoughts flitting through her mind about the impossibility of ever finding a good man. If all thoughts strive to become "real," then what is Carol likely experiencing in her life, regarding relationships? She's probably having a mixed bag of experiences, some aligning with her dream of a loving mate, and some "proving" that there are no good men.

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We all have hidden beliefs that hinder the manifestation of what we want our lives to be. The good news, however, is that we can unearth those



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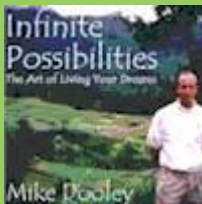
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hidden beliefs and not allow them to contradict our visualizations any longer. It takes some awareness and commitment, but you can catch yourself in those negative thoughts and immediately counteract them with your chosen thoughts.

Back to Carol. She made a commitment to herself to watch for any limiting beliefs that surfaced regarding relationships. She started noticing when a "there's no good men" thought surfaced, and immediately replaced it with a thought that supported her vision of a loving mate. Since all thoughts are a vibration striving to become real, and she gave so much strength and focus to the thought of a loving mate, a man fitting that description HAD to appear. He did. His name is Wayne, and they're very happy together.

## Putting it into Practice **Replacing those hidden beliefs**

Think of an area of your life in which you would like to make a change. Write your dream and vision on a piece of paper. Now notice if a little voice inside pipes up with some negativity about why your dream is not possible for you. That voice is declaring one (or more) of your hidden beliefs. Write down those thoughts, realizing that they do not have any power to affect your life, if you don't give them the power.

If you were to stand up to that little voice and declare your own, new, empowering belief, what would it be? Write that next to the old, non-serving belief.

Keep your new, empowering belief in mind as you go through the day. Or, better yet, write it on cards or sticky notes and put this new belief where you'll see it often. Then watch your thoughts. Any time you notice your old, non-serving belief float through your mind, replace it immediately.

It's not complicated, it just takes vigilance. And, like any habit, a little dedication in the beginning soon leads to a practice that becomes second nature. Then before you know it, you will automatically be choosing your new, empowering belief and watching it manifest in your life.

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