



from Suzanne Devereux - BelieveInYourDreams.net



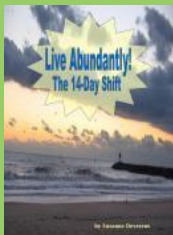
**Tapping in to Inner Guidance  
& Working with the Law of Attraction**

**March 25, 2009**

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Last week I wrote about picking an area of your life that you would like to change, and spending time each day imagining this new "scene" in the movie of your life. ([Click here](#) if you haven't read it yet and would like to.)

Then I mentioned taking steps to say and do things that line up with your visualizations. This stage involves making decisions on what you will focus your time, energy and attention. It means continually asking yourself, "Does what I'm about to say or do support who I am becoming versus who I am right now?"

Let's say that you've decided that you would like to live an abundant, prosperous life. Your first step is to take time each day to visualize your new prosperous life and getting into the feeling of prosperity and abundance. Then throughout the day, make choices on what you say and do which will support you in building that type of life, and which also express a person who is prosperous and abundant.

If you're at the grocery store and you see that bananas have doubled in price, the "old you" might think in outrage, "That's just great! Now I can't afford a bunch of bananas!" But the New, Prosperous You doesn't really care what bananas cost; if you want bananas you're gonna buy bananas. Really.... if you were wealthy, if you felt truly wealthy, what would the price of bananas matter? So this is where you would be watching your thoughts and don't let a negative thought stay unresolved. Change it. Say to yourself, "I'm wealthy and live in an abundant world. I love bananas and I'm going to get some." Make yourself re-focus into the new role you've created for yourself: a wealthy, prosperous person.

I know what you're about to say: "Suzanne, I can pretend all I want, but I don't have the extra money to pay for bananas that are double in price." One way to get around those kinds of doubts that surface is to buy yourself ONE banana, even if you can't afford a bunch. After all, if you're living in The Now, all you really need right in that moment is one anyway, right? Deal with tomorrow's

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banana tomorrow. And while you're buying that one banana, get into the role of a person of such financial freedom that you only pick up what you need at the moment because you know you can always come back another day to get exactly what you feel like on that day. (A side note here: Any kind of stockpiling or hoarding originates in Lack Thinking, and therefore is a good habit to quit... more on that in another "Living It Daily.")

Or if the buy-one-banana strategy doesn't work for you, maybe something else will: Pretend Shopping. Go to the store with no intention of buying, and pretend that you're wealthy and shopping for a party with friends, or a trip to Paris, or whatever strikes your fancy. Play a part, like an actor or actress. Just BE that person, in your mind, for a little while. Really get into your role of a wealthy person. Make out a shopping list of all the delicious gourmet foods you would get for your party. Or try on the clothes and shoes you imagine you would be buying for your trip to Paris. Play the role.

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