

To ensure future delivery of your Awakenings monthly ezine, please add eve@innervisionresources.com to your address book, safe sender list, or buddy list.

If you are having trouble reading this ezine, please click [here](#).



Awakenings: Resources for Enlightenment

By Eve Delunas, Ph.D.

Issue #6 | February 1, 2006

<http://www.innervisionresources.com>



Photo by R. Stilgenbauer

IN THIS ISSUE:

1. Remove Blocks to Manifesting Your Desires
2. New “Aligning with Your Spiritual Essence” Class
3. About the Editor/Author
4. Privacy Policy, Subscribing, and Unsubscribing

This monthly ezine is sent to those who register at: <http://www.innervisionresources.com> and is intended to offer guidance in employing universal principles and practical strategies to create the life you truly desire. If you do not wish to receive this publication, please scroll to the end of the message and click on 'unsubscribe.'

1. REMOVE BLOCKS TO MANIFESTING YOUR DESIRES

Years ago, my friend Suzy decided she wanted to purchase a used Jaguar. So she identified the qualities she wanted the car to have, like low mileage and a good price, and then she pictured herself (in her mind's eye) finding the perfect auto. She would often imagine herself driving the car of her dreams, while feeling joyful and excited. When she spotted a Jaguar on the road, she would say to herself, “Oh, there I am in my car!” After just a few days of responding to used car ads, Suzy found the ideal car. Not only was it in mint condition, with the right price and low mileage—the car had a personalized California license plate that read, “Suzy’s J.”

Suzy’s car is a reminder of the power we have to attract what we desire into our lives. Using imagery we can shape the course of our lives to include more of what we want. When we tap into the creative power of our imagination, we can open to situations and experiences that bring us greater joy and fulfillment. And we can watch with delight as our lives unfold in ways that surpass our wildest fantasies!

Yet, many of us have tried to use imagery to create positive shifts in our lives, and discovered that while sometimes it works like magic, at other times it seems to produce no effect at all. In spite of our best efforts, nothing changes for the better—or things even seem to get worse. How can we account for those situations in which we seem to be blocked in our ability to manifest our deepest longings? And what can we do to attain success in those areas in which we feel the most stuck?

What follows are four questions to ask yourself if you are feeling blocked in attracting or creating something you desire. Use these questions to go deeper within, and identify where and how you can make inner changes to open the flow of good into your life!

Am I Sending Mixed Messages? Is one part of you wanting something, while another part of you resists having it? Is there an inner tug-of-war going on? For example, perhaps you would like to attract a new relationship, but a part of you fears intimacy. Or maybe you would like to have a successful business, but you fear that it would be too much responsibility, or that you might be setting yourself up to fail.

If you are sending internal mixed messages, spend some time working with the parts of you that are at cross-currents. Write down what you want and how you believe it will serve you. Communicate with the parts of you that are reluctant to create the changes you desire. Make an effort to learn as much as you can about those aspects of yourself. As you bring them out of the shadows and into the light, you will begin to transform them. The more completely you are aligned with your goals, you are more likely to attain them.

Am I Too Attached to a Particular Outcome? Are you having trouble letting go and opening to receive your highest good? When we hold on too tightly to a specific goal, we tend to amplify fear—which blocks us from receiving what we truly desire, and may even attract its opposite. Anytime you are feeling fearful that you might not get exactly what you want, it is time to become more general in your imagery work.

For example, rather than telling yourself, “I must get this particular job,” make a list of the essence of what you are looking for in a job, and then open to receiving it in whatever form it comes. Relax and surrender to your highest good and know that it will exceed all of your expectations.

Am I Giving Too Much Attention to What I Don’t Want? Do you give a good deal of your mental attention to those things in your life that seem to be making you unhappy? Are you devoting mental energy to judging, criticizing, disliking, resisting, and resenting the way things are? Do you frequently compare yourself to others, who appear to have something you want? Remember: Whatever you focus on will increase in your life. So if you focus on what’s lacking or not working in your life, you will continue to have more of the same.

Stop letting your mind dwell on what you don’t want, and spend more time imagining how it will feel to have the life that you desire. Train your mind to focus on whatever makes you feel joyful, appreciative, loving, peaceful, and hopeful. Shift your point of focus, and watch your life transform right before your eyes!

Am I Reluctant to Take Action? After you have pictured yourself having and enjoying what you desire, you will be inspired to take those actions that lead to the fulfillment of your goals. Your inner guidance will prod you to make a phone call, send an email, take a class, read a particular book or magazine, or do whatever else is necessary to make your dreams a reality. Too often we resist following this guidance. We fear stepping out of our comfort zones, and stop ourselves from taking actions in which we risk rejection, failure, or loss of some kind.

Yet, any successful person will tell you that at a certain point, he or she had to participate in setting his or her dreams in motion. Often this requires trusting ourselves and our inner guidance enough to step into the unknown. This is our test: Do we believe enough in ourselves that we are willing to do our part in manifesting our goals?

As you address the deeper issues that may be blocking the flow of good in your life, prepare yourself for an onslaught of surprises. After all, it only takes a slight internal shift to create big changes in your external world. And, just like Suzy's car, there are lots of blessings lined up outside your door with your name on them, ready to show up when you least expect them!

2. NEW "ALIGNING WITH YOUR SPIRITUAL ESSENCE" CLASS

Dr. Eve Delunas will be presenting this eight-week course in the application of Spiritual principles and practical tools for transforming your life!

*****Begins on March 2 in Monterey, California*****

This course is designed for those who desire to make a positive shift in their life experience. When you align with your Spiritual Essence, your life becomes a more perfect reflection of the highest and best within you. By establishing a deeper and more profound connection with your Spirit, you will experience greater joy, peace, creative inspiration, and fulfillment in your day-to-day life. You will also access greater clarity and wisdom in dealing with life's challenges.

Each meeting will include a combination of lecture, exercises, discussion, and guided meditations. Topics include: Entering the Silence, Living in the Now, Modifying Spellbound Thinking, Saying Yes to Life, Practicing Acceptance, Attracting What You Desire, Making Peace with the Past, Unmasking Your Shadow, Opening to Higher Guidance, Living in the Flow, and Realizing the Joy of Being.

Eight Thursdays: 5:30 p.m. to 7:15 p.m.

March 2, 9, 16 23, and 30

April 6 and 27

May 4

Location: Monterey Peninsula College

Fee: \$35 per meeting with an eight week commitment required.

Pay for all sessions in advance, and receive a 10% discount

For More Information: Click Here: www.InnerVisionResources.com or call: (831) 642-2619

To Register: Send your name, address, phone number, and email address, along with your deposit of \$35 to cover the first meeting. Please make checks payable to InnerVision Resources and mail to: P.O. Box 222360 Carmel, CA 93922. Or call our office at (831) 642-2619 to arrange to pay by credit card.

Registration deadline is February 21

3. ABOUT THE EDITOR/AUTHOR

Dr. Eve Delunas is a psychotherapist, author, and speaker 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

4. PRIVACY POLICY

We do not share your personal information with anyone. Period.

To subscribe to this ezine, please visit our web site: <http://www.innervisionresources.com>

© 2006 Eve Delunas, Ph.D.