



from Suzanne Devereux - BelieveInYourDreams.net



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

February 25, 2009

Where is Your Life Taking You? - Part 2

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

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I had a couple of questions from readers after last week's story about the man at the airline ticket counter going through his whole list of places he **didn't** want to go. (If you want to re-read it, you can access it on the ["Newsletters" tab](#) on my website.)

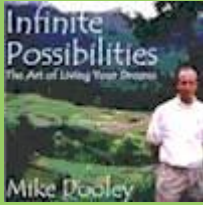
That story illustrated how we often dwell on the things in our lives that are displeasing or unsatisfying, going over the list in our minds or complaining to our family and friends. Since the Law of Attraction responds to the thoughts and emotions we are sending out, focusing on "unwanted" is only going to bring more "unwanted" into our lives.

Wouldn't it be ludicrous to be like the airline customer in that story, focusing only on places he didn't want to go? Or what about going to the grocery store's canned soup aisle and pointing out, can by can, all of the soups that you do not want to eat for dinner that night. You could be in the soup aisle for an hour pointing out what you don't want -- it's a waste of time and energy. It's more likely that the scenario is this: A thought pops in your mind that you would like a particular kind of soup for dinner, so you head to the grocery store to get it. You go to the soup aisle, locate your "wanted" soup on the shelf, and enjoy your meal at home.

So why would you treat any area of your life differently? Why do you talk about:

- the illnesses you don't want to attract
- the relationships that are bothersome
- the body parts that you find fault with
- the problems with your job
- the perceived scarcity of money
- and on and on?

Infinite Possibilities
by Mike Dooley



Explains in simple terms how thoughts actually become physical manifestations.

Why not, instead, talk about:
health and vitality
love, friendship and closeness in your relationships with others
the wonderful machine your body truly is
the fulfilling and energizing work you do
the abundance and prosperity that is naturally yours?

Whether you are talking about what is currently in your life or what you visualize in your future, talking about the aspects that please you will activate that vibration and send the message out to the Universe to bring it to you.

Putting it into Practice **Catch Yourself**

Make it your conscious practice this week to catch yourself when you're focused on something that you *don't* want in your life. Immediately replace it with what you *do* want, and put a little imagination, feeling, and visualization into your "request to the Universe."

Readers' Section

Ah, the power of Vision Boards!

"Suzanne, about a year ago I put up a vision board. On my board I cut out a picture of a lady with glasses holding a blue book. It did not have a title on the book so I put a title on it... Well it is now February, I have written my book and it is going to be published!" -- C.C., Missouri

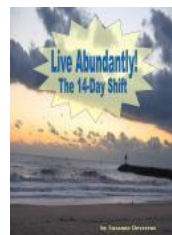
Do you have any stories you'd like to share with other readers about following your Inner Guidance, synchronicities, and working with the Law of Attraction? Just email them to me at suzanne@believeinyourdreams.net

The Compass = Your Inner Guidance

My website: Believe in your Dreams.net

[MySpace page: AwarenessInside](#)

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"There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other." -- Douglas H. Everett

"Bursting with Abundance" is my weekly newsletter about attracting prosperity, wealth, joy, and all-around abundance into your life.

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