



from Suzanne Devereux - BelieveInYourDreams.net

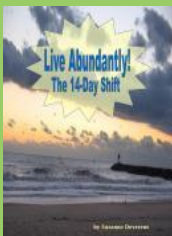


Tapping in to Inner Guidance & Working with the Law of Attraction

January 21, 2009

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Difficulties and Growth

I'd like to pull together a concept from three different sources (paraphrased):

We sometimes face difficulties and tests. These tests are not given to annoy us but to frustrate us into surrendering to Divine Guidance.

(Channel from the Master January 2009, by Kathleen Mulligan)

When we find ourselves in the middle of a jam, it wakes us out of complacency and requires that we make active choices about what we want in our lives.

(Abraham-Hicks)

On the edge of chaos rests the greatest opportunity for growth. (James Ray)

All three of these messages came to me within a week, and I could see a common theme among them. Our lives are made up of choices and decisions, followed by a period of time to experience our choices, followed by more choices and decisions. Whether you realize it or not, you are making decisions constantly, and if it seems like your life is stagnant or the same thing is happening day in and day out, it's because you're *choosing more of the same by not choosing to create something different*. But as evolving, expanding creatures, we can't stay in any one place for any length of time without it becoming uncomfortable, necessitating new decisions to lead to growth and expansion. If we are not actively defining our lives, events will step in to force us to make choices and, hopefully, move on.

For example, if someone at work is really getting on your nerves,

Are you "stuck" in an area of your life?

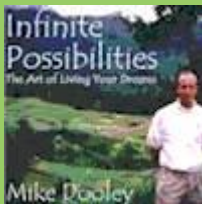
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eventually you will make choices to bring more harmony into your life -- or your life's circumstances will force some kind of change in your relationship with this person. If you are really desiring a new object in your life, like a car, but don't actively do anything to bring this object to you, life will eventually step in and you'll find your old car falling apart, or the bus route you relied on being cancelled by the city, or some such occurrence -- Divine Intervention, if you will, forcing you to make choices and take action.

And if you find yourself at a point in your life where many things seem to be shifting or even falling apart, rejoice because this is your chance for big change. This process will go much smoother if you don't try to control and manipulate what is happening, and for heaven's sake don't resist these changes. By recognizing that there is a Bigger Power at work in your life, something that's wiser and all-knowing, and by trusting your intuitions and the signs around you, your time of changing can be a smooth, gracious transition. Your part in this process is to visualize and set intentions, then get into the feeling-space of how you want your new life to be.

Putting it into Practice Synchronicity Journal

This is a practice I started for myself a few months ago, and which can be really fun and enlightening. Each day (at the end of the day or carry a notebook with you and jot these down as they are happening), list any synchronicities you notice in your life.

Maybe you'll hear a news story on TV about a certain musician and 15 minutes later, a song by that same musician is playing on your car radio. Maybe you decide to wear your crazy red socks to work, and at the office there are three other people who decided to wear red socks that same day.

What do these synchronicities show you? Well, sometimes they can be a direct answer to a life question that you've been pondering. But sometimes synchronicities serve to show us that there is magic in our everyday lives, and that all things and people are connected with invisible, energetic ties.

If you want to take this exercise a step further, ask your Higher Power for answers and signs on a specific issue, then watch for the synchronicities to surface. As with anything, the more attention and practice you give this, the more apparent and meaningful synchronicities will become.

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