



from Suzanne Devereux - BelieveInYourDreams.net



Working with the Law of Attraction

April 30, 2008

In This Issue

Putting it into Practice

Q & A

James Ray is one of my teachers, and has a new dvd about creating lives of

Harmonic Wealth

Find out what The Secret is all about:



PROGRAMMING THE SUBCONSCIOUS

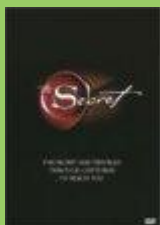
Last week I brought up the conscious and subconscious minds. There are always a lot of questions about how they work, so let's delve further into that subject.

Your subconscious mind runs in the background, working within every cell of your body. Its job is to carry out orders, turning thoughts and impressions into reality. It cannot filter the information it receives; it merely works with your cells and the energy field we inhabit to bring about circumstances that match what it's been programmed with.

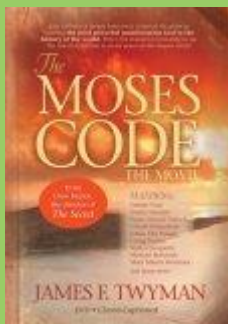
Your conscious mind thinks and reasons. The *thoughts* in your conscious mind become *directives* to the subconscious. It's only in the conscious mind that you can choose what you will put into your subconscious. The conscious mind is the tool you use to accept or reject any and every thought. If you're not actively choosing the thoughts you allow into your subconscious, *every* thought and impression is going in there.

So, what thoughts have you been thinking? In other words, what directives have you been giving your subconscious mind? If you think things like, "I'm always broke, I have no love life, and I'm fat," the subconscious goes to work with your cells and external circumstances to make this true for you. If you think, instead, "I live in an abundant world, I love other people, and my body is vibrant and healthy," your subconscious is working to manifest abundance, love and health in your

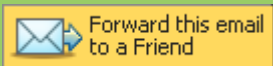
or order the DVD or book
on Amazon:



Here's a new book and film
on DVD that takes "The
Secret" one step further,
showing us how to use the
Law of Attraction to create
fulfilling, joyous lives:



Or you can visit [The Moses
Code website](#)



My website: [Believe in
your Dreams.net](#)

Join My Mailing List!

Would you like to read
back issues of "Living

life.

There's a reason I call this newsletter "Living It Daily." It's about day-to-day, moment-by-moment **choosing** which thoughts you're plugging into your subconscious.

Putting it into Practice **Filter your thoughts**

Develop an awareness of your conscious mind. This is your thinking mind, the one with thoughts that race through it thousands of times a day. Let's face it, you're almost always thinking *something*.

It's possible -- it takes effort and awareness, but it's possible -- to catch yourself in thought and decide whether you will internalize a thought, whether you will make it part of what you believe about yourself and your world. Turn your mind into a sieve, letting only a small percentage of thoughts into your subconscious where the field of creation is. What do you think your life would look like if you only let through thoughts that empower you and feel good to you? The conscious mind can be used as a tool, much like a filter or a sieve.

Whenever you remember to, observe your thoughts. If you don't like how they make you feel, choose different thoughts. Tell yourself a different version of the story that's going on in your brain. *Anything* that you're experiencing can be looked at in a variety of ways. When you choose an interpretation that moves you forward rather than brings you down, you're programming your subconscious to create circumstances that you're going to like a whole lot better.

Q & A

I want to start my own business, but keep hearing my father's voice saying, "Stick with the steady job, it's too risky to be on your own." What's going on? This is a perfect example of unfiltered thoughts entering your subconscious. This happened to all of us as we were growing up, when we were told all kinds of things by others around us. Recognize that all those voices were just expressing *an opinion*, not "The Truth." Take a thought like, "It's too risky to be on your own" and change it into something else that empowers you and moves you toward what you want to create in your life. You're "plucking" an old thought from

It Daily?"
Click here for [archives](#)

your subconscious and planting a new one -- one that you've chosen for yourself.

Send me your question -- I'll answer one each week in this section. [Email me now](#)

Thanks for being part of this dialog about the Law of Attraction. I look forward to your questions and comments. Feel free to write to me at: suzanne@believeinyourdreams.net.

Forward email

✉ [SafeUnsubscribe®](#)

This email was sent to devereux007@yahoo.com, by suzanne@believeinyourdreams.net
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Inner Voice Communications | 2712 Windship Pt. | Virginia Beach | VA | 23454

Email Marketing by

