

## ***Stepping into Alignment***

There may be some time periods when you just don't feel like doing anything. You would put your attention on a particular subject and feel resistance to moving forward in that direction. So you go down the list of things that you could be doing and none of them appeal to you. It just feels like nothing excites you and every action is a struggle. What is this about?

That is a state of misalignment. When a person is in this state, any decision they make would lead to the creation of circumstances that support and encourage a similar experience. It reinforces itself, a bit like a negative feedback loop. The first step to getting out of that misaligned state is to be aware that this is happening, which brings us to the purpose of this letter – to help us gain clarity so we can move towards alignment.

So, we find ourselves in a misaligned state, we don't see a way out but at least we know where we are, which is a good starting point. What next?

We take our mind off of everything, and go into a neutral state. This can be done by doing a routine activity that:

- engages the body
- doesn't require much thought
- creates a sense of accomplishment

Here are some ideas: clear the table of all the clutter, do the dishes, sweep the floor, hang up the washing, sing a song, do a dance, water the plants, go for a walk, do a routine workout, take a shower, massage any tension out of the muscles, sit in a quiet place, put your full attention on breathing deeply.

While we're doing all that cleaning and tidying up – we are not thinking. This creates space for neutral and balanced feelings to come through. It is a natural state which can be experienced when our mind is not overloaded with busy thoughts.

From this balanced state, we can start coming up with some positively aligned ideas. Go ahead and brainstorm some options – actions that you can take today to make your life better. Even if it improves your situation just by a tiny amount, put it on your list. Have a notepad ready, for, once ideas start flowing, it's easy to fill up the whole page.

Here are some examples of what you may come up with: drink a glass of water, review an experience, fulfil a promise, talk to a friend, go out for lunch, make a list of experiences you'd like to have, do some stretching, write in your journal about your feelings, read a book, prepare a meal, take a rest.

Just going through this process frees up a lot of mental capacity, allowing us to expand our awareness and think clearer. As you are writing, you will likely remember something that you meant to do but forgot about. If that action is linked to the creation of your misalignment, you may immediately feel better. This is a very good sign, keep going.

Now that you have a list of options, go down this list, looking at each item one at a time and checking how you feel about it. A good method is to focus your attention on that task and start breathing in slowly. If there is any constriction in your breathing – it's a sign that the timing is not right for that task to be done at that time. Perhaps, some resources that are required for creating a positively aligned outcome, are still missing. In such cases, the best course of action would be to keep gathering resources for that task, while putting the main focus on something else.

Once you identify items that create no internal resistance within you, pick the easiest and most exciting one, and start moving in that direction. When you start moving, other items would begin aligning themselves in the most effective and enjoyable order.

If there are no items that you feel like doing – then there are some options that you haven't considered yet. Most likely, you've already had the idea pass through your mind and made a mental note to follow it up. Keep cleaning and keep brainstorming, and it will float up to your conscious awareness soon enough. Also, be aware of any time-critical tasks, because, as the time window for their fulfilment begins to close, this may generate some negative emotions within you. Overall, the key to becoming aligned is to keep working through this and not be distracted by tasks that keep the mind busy without actually improving your life. If you ever feel compulsion to do a particular task, it's a sign of misalignment, so it's best not to do that task at that time. The exception to this would be – doing something that allows you to get into a balanced state. For example, having a compulsion to create a tidy living space can actually push you in a positive direction.

Creating a mental note is like making a promise. Regardless of whether this promise is to someone else or to ourselves, the energy associated with creating such a commitment should not be underestimated. When mental notes start fading from our conscious awareness, there is often a sense of discomfort and misalignment. This feeling designed to direct our attention to that idea, before it's too late. This is why it's so important to ground mental notes in the physical, as soon as possible.

*I am inspired to write about this subject now, because this is my way of grounding the ideas that have been floating about as notes in my mind. Going through the process of guiding other people towards their alignment, I am also aligning myself.*

Once you identify all the time-critical tasks that can have the highest impact on the largest number of people, the amount of peace and calm that results can be truly profound.

In the state of alignment, there is no resistance or compulsion. You feel total freedom to go forward or to stop half way through and do something else. You do not feel that you must finish what you start, instead, you glide effortlessly from one activity to another, taking it as far as your excitement carries you and then switching to the next most exciting thing. Every task you do is joyful, every action carries with it a feeling of excitement and wonder. You really feel like you can do absolutely anything, and things would just work out in a perfect way. There is nothing that you have to do – everything is a choice. In this state there is a feeling of lightness in the body and a sense of knowing that any action you take would create a positively aligned outcome. Literally any action, including, choosing to do nothing but be, just be. Just sitting in one place and being in the state you prefer, would feel enough. This is what it feels like to be in complete alignment.

Grounding your mental notes is the most effective way to enter this state. Make this your priority, and you will find that everything else would just flow, naturally and easily.

Now, take a look at the list of items and see how you feel. You are likely to find that any previous resistance has disappeared and you can choose any item on that list. Since everything is connected, sooner or later, all items that are relevant to your life would be completed. So it doesn't matter where you start! Just go ahead and pick something that has the highest degree of excitement and is easiest for you to do, and go from there.

By riding the wave of excitement in an aligned state, we are able to move through life with elegant ease – encountering all the situations that are relevant, and having a joyful and harmonious experience in the process.

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Following up...

OK, so you have gone through the process and became fully aligned. Everything flowed wonderfully for a while, and now there is a feeling of misalignment again. Why is that?

When we are acting from an aligned state, there is a stream of thoughts and ideas that allow us to maintain that state. There are a lot more ideas coming in than we can physically act on at any given time. This can allow us to keep riding the alignment with excitement indefinitely, or it can cause that state to end. It all depends on what we do with the information that comes through.

You see, when you are in an aligned state, you manifest things very rapidly. While acting on one exciting idea, you may have an inspiration that can significantly accelerate your progress towards your vision. Your non-physical aspect knows it, and will nudge you to follow that idea through. If you get distracted by how good you feel and don't give that life-changing idea enough attention, you will soon be directed back to the realignment process.

So, the key to keeping the aligned state is to capture every idea that comes in while you are in that state. Write it down and let it be available as an equal choice with all the other actions that you may have lined up for a particular time frame.

Here is an idea – if you find that you have too many good ideas to ever fulfil by yourself, then share them. Why not team up with someone who can help you follow some of your ideas through. Yes, I am talking to you. You are sitting on ideas that can create incredible value for everyone. Some of them can even change the world to be a reflection of the harmony and peace you desire to experience.

Why are you still sitting on those ideas? Get them out there!