



from Suzanne Devereux - BelieveInYourDreams.net



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

09/09/09

Tired of living the way everyone else thinks you should?

Ready to become a conscious creator?

I offer one-on-one coaching to support you as you're creating a life you really want to LIVE.

What could be more important than getting your life on track NOW?

For more information, please see the "Coaching" pages

on my website by [clicking here](#).

Nostradamus, the Mayans, and You

What do these have in common?

They all could tell the future, including you, me and every single person. We're Life Forecasters, able to predict what's coming up in our lives.

We do this through the thoughts we think and the words we speak. Because, in this Universe of possibilities, anything we put our energy towards becomes manifested in our lives.

Someone told me the other day, "I have the worst luck with cars, they're always breaking down on me." I winced, knowing that this was true (she has a LOT of car trouble) and that it was going to continue to be true because she was basically forecasting future car trouble, literally willing it into place.

How many thoughts have you had in the past 2 minutes that are creating a future you'd really rather not have?

What thoughts could you think right now, through your conscious choice, that would result in a happier, healthier, wealthier you?

Putting it into Practice

Ways to focus your forecasting

Start counteracting all the old, stale, negative messages that bounce around in your mind all day long. Do anything and everything you can do, on a moment-by-moment, hour-by-hour basis to direct your thoughts towards your desired life.

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Daily?"
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For suggestions of
books, dvds and
websites to support
you in your journey,
please visit my
[Resources Page](#).

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

MySpace page:
[AwarenessInside](#)

I've added a new
coaching service
called "Emergency
Coaching."

This is for those times
when you feel your
back's against the
wall, the world's gone
crazy, and you need
help finding your
Center in the storm.

"But Suzanne," I can hear you say, "I can think of money pouring into my bank account for hours, but the balance statement still reads \$43.76." That's because of the thoughts you used to think; they are what created the conditions you're looking at now. This doesn't mean you beat yourself up about it. The process of recognizing that YOU are in charge of your own creations releases you to *create* -- in any way you want.

So regardless of how "reality" looks in this instant, at least START to change your thoughts to reflect the things you desire in your life. You simply cannot think, "I'm broke, I have no money" and attract lots of money. You simply have to direct your thoughts towards abundance, plenty, prosperity and wealth. Even noticing the abundance of apples piled high in the grocery store, and feeling grateful that the earth produces such bounty -- thoughts like that show the Universe that you notice and appreciate its abundance.

Here are some other suggestions for directing your forecasts:

Read even a page or two from inspirational, spiritual and self-transformation books.

Subscribe to daily emails that serve as thought focusers, such as Mike Dooley's "Totally Unique Thoughts." [Link to TUT](#)

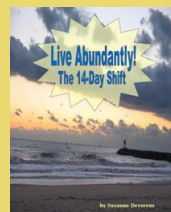
Watch uplifting and thought-provoking videos on [Mudutu.com](#)

Bookmark these so you can return to them whenever you need something to help you re-focus: my [newsletters archive page](#) or [Focusers page](#)

Hang out with the most cheerful, positive, forward-thinking person you know.

All of these things (and you can probably come up with more) will help to remind you to choose empowering thoughts -- mental energy signals that broadcast to the Universe the tone of a more upbeat, focused, uplifting, joyful, centered, spiritual life.

Focus on the natural abundance and prosperity
that supports our world



"Live Abundantly! The 14-Day Shift"

[Start YOUR shift today!](#)

Please visit the

["I'm Stuck" page](#)

on my website
for more information.



"Activating the
Love Vibration"

[Click here for more
Love](#)

If you missed me on the Full Contact Spirit Radio show
last week, here's a link to the archived show.

Host Sean Olin and I talked for 90 minutes
about Conscious Change.

www.blogtalkradio.com/fullcontactspiritradio

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wealth, joy, and all-around abundance into your life.



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