



from Suzanne Devereux - BelieveInYourDreams.net



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

March 17, 2010

**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 my ["Coaching" pages](#)

~~~~~

[Join My Mailing List!](#)

Would you like to read back

**What if...**

Allow your mind to ponder this for a minute. WHAT IF...

- ... we're in a brand new paradigm?
- ... the way we've been doing things for thousands of years is changing, and something new is being created?
- ... everything we've learned -- about our physical bodies, this earth, the way life works -- is subject to re-interpretation and re-examination?
- ... we are starting with a clean slate, and this is our chance to create a brand new world?

What would you choose to create, for your own life and for the Whole?

How would you like to see this new paradigm unfold? What part would you like to play? How/what would you create? Imagine that Someone said, "Enough!" and stopped the Earth spinning on its axis -- there was just too much unrest, unkindness, dis-ease going on. This Someone has wiped the slate clean and we are being handed a blank canvas on which to create our New World. What should we create? What do we WANT to create? What kind of world will we choose to build, with all our experience and knowledge about ways in which the Old World just didn't work? What lovely things and ways are we going to choose to bring with us into the New World?

How about in your own life? If everything you don't want to experience any more is erased, what are the possibilities? What will you let go of? And what are your deepest, strongest dreams and desires that you would like to experience as your New Life?

issues of "Living It Daily?"  
Click here for  
[archives](#)

~~~~~

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

Join me on

[Facebook](#)

[Myspace](#)

[Twitter](#)

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.

Please visit the

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

on my website
for more information.

**Focus on the
natural abundance and
prosperity
that supports our world**

These are not just rhetorical questions, but are meant to be jumping off points to LEAVE BEHIND THE OLD and create the New, the Wondrous, the WANTED.

I get feedback sometimes about "The ideas are nice, Suzanne, but how do we actually DO this creating? How do we leave behind the old and create the new? What are the processes?"

The answer is (gratingly, boringly) the same: With our thoughts. Everything that ever existed in our world originated with a thought. Just think about that for a moment. Before we had ice cream, someone had to actually think about ice cream and then bring the idea that existed only in mental form, into the physical reality. A song exists first as a thought, before the words are sung and music played. Our religious writings tell us that the earth itself originated first as a thought in God's mind. It's pretty much irrefutable now: We are in the creation process moment by moment, and the way it happens is through the focusing of our thoughts, feelings and vibration.

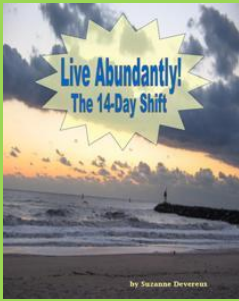
All of that said, the point is that thoughts create our reality. If you keep thinking the thoughts you've been thinking, you're going to keep creating the reality that you've been living. If you want to create a different reality, you've got to think different thoughts. It's that simple.

Yes, it takes focus. It takes practice. It takes dedication. But in order to create a new life for yourself and a new world for us all, you have to think different thoughts... thoughts of what you WANT in your life. For example, if you are stuck in rush-hour traffic and thinking about how much you hate the noise and the delay and the stupid drivers around you... guess what you're creating more of for yourself? Think different thoughts. Start with what you would like to have happen instead: smooth, free-flowing traffic, plenty of space around you, courteous drivers, a quiet ride, etc.

If you're stuck in how much you hate the current circumstance that you're experiencing, and can't come up with opposite thoughts of what you'd like instead, then at least get your thoughts off of what you DON'T like. Think about or do something that feels better to you, something that makes you smile or takes your mind off of what you don't like. Play music that gets you into a more positive frame of mind; listen to some good, positive, uplifting material on your cd player or ipod; entertain yourself with a fun book or movie -- turn your thoughts away from negativity and start turning your life around.

In any instant, you have the opportunity to check in with yourself and ask, "What was I just thinking?" If it's something that is negative, non-self-serving, fearful, mean, boring, putting yourself down, etc. -- guess what you're creating for yourself? Dedicate yourself to putting a stop to those thoughts! When you check your thoughts and they are not in alignment with the experiences you want to create in your life, change them. Simply choose in that instant to think something that is empowering, peaceful, happy, loving, joyful, creative, etc.

What if the blackboard could be erased of everything you don't like about your life and about the world? What if it's being erased right now? Get



"Live Abundantly! The 14-Day Shift"

Start YOUR shift today!



Weekly newsletter about living in the Mindset of Abundance and Prosperity

Vision Mug



Put your focus on Love. It all starts here

your chalk ready, because it's time to design a brand new life, a brand new world. No limitations. You don't need to make do with what already exists, because it's being erased. What are some of the wildest, most creative ideas you can come up with for Heaven on Earth? What would that look like to you? What elements would you include in your creation of the world you wish you lived in? What if -- just imagine, what if -- anything is possible, and right now, in this moment, is your chance to create it. Don't waste your moments dwelling on what isn't working and what you don't like. Get busy in your mind, creating the life you desire!

"Awesome latest article about being sick of and DONE with old stuff and leaving it behind.... very timely for me..." ~L.L.

"I really enjoyed your article! Perfect for the times and how we choose to observe it all... I perceive just as you say the 'Planet Earth is perfectly stable and ready to be redesigned and redecorated.' This belief is so steadfast with me as I strive to be the observer, to be as my spirit is: CHANGELESS. Everything is changing, spirit alone is changeless." ~T.D.

"Loved your last article in Living It Daily. I am one of those restless stirring souls. I am staying focused on the positive, putting out there the direction I am taking (want to take), and watching what happens." ~H.N.

All of these articles are about choosing to consciously create:

[Creating the New World](#)

[Are you being unreasonable?](#)

[Conscious Creation: What is this movie about?](#)

For periodic articles that relate to consciously crafting the life of your dreams, check out my column on Examiner.com (and you can subscribe at the top of that page to get updated articles)

www.ConsciousChangeCoach.com



[Join My Mailing List!](#)
(if you haven't already)

Write to me with your stories, comments and questions.

My email:
suzanne@BelieveInYourDreams.net

One of the best compliments you can give me is referring me to someone you know. So if you enjoy reading "Living It Daily," and think your friends, family, co-workers and acquaintances would get something out of this discussion of consciously creating our lives, please forward the newsletter to them and invite them to join my mailing list.
Thanks!

To unsubscribe or change subscriber options, please click [here](#)