



from Suzanne Devereux - BelieveInYourDreams.net



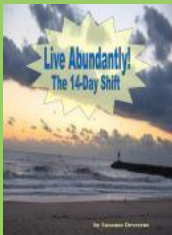
## Tapping in to Inner Guidance & Working with the Law of Attraction

July 22, 2009

*If you were wondering why there was no issue of "Living It Daily" in your inbox last week, it's because I was in the middle of a move across the country, from the East Coast to Santa Barbara, California... something I'd been thinking about doing and planning for, until everything came together and coalesced into this new chapter in my life...*

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### What is your movie about?

Have you ever seen a movie that couldn't decide whether it was a comedy, a drama, an action-adventure tale, or a spy thriller? As you attempt to follow what's happening on the screen, you ask yourself, "What is this film about, anyway?"

Many of us conduct our lives like that -- all over the place, undecided, and out of focus.

When we point our consciousness (our thoughts and energy) at a particular idea or vision, it begins to take form. The more we point our consciousness at it, the denser it becomes, until it is "real" in our lives. It's similar to a projected image that's fuzzy at first then steadily comes into focus until it's laser clear, in technicolor with surround sound.

That's why it's said, "Thoughts become things." The pure energy of a thought coalesces into our life experience when we focus on it and give it our attention.

Imagine if you said to yourself, "My movie (my life) is going to be about love and romance." You would put your attention on giving and receiving love; you would find ways to make loving, romantic gestures all day long. Before long, your "movie" would clearly be a romantic love story, and you would be right in the middle of it, living it.

It's your movie. You get to decide what it's going to be, by giving your thought and attention to creating the kind of life you desire.

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## Putting it into Practice

**Meet with the writer and director  
of your movie**

Imagine being the writer, director and star of your own special movie. What kind of characters would you populate your movie with? What kind of role would you play? Imagine being the star of this movie and calling a meeting of everyone involved, telling them what scenes you want written and how you want things to turn out.

If you don't like a role you're currently playing, tell your writer and director to change it. You *are* the star of your own movie. You *do* get to decide what part you are going to play in your own life.

It's a perfect system, actually. We're born into a world of unlimited possibilities, with so many things we can choose to experience. If you decided today that you would no longer encounter meanness in other people, and that you would instead populate your life with loving, caring people, your dedication to that idea would bring about changes in how you interact with the world. If you truly decided that loving, caring people are the only ones allowed in your life, it would create a mindset in which you would search for caring people. What's more, it would create a change within *you* that would cause you to express more love and caring to others. Your decision to focus on loving interactions would cause that part of your existence to come into focus, and voila! You've got a love story on your screen -- and you're smack dab in the middle of it.

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I invite you to forward this newsletter. Invite them to sign up for a weekly reminder of how possible it really is to change their life.

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Light and Love,  
Suzanne  
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