



from Suzanne Devereux - BelieveInYourDreams.net

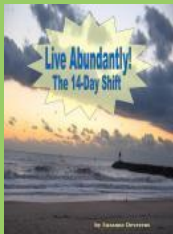


Tapping in to Inner Guidance & Working with the Law of Attraction

April 1, 2009

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Happy Anniversary!

"Living It Daily" is celebrating its One Year anniversary today.

Whether you're one of the original recipients of this newsletter, or have come on board sometime in the past year, I hope you can feel that you are part of an ever-expanding community of like-minded Conscious Creators. The mailing list has grown four times since that first issue, and now goes out to nearly 450 recipients in almost every state in the U.S. plus 13 countries around the world.

Thank you for being part of this labor of love so near and dear to my heart!

~ Suzanne

Believing

The way things work is to put forth a lot of effort, accomplish something, and the Universe will reward you for it, right?

No!

That's what we're taught by our society. As little children, if we "behaved" or got an "A" on a report card, we were rewarded with a treat or with words of praise from the adults in our lives. As grown-ups, we're inundated with the message that we must perform some task, accomplish some goal, and then we will be rewarded. Working a certain number of hours results in a paycheck for most of us; hitting lots of homeruns results in a big contract

TODAY!

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for a pro baseball player; spending hours arduously writing a novel then hitting the streets to sell it results in book sales for an author; working out at a health club several times a week results in a harder body. And the list goes on and on.

It's true that all of the actions above can lead to the reward or end result. But we've been missing the point. It's not about how hard we work at something, or how we push ourselves past all adversity... it's about deciding what we want, and then believing that it is possible and attainable. It's the *believing* part that brings about the manifestation.

Don't we all know people who have really, really wanted something -- to lose weight or to meet their perfect partner, for example -- and they put forth huge amounts of effort, yet the desired results never come? Each and every time, it's because that person doesn't believe that it's truly possible... at least not for them. Maybe this even describes you. If any of us don't really believe that something we want is possible for us, then we send out a mixed vibration of hope and despair and get mixed results.

Take a deep breath right now. Was there any doubt, whatsoever, that air would fill your lungs and nourish you? Why do you believe that air is freely available to you and not some of the other things you yearn for? There is no easy answer for this, other than to spend some time thinking about these concepts, and doing what you can to get to the point where you believe that anything you want is possible, and that you are deserving of anything you desire, merely by the fact that you are here in a physical body having an earthly experience. Change your beliefs, and you change your life.

## Putting it into Practice **Look for evidence**

Look around you for evidence to support the belief that anything is available to you in this abundant world. Look at how the plants and wildlife are supported, without any thought or action or deservability on their part. Notice all the things in your life that are provided to you without you having to do anything for them, such as sunshine and rain.

Think about or journal about the answer to this question: What would you wish for, if you believed with absolute certainty that it was possible? And then do whatever you can (by focusing your thoughts) to remain in that knowingness or belief that everything IS possible.

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And thank you!**

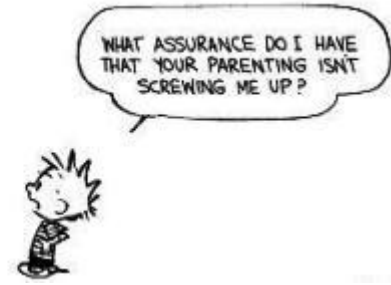
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