



from Suzanne Devereux - BelieveInYourDreams.net



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

**September 23, 2009**

**Tired of living the way everyone else thinks you should?**

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### **Give up**

In order to move into your Soul's Purpose and your reason for being here, it's necessary to give up something. Did you get that? You **MUST** give up something, or more than one something. The reason is that if you were currently living fully in your purpose, you wouldn't be getting the calling to do something else. This pertains to you if you have been feeling that your Soul or Higher Self has been calling you to step into a different role, to live a different expression of Who You Are. If you ever want to live in peace with that Inner Voice, you must listen to it and follow its directions. And that means letting go of some of the things, people and circumstances that are in your life right now, in order to make room for the new way of being.

This is not always easy, let's face it. It can be scary when we realize that some of the people and things we're used to need to be left behind as we go down the path that our Soul has planned for us. But that's how it works. You can't move into the career that would use your true talents while you continue to stay in the same, old, dead-end job. And sometimes our path takes us away from loved ones, mates and friends who once were a big part of our lives, but who now don't seem to resonate with the same visions we have. We can pull away from or end those relationships with respect and love, or perhaps still interact on a reduced basis. But the fact remains that you will know when a relationship is no longer in your best interest, and the only way to grow beyond it is to let it go.

Old ideas and habits are also things that we are called to give up on our Soul's path, making way for new, creative, empowering ideas. The whole process can be a little easier when we focus on, envision and aim towards the new life that is calling us.

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wall, the world's gone  
crazy, and you need  
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## Putting it into Practice **And then what?**

If it seems frightening to give up something that's currently in your life, but which, deep inside, you KNOW needs to be released from your life, here's an exercise that might help you clarify: Get a notepad and write this at the top of the page: "And then what?" That's the question you will be asking yourself several times.

Now write the situation or person's name that you have a pretty clear idea needs to be released from your life. Acknowledge that you feel hesitant or even afraid of instigating this change. Ask yourself, "What's the worst that could happen if I let this go?" and write out the response. Then ask yourself, "And then what?" and write the response. And again. Keep going until you get to the point where you realize that, even in the worst-case scenario, things would still be manageable and you would still be able to find a way to make your life work.

For example, Ben felt called by his Soul to do different work and was contemplating getting out of his current job. In response to, "What is the worst that could happen if I let this go?" he answered, "I could be out there all alone without a job." And then what? "I could work part-time while I get my new business off the ground." What's the worst that could happen? "I could get behind on my bills." And then what? "I would deliver pizzas for extra money." And then what? "I would have the extra time to devote to my Soul's calling." (This is just a rough example.) Ben showed himself that he could make the change work in some way, that he was resourceful, and that even faced with possible lack of money, he STILL felt that quitting his job was the thing to do. A good secondary exercise here is to imagine the BEST thing that could happen, and then what...

The point of this exercise is not to make yourself "power through" a change, but to show you that you are resourceful. And to show you where your comfort level is with this proposed change. If you go through all the possible worst case scenarios, and STILL feel that you really, really need to make this change, then there's your answer. If you're somewhere in between being ready to make the change and feeling unsure, then perhaps setting some more plans and exploring more options is the stage where you are right now.

We are unique individuals with our own Soul's Calling. The important thing is to be listening to what it has to say.

## Readers' Section

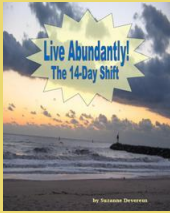
Dear Suzanne,

"Your "column" today remind me of that "Desiderata" reading that was so popular in the 70's...captured in song, and seemingly on posters everywhere. Warm thoughts as always!" ~ M.C., Virginia

(For a look at that poem, [go here](#) )

on my website  
for more information.

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