



from Suzanne Devereux - BelieveInYourDreams.net



**Tapping in to Inner Guidance
and Consciously Creating Your Life**

November 11, 2009

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everyone else thinks you
should?

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**Shift Happens**

I didn't originate that saying, but it's true: shift, or change, happens. It's one of the constants of our lives, that things are shifting or changing all the time.

And change can seem scary. Change almost always takes us from what is known into something that is unknown. Even if a current circumstance is uncomfortable or painful, at least we know what we're dealing with. When a change comes along, we get apprehensive because we don't know what is going to happen. What if our situation gets worse? What if something comes along that's too hard to handle?

The only way I know of to navigate change without going into crisis mode is through faith. Faith in a Higher Power that has our best interests at heart.

Not to get into a religious discussion here, but it is undeniable that something bigger than humans is at work in our universe. After all, humans, with all our ingenuity, did NOT set our planet on its axis, spinning in the vast expanse of space. Humans did NOT create the cycles we see in Nature, the tides, the weather, the growth/birth/death cycles, etc.

So, we can probably all agree that there's Something Bigger at work. The fundamental question from here is: Is that Something Bigger malevolent and destructive, or is It loving and caring?

Which do you believe? I'm suggesting that you actually stop for some moments, reflect on this, and decide for yourself which you are going to believe and therefore incorporate into your life plan. If you believe that the Something Bigger is a cosmic bully set out to tease and torture you,

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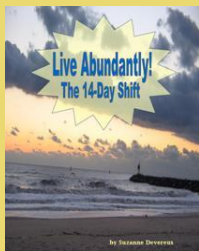
This is for those times when  
you feel your back's against  
the wall, the world's gone  
crazy, and you need help  
finding your Center in the  
storm.

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on my website  
for more information.

Focus on the  
natural abundance and  
prosperity  
that supports our world



then it's no wonder you're scared of change... who knows what the Bully has in store for you next?

But if you can get in touch with the concept that the Something Bigger is a kind and loving force that is directing your life (and the entire cosmos) into the next best thing, then you're going to experience change in a whole other manner. Change may still seem a little unsettling, but when we have faith and **know** that we will be OK, then we can relax a little and go with the flow of change.

## Putting it into Practice **How to live with Faith**

The first step to living with Faith is in accessing the feeling that you are in the divine, loving care of Something Bigger that has your best interest at heart. People have different ways of accessing this feeling: reading religious or inspirational texts, reading or watching information about the awesome precision of our planetary systems, being in love with others and with life, feeling appreciation for everything that is wonderful in our lives, connecting with Nature, etc.

So, get into that feeling. Do your best to come back to that feeling often. Make it a conscious practice to return to the feeling of being loved, watched over and cared for by Something Bigger who has your best interests -- and the interests of the entire planet -- in mind. Develop a practice of choosing to believe and to have faith. Any time you are bombarded by negativity (from the outside world or in your own mind), return to this faith. Cultivate this feeling so that it becomes stronger and stronger in you.

Then, when you're faced with a shift in your world that could be interpreted as scary and unwanted, return to your faith that all is in Divine Order and Perfect Timing. The truth of it is that we really can't do much about change -- it happens. But we **can** choose how we are going to navigate through it, and it's much more comfortable believing that everything will work out for the best in the care of a Loving Force.

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