



from Suzanne Devereux - BelieveInYourDreams.net



Working with the Law of Attraction

May 7, 2008

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

IN THE NEXT INSTANT

Okay, so you're looking at something in your life that is not the way you'd like it to be. You can clearly see that the love, abundance, peace, health, etc. that you desire is not here. **In the very next instant**, that's your opportunity to effectuate change. As soon as you've identified that something isn't as you wish, it should be dropped, never to be thought of again. In the next instant, that's your opportunity to re-create your life as you *would* like it. The longer you think and talk about what isn't going right, the longer you're keeping yourself from focusing on the changes you'd like to attract. You may have heard James Ray say this in "The Secret": The events and circumstances in your life right now are not who you are, that's who you *were*... your life today is the product of your past thoughts and actions. Isn't it nice to know that you created your own reality? Because it means that **you** hold the power to create your tomorrows.

Find out what The Secret is all about:

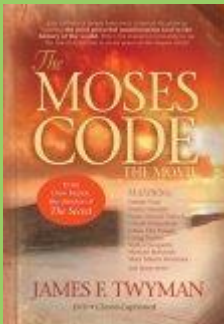
or order the DVD or book on Amazon:

Putting it into Practice The Segment Intending tool

In the book "Ask and It Is Given," Abraham-Hicks gives a good process for deliberately creating aspects of your life. It's called Segment Intending. The way it works is to separate out individual segments or activities in your day, and to imagine ahead of time (either right before or a while before) how you'd like that part of your day to go.



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

For example, getting into the car to drive to work is one segment. Walking into your place of employment is another segment. Meeting with your boss is another segment. Before you enter any of those activities, pause and imagine how you'd like that period to be. Imagine traffic moving smoothly and having an enjoyable drive. Imagine having a good conversation with your boss, and being able to express yourself clearly.

The reason this process works so well is that it gives you an opportunity to focus on just one thing or circumstance at a time.

The more you practice an exercise like this, the better you get at it and the easier it becomes. Also, the more days you segment intend about smooth traffic, the stronger the message that you're sending out into the Universe, and the smoother traffic will *always* be for you (as long as you don't contradict the message by imagining or complaining about traffic jams and rude drivers). In some of your life segments, you may have a pretty strong negative vibration going... give it time to turn around by consistently intending what you'd like to have happen instead.

For months, every time I got into my car I imagined how it feels driving through "clear, free-flowing traffic." Little by little, traffic got easier to deal with. Nowadays, it's rare that I'm in heavy traffic or stopped by red lights... and when it happens, I check back in with myself to see if I've been thinking negative thoughts about traffic or other drivers and, sure enough, that's always the case. It's possible to, little by little, practice your thoughts into a dominant vibration of well-being on *any* subject.

Q & A **Get real, Suzanne. How can I intend for harmony with my co-worker when he's such a jerk?** There may be aspects of your co-worker that you don't like, and the more you focus on those awful aspects, the more you're going to see them. Haven't you had the experience of a parent or teacher who seemed to only see the things you were doing wrong, when there was so much more (positive) they could have noticed? Think of one thing that isn't so bad about your co-worker, and allow yourself to appreciate that in him. It'll soften your resistance a little, and if you try, you can probably see some more qualities in him that aren't so jerky. Then try the segment intending process -- imagine having a short

interaction with him that's pleasant or even funny. You just may coax out all his best qualities, and he'll never know how you did it, how the situation between the two of you changed. But you'll know -- you're deliberating creating how *your* life is going to be, and he just has to line up with it or fade away.

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 | IVC | Virginia Beach | VA | 23454

Email Marketing by

