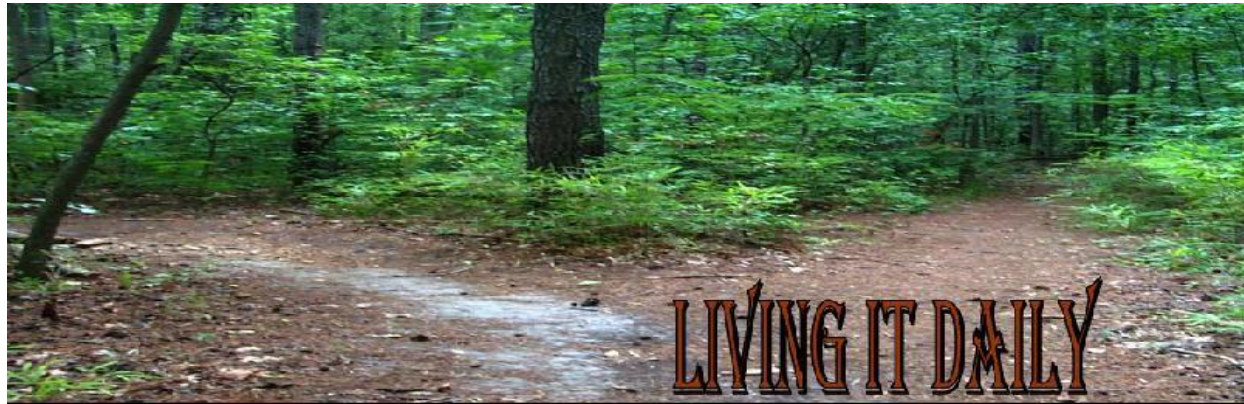




from Suzanne Devereux - BelieveInYourDreams.net

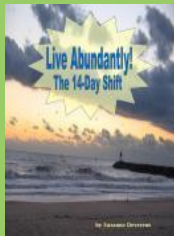


Tapping in to Inner Guidance & Working with the Law of Attraction

April 22, 2009

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Choosing a Daily Theme

You've probably heard, like I have, that the best way to raise our vibration and therefore attract the things we want is to live in appreciation. If we notice and appreciate all the wonderful things that are already in our lives, it will keep us in that good-feeling and quick-manifesting vibration as much as possible.

For me, the concept of "appreciation" sometimes seems a little broad. I mean, appreciation can feel like joy, fun, love, beauty, excitement, synchronicity, magic... and so many other emotions. So I started a new practice where, every morning (usually before I get out of bed), I pick a Theme for the day. I'll ask myself, "How do I want to experience this day? Through what lens do I want to see my life today?"

One day I chose Beauty as the theme for the day. I went about my day searching for beauty, and framing everything I was experiencing so as to see the beauty in it. I stepped out my front door and reminded myself to see the beauty around me, the blue sky and the first signs of spring. As my day went on, though, a funny thing happened: *Beauty started showing itself to me*. I wasn't specifically looking for something beautiful as I was driving, but was struck with the symmetry of the angles of houses on a neighborhood street. Then I glanced at traffic coming my way, and was awed by the beautiful mix of colors in the cars approaching me. How wonderful it felt -- the world was showing me the beauty in my surroundings. This heightened my awareness of and commitment to finding beauty, and I searched out even more.

Another day, I chose Fun and Enjoyment as my theme, looking for the fun or enjoyable aspect of the things I was doing and what was happening around me. And dang if enjoyment didn't kinda take over my day... I had fun chatting with others in line at the grocery store, I took a walk and really enjoyed it, my son told me a funny story at dinner, the cat was a riot

TODAY!

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chasing a string around, and on and on.

Appreciation is a wonderful vibration in which to live life, and I love honing in on one of the nuances of appreciation. Delight is my theme for today, and when the spring sunshine fell upon my shoulders this morning, I felt delighted that its warmth had found me and that sunshine exists. I so appreciate this big, wonderful, interactive world!

## Putting it into

### Practice **What's your Theme going to be today?**

How about choosing a Daily Theme each day for the next 7 days? You could come up with a list of good feelings and pick one each morning, or let it spontaneously occur to you when you ask yourself this question before even getting out of bed: "How do I want to experience today?"

Choose it first thing in the morning, and then immediately start out framing your experiences using that word. Actively look for evidence of that aspect of appreciation, whether it's "love" or "fun" or "beauty." And then watch how your theme begins to show up in your day. Come back to your theme word frequently, making sure that you're remembering to keep it active in your consciousness.

For example, if you choose "happy" as your Theme, immediately search out 2 or 3 things to be happy about... fuzzy slippers, running water, etc. Then try to frame your actions in the emotion of "happy." How can you bring happiness into choosing your clothes for the day, feeding your pet, driving to work? Allow yourself to feel happy about the song playing on the radio, or the bus full of school children next to you at the red light.

Happiness, love, joy, beauty, fun -- it's all around you, in any given instant. All you have to do is notice it.

## Activating the **LOVE** Vibration

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Love is one of those great-feeling emotions we can activate and nurture. We can choose to vibrate on the frequency of Love, calling in our Special Someone and experiencing more love and appreciation in our relationships with family and friends.

## Activating the Love Vibration

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