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Awakening Inner Vision

Resources for Enlightenment

Awakening Inner Vision: Resources for Enlightenment

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Photo by R. Stilgenbauer

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1. RESET YOUR MENTAL/EMOTIONAL DEFAULT MODE TO TRANSFORM YOUR LIFE

For decades, I read that our beliefs determine or dictate our reality. That, as Wayne Dyer wrote, 'You'll see it when you believe it.' It seemed simple enough--change your attitudes on a given subject to change your life. Yet, I observed that no matter how much I worked with myself or others to alter negative or limiting beliefs, certain patterns in my life and the lives of my psychotherapy clients just didn't change. There seemed to be a missing piece to the puzzle.

That missing piece turns out to be the concept of 'vibration.' Everything, including you, has an energy field which vibrates at a certain frequency, and something called 'The Law of Attraction' operates to ensure that 'like attracts like.' Even your thoughts and feelings have a frequency, or vibration, associated with them.

One of the most powerful ways to create the changes you desire in your life, is to alter your 'dominant vibration,' or 'default mode setting' regarding the life situation you want to transform. Your default mode is your usual way of thinking and feeling about a given topic. It is your habitual way of viewing and reacting to

your life circumstances. It is as natural to you as breathing. And, like breathing, it is something you can learn to do differently, in order to bring about different results.

Most of the time, the vibration that is our 'default mode' regarding a particular life circumstance is based upon our past and present experiences. The way we think and feel about a subject has been shaped by what we have lived and what we are currently living. As a result, we continue to attract the same life circumstances, again and again. Also, because our mental/emotional default mode can narrow our perspective and prohibit us from recognizing alternate ways of behaving, we tend to make choices that perpetuate our unhealthy and/or unsatisfying life dramas.

For example, Robert experienced financial deprivation as a child, and continues to encounter financial hardship as an adult. His default mode when it comes to finances is one of struggle and lack. Just thinking about money makes him anxious and uncomfortable. He is ever-fearful of not having enough, and tends to expect scarcity. Robert's financial default mode also limits him from identifying alternative ways of earning, spending, and managing his money, so he repeatedly makes choices that perpetuate his financial difficulties.

Robert might say, 'Well, that is what I am living. I will feel and think differently about money when my situation changes.' However, things actually work in the reverse! Robert's situation will only significantly change when he begins to feel and think differently about it!

2. FOUR STEPS FOR RESETTING YOUR DEFAULT MODE

Is there an area of your life you would like to transform? Then begin today to alter your default mode setting on that topic. Here are four steps to take:

Step One. Stop yourself from giving mental attention to what you DON'T want. For example, in the financial arena, catch yourself when you are preoccupied with your LACK of abundance from the past or in the present, or when you are fearing a lack of abundance in the future. Try to stop dwelling on your frustrations, disappointments, worries, and/or regrets. Be gentle with yourself when you find you have been focusing on the downside of things. Remind yourself this is just a mental habit you are intending to break.

Step Two. Each time you catch yourself dwelling on what you don't want, refocus your attention instead on any aspects of your life in which you feel more hopeful, contented, joyful, or uplifted. Practice deliberately choosing to entertain thoughts that make you feel good when you think them. If you can't hold positive or neutral thoughts regarding the life situation you are intending to change, then think about something else entirely.

Step Three. Activate the power of pretend. Close your eyes, and imagine that your life is just as you want it to be. Be playful and have fun with the process. Don't worry about filling in all of the details--focus on how it will FEEL to be living your dreams.

Step Four. Enjoy your life today. Find ways to make today special. Be patient and know that over time your external world will be a reflection of your new default mode setting!

3. SPECIAL OFFERS

Just released by Dr. Eve Delunas: **GUIDED VISUALIZATIONS TO BREAK THE SPELL OF THE PAST AND ENTER THE JOYOUS NOW**

Use these twelve guided imagery exercises to reset your mental/emotional default mode!!

Eve created this set of four CDs after witnessing the remarkable changes that take place in the lives of her psychotherapy clients when they utilize these powerful processes! Break free of limitations and create the life you truly desire! Transform your life in the areas of relationships, finances, career, or health!

This set of compact discs has been created as a companion to Eve's book, **BREAKING THE SPELL OF THE PAST: ENTERING THE JOYOUS NOW**. Use these processes to activate the power of your imagination, so you can:

- Stop old, self-defeating behaviors and make new, self-empowering choices
- Begin to attract more of what you want into your life
- Heal the underlying causes of your negative habits
- Establish a clearer connection to your inner guidance
- Elevate your feelings of self-worth, self-love, and self-respect
- Experience more joy and fulfillment in the present.

Set of 4 compact discs: Regular Price: \$46.00 **BUY THEM TODAY AND RECEIVE 15% OFF! JUST \$38.99** [Click to Buy the CD Set!](#)

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4. ABOUT THE EDITOR/AUTHOR

Dr. Eve Delunas is a psychotherapist, author, speaker, and trainer who has trained hundreds of mental health professionals in the use of her life-transformative techniques. She has a private psychotherapy practice in Carmel, California. For additional information about the products and classes she currently offers, visit her website at <http://www.innervisionresources.com>.

Eve welcomes your comments and questions. Mail to: eve@innervisionresources.com

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