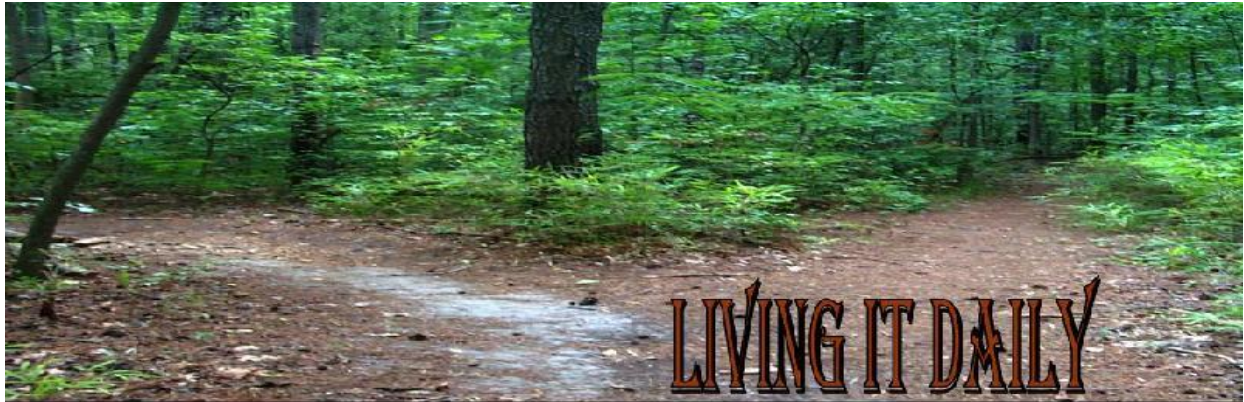




from Suzanne Devereux - BelieveInYourDreams.net



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

June 17, 2009

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### Your Core

Creation happens from the inside out. It starts as an idea or dream inside us, then manifests in our physical reality. We get centered on what we desire and then emit a signal from that centered space, out into the Universe, for all things and people and circumstances to line up with our desires.

When you get an idea for inspired action, that's your cue to take a step in one direction or another, in order to facilitate the "meeting up" of your vibration and the things you've set into motion. If, out of fear of things not working out, you take action on your own, from your mind's decisions, you could be stepping in a completely different direction from the things that have been lining themselves up to come into your reality.

The main part of the process has to do with centering. That is, getting clear about what you desire, envisioning it and being in the feeling-space of it. That's where the real power in conscious creating lies.

Imagine that you are creating a scenario for yourself in the area of your trunk or core (which is, effectively, your center). Imagine either the scene or just the energy of what is desired, residing in your mid-section. This places your focus on your core or center, and also places the focus on what you desire. Then go about your day, knowing that you've placed your visions into your core which, incidentally, is where intuition comes from. So throughout the day, if you have an idea that seems to "bubble to the surface," an idea that feels in alignment with what you have envisioned, take action on that idea. That's what "inspired action" means.

As we experiment with these concepts, it becomes easier and easier to

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discern when an idea is coming from this centeredness or when it's coming from our minds. The ideas of our thinking minds come with at least a little tinge of fear or guilt or worry or trying to figure something out. An inspired idea just "sits well" or "feels right." That's because those inspirations come from our centeredness, which is run by the wiser, all-knowing part of ourselves that guides us.

Taking inspired action always nets you better results, guiding you toward the dreams you have envisioned.

## Putting it into Practice

### Holding it in your core

Pick one area of your life you would like to change. Imagine how you would like things to be, creating the scenario in your mind with lots of juicy detail. Include how this new scenario feels. Hold that vision and feeling in your core -- some people center this in their belly, some near their heart. Do what feels natural to you.

When you feel that this vision has become internalized and is truly a part of you, residing in your core, then release conscious thought of it and go about your day. If you feel like reactivating that feeling once in a while, that's okay; just don't fixate on it. You're wanting to avoid the "I visualized what I want, how come it's not here yet?" syndrome. Know that your dream resides inside of you, and that you are emanating a signal from your core which will cause outside circumstances to line up, and will also cause internal signals to alert you about inspired action steps to take.

Feel free to write and let me know how this works. I'd love to hear from you. [suzanne@believeinyourdreams.net](mailto:suzanne@believeinyourdreams.net)



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