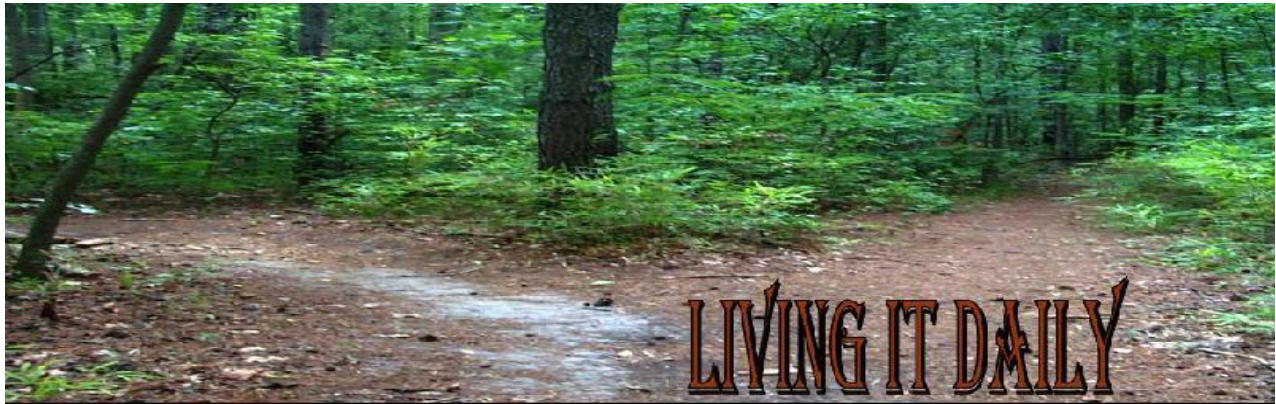




from Suzanne Devereux - BelieveInYourDreams.net

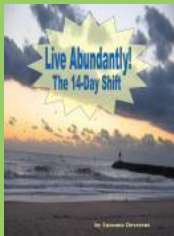


Tapping in to Inner Guidance & Working with the Law of Attraction

February 4, 2009

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Are you "stuck" in an

Starting a Friendliness Chain

What if we were all a little more caring and kind to others around us? Can you imagine how that would change our world? It's a good feeling to make someone smile or lighten their day in some way. But I believe it goes further than that. Can you imagine the chain reaction you start when you are friendly, kind and courteous to someone? Perhaps, as you are showing kindness and friendliness to someone, you can imagine that a chain reaction will start because of you... imagine that four or six hours later, someone in another area of town is going to feel the effects of the "friendliness chain" you started.

In each moment, hour by hour and day by day, we have a choice as to how we are going to interact with others. If the cashier at the grocery store is noncommunicative and grumpy, we can choose to remain silent and think mean thoughts, or we can choose to try to lighten that person's day with a kind word and a smile. The same goes for a grouchy co-worker or spouse. A smile and even a hug can do wonders for someone else's mood.

Give it a try, the next time you're face-to-face with someone who's having a hard day. See if you can infuse them with friendliness. Then watch how they interact with the next person. You may just start a Friendliness Chain.

As we become purer channels for God's light, we develop an appetite for the sweetness that is possible in this world. A miracle worker is not geared toward fighting the world that is, but toward creating the world that could be.

~~ Marianne Williamson

area of your life?

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## Putting it into Practice **Positivity Buddies**

Do you know someone else who is trying to work with the Law of Attraction, or who has decided to consciously create his or her life using intention and focus? This person most likely understands, as you do, the importance of looking at things from a positive viewpoint. Make a pact with them that you'll help each other change the way you think and speak.

Call your Positivity Buddy and ask them to tell you three great things about their day, then you do the same. Or, while you are talking with each other, if one of you starts sounding negatively-focused, the other can gently offer a reminder to choose words that are empowering and uplifting.

This may be entirely different from the conversations you usually have and are surrounded with. It should come as a refreshing change and a reminder that it's our choice which story we tell... and that it's the thoughts and words we offer in this moment that create our tomorrows.

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