



from Suzanne Devereux - BelieveInYourDreams.net



Working with the Law of Attraction

May 14, 2008

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

Harmonic Wealth

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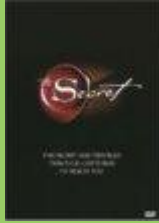
HOW DID *THAT* HAPPEN?

One of the best tools to use in working with the Law of Attraction is to look at something in your life and ask yourself, "How did *that* happen? What thoughts was I thinking, what words was I saying, that resulted in *that*?"

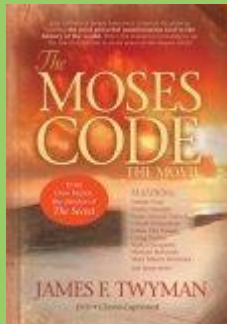
We can all find some things in our lives that we don't like. But for this exercise, pick something that you *do* like. Maybe you have improved relationships, maybe your job is more satisfying than it's ever been, maybe you got some unexpected money, maybe you're feeling healthier and more fit. Whatever you choose here, don't you feel good thinking about it? Now think back to days, weeks, even just hours before -- when else did you feel that same good feeling? What thoughts, words and actions did you offer that brought you to this pleasant circumstance now?

A healthier body didn't just pop into this dimension ten minutes ago... you had thoughts, you said things, you took some actions that *brought* you a healthier body.

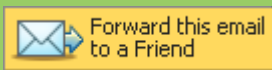
You've just shown yourself how the Law of Attraction works. Go work it. :-)



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](#)

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Putting it into Practice **Focus on the Feeling**

Let's say there's something you'd like to change in your life. First, get clear about what you *want*, not focusing on what you don't like or why you "deserve" this new, wanted circumstance... we all deserve to have the fantastic lives we dream of, so there's no point trying to convince the Universe that you deserve more and better -- It already knows this and is just waiting for you to start creating it.

Keeping your desired thing in mind, imagine what it will feel like when you have it in your life. Shift slightly into present tense, and imagine what it *feels* like, right now, to be living this life circumstance. Ah, the joy, the peace, the happiness, the sense of fulfillment... can't you just *feel* it? Doesn't it feel *wonderful*? Stay in this feeling for as long as you can, filling in details of your dream or just basking in the deliciousness of it. Go back to this feeling as often as you can throughout your day and the next day and the next. It doesn't have to be a big sit-down meditation thing... just re-visit that feeling whenever you have a chance. When you do this, each time you do it, you're broadcasting a signal out into the Universe, and anything that's tuned into that signal (circumstances, people, opportunities) will feel it and be *attracted to* the originator of that signal (you).

In a magnetic, attraction-based Universe, everything that matches up to the vibration you're sending will have to come to you -- even wonderful things that you didn't imagine for yourself. If something is humming in the same vibration as the signal you're sending, it's on its way.

Q & A

I know I'm supposed to focus on positive things, but negative thoughts keep popping up too. What am I doing wrong? There is no "wrong" or "supposed to" here... only choice. In any given moment, you *choose* what you're focusing on, you *choose* what to think about, you *choose* your reaction to a circumstance around you ("Am I going to get upset and angry at this or am I going

to let it roll off my back and think about something I love?"). When something *unwanted* shows up in your thoughts or your life, it actually gives you another opportunity to strengthen the vibration of Things Wanted that you're sending out into the Universe. As you see/feel/think something *unwanted*, stop and choose to think about something *wanted*. Focus on that wanted thing or circumstance, get into the feeling of it... we've just come full circle to the "Putting It Into Practice" section above. Try it. Practice it. It'll only get easier with practice.

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.

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