



from Suzanne Devereux - BelieveInYourDreams.net

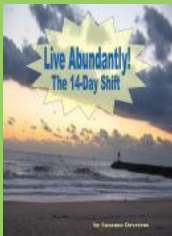


## Tapping in to Inner Guidance & Working with the Law of Attraction

May 6, 2009

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### Expressing the New You

When I was in the 8th grade, my family moved from Florida to Pennsylvania in the middle of the school year. This wasn't a new occurrence in my life (we'd only lived in Florida for 2 years), but I decided to use this particular move to my advantage. I was, after all, in middle school, where the competition for recognition and acceptance is fierce. I decided that I would speak in a southern accent, thereby setting myself apart as something different.

I arrived in this Pittsburgh school in the middle of bleak November, sporting a warm tan and a soft southern accent... an exotic flower transplanted to brighten the gray winter days. Or at least that's how I saw myself... what the other kids thought I have no idea, and in any case the novelty of the "girl from Florida" faded quickly as another new (female) student joined our class shortly after I arrived.

There's a couple of points to this story: One is that I recreated myself, and those around me just accepted the image I projected. This is easier to do when you are in totally new surroundings with people who've never met you before, as anyone who has moved or gone on vacation can corroborate. When you find yourself in a new environment, anything you declare about who you are (backed by belief in it yourself) becomes the New You, the way people see and interact with you, and the basis for your new life.

The second point to my Southern Belle story is that, as I used this soft, southern accent in my speech every day all day, I *habituated* it into my speech patterns. That is, it became a habit until I no longer needed to think about it, and even today people tell me there's a slight southern accent to my speech.

Every one of us - every single one of us - has ideas of how our lives could be

TODAY!

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different, and has images of different ways of being. I'll bet right now in your mind there are visions of a wealthier you, a happier you, an oozing-with-love you, a radiantly healthy you... and on and on. Those visions are there because the bigger part of you, your Soul, knows that you have the possibility hardwired into you to become anything you can imagine.

Do you need to move to another city to become one of these other versions of yourself? No. Whether you move to a new place or make changes right where you are, the point is to allow yourself to step outside of pre-defined roles you've previously accepted. Family, friends and professional contacts who all know the "old you" can sometimes be roadblocks to your expression of the New You; but you do NOT have to maintain a role simply because it was assigned to you sometime in the past. You are free to choose any of the Self Expressions you want to be.

## Readers' Section **Make the New You a habit**

If you've been considering moving to another country and taking on a whole new persona in order to explore a completely different expression of Self, I wholeheartedly encourage it. It's just your Soul calling to you.

If that seems too big a jump, how about taking a step right where you are to express a part of your personality that you haven't been giving enough time and attention to? If you've always yearned to be a photographer, for example, how about getting your equipment ready and devote some real time and energy to taking photos? As you get into the role, so to speak, of "Photographer," you will be strengthening the expression of that part of yourself, perhaps habituating it like I did a southern accent... and who knows what will come of it? Do your friends or family make fun of this other side of you? Then don't talk to them about it! Join a club or take a class or just mix with a different group of people, all of whom will be meeting you as this new aspect of yourself that you would like to nurture.

Write to me and let me know how it goes. Until next week, y'all...

**Activating the  
LOVE Vibration**

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Light and Love,  
Suzanne

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