



from Suzanne Devereux - BelieveInYourDreams.net



Working with the Law of Attraction

May 28, 2008



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

Harmonic Wealth

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### FLOWERS VS. WEEDS

In your garden, do you have plants that are wanted and plants (weeds) that are unwanted? I've found that the most effective way to create a beautiful garden is to yank out the weeds, plant something that I want, then water and feed and nurture my new plant.

Could there be an analogy here? Hmm...

Do you have an old belief that isn't serving you? Have you been telling yourself things like: "Times are tight and money is scarce." Or "If I wasn't so (fill in the blank), then I could find the love of my life." Or "I'm too old to do (fill in the blank)." If not exactly those statements, what beliefs do you have that are holding you back?

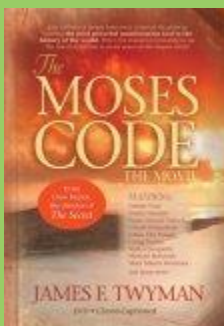
Each time that you think or speak a statement, you're giving it a vibration that's matched by the Universe with people and circumstances. Wouldn't it follow that you'd want to think and speak statements that will lead you to the life you want? So pick something negative that you've got rolling around in your head, and decide that, once and for all, you're going to yank that weed out. Then choose a new, positive, empowering thought to think and act on. The best way to keep that weed from growing back is to plant something else in its place.

### Putting it into Practice Nurturing Your Garden

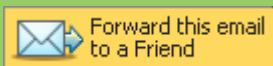
How are you going to nurture and support your new beliefs? After you



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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yank out the weeds from your thoughts, you want to be vigilant that they don't grow back. AND you want to give time and support and focus to your new, life-enhancing beliefs.

How can you do this for yourself? Would it work for you to write your new beliefs on index cards and carry them with you? Would it help you to read positive material, subscribe to empowering Thoughts for the Day, redesign your screensaver to reflect your new belief? How about turning off the news or negative music on the car radio, and listening to an inspirational speaker on cd? There are many choices you can make throughout your day that would contribute to the well-being and strength of your new, chosen beliefs.

One possibility to consider has been introduced by Dr. Masaru Emoto. His research shows that water responds to the vibrations of words -- water droplets exposed to loving and positive words form beautiful geometric crystals; water exposed to negative words and images can't organize themselves into much of anything. If a simple word can have an impact on a drop of water, and the human body is made up of 55-78% water, can you imagine the possible effects that labeling your drinking bottle with a positive statement could have on your life? The title from one of his books says it all: [Love Thyself: The Message from Water III](#)

*Q&A* Instead of a question and answer, I'll leave you with a quote that's very appropriate for this week's topic:

We are what we repeatedly do.  
Excellence, therefore, is not an act but a habit.  
----Aristotle

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. Feel free to write to me at: [suzanne@believeinyourdreams.net](mailto:suzanne@believeinyourdreams.net).