



from Suzanne Devereux - BelieveInYourDreams.net



Working with the Law of Attraction


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

Have you ever thought, "I want a carton of milk," then went down to the grocery store, walked to the milk section, paid for your carton of milk, and took it home to enjoy? Sure you have, we all have. In that scenario, you had a desire, you felt sure it would be fulfilled, and you took the steps to bring it into your life. There was no doubt that the grocery store would have your milk.

Why is it any different when you want a fantastic house or a new SUV, or the partner of your dreams? Really... what's different in those scenarios?

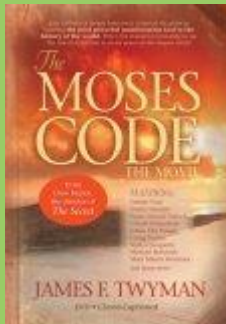
Find out what The Secret is all about:  
  
or order the DVD or book on Amazon:

It's your *expectation* about whether something is available to you or not. You have no trouble believing that milk is available, and that you deserve a carton of milk. How do you feel about the other things you want? Do you think it'll be too hard to get them? Do you think the Universe is too busy to fulfill all your desires? Do you believe that you don't deserve those things?

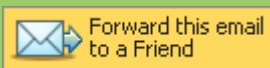
As one of the teachers in "The Secret" said, it makes no difference to the Universe whether you want to manifest a button or a castle... it's all just vibration. It's a matter of believing that it's possible, and that you're worthy.



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:



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My website: [Believe in your Dreams.net](#)

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## Putting it into Practice **Re-programming your gremlin**

Think of something you want. Got it in mind? Now -- what rebuttal do you hear in your head, what message about why you're not likely to get that thing you want? Did you hear something like, "Only successful business types get that." or "Only rich slobs get that." or "When you've worked some more hours and saved all your extra pay, then you'll be able to get that." or "Only beautiful/thin/smart/fill-in-the-blank people get that."

Those negative messages are what's holding you back from *expecting* your desires to show up in your life. When you hear an unwanted message, replace it with a message of your own choosing. You can even imagine a little gremlin (or your 5th grade teacher?) who spouts those negative messages. When your gremlin says something negative, you can have a conversation with him (in your head or out loud, depending on who's around) -- and you can let him know that he's wrong and that you *do* deserve what you desire, you *don't* need to be anything other than who you are to have the things you want, that you *are* perfect just the way you are, that you *are* worthy. Having trouble believing some of those? It may help to look yourself in the mirror and say, "You know, I am perfect just the way I am, and I deserve to have those things I want. The Universe will support me in fulfilling all my desires." That's not a whining "deserve," but a self-loving "deserve"... a knowing that we are all part of Source Energy, we're loved, and life is supposed to be good for us.

*Q & A*

**You said that if I'm having trouble with a co-worker, I could use "segment intending" to set the tone for our interactions, and my co-worker would have to either line up with it or fade away. What did you mean?**

(For those of you who haven't read it, that was in the May 7, 2008 newsletter. You can access it in my [newsletter archives](#) under "In the Next Instant.") The Law of Attraction states that the vibration you put out into the universe will attract people, circumstances, and things that match that vibration. So even if you formerly believed your co-worker to be difficult to get along with, you've now decided that you're going to focus on his or her good points. (C'mon, everybody's got at least a couple of good points.) As you imagine having improved communications with this person, even enjoying talking with them, you will be activating

that part in them that can participate in easy, enjoyable communications -- or you'll find that that person will be in your space less and less, naturally just not interacting with you. This is not a "pushing away," trying to get the person to vacate your space; that would be sending out a negative vibration and we all know where **that** leads. As you send out a vibration that says "enjoyable communications with my co-worker," the Universe lines up "enjoyable," "communications," and "co-worker." It may be that your current co-worker will discover the art of communicating with you in a more enjoyable way, or maybe there will come another co-worker into your space, one that interacts in enjoyable communications. The "face" on it doesn't matter; you asked the Universe for "enjoyable," "communications," and "co-worker."

**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](mailto:suzanne@believeinyourdreams.net).**