

# *Alignment*

Have you ever wondered why some people look like they have everything figured out? You may think they are just pretending, but they are not.

These are people who are experiencing spiritual alignment. They are living life on a path set forth by the universe and are reaping the benefits of their concentration.

## **What Does Alignment Look Like?**

Even if you are not a spiritually minded person, you must admit that alignment is everywhere.

A car would not drive safely without proper alignment, for example. Clocks would not tell the correct time without alignment. We would not have the four seasons without alignment.

The same concept is true with our spirits and the universe. Our physical body, our mind, and our spirit must all be facing the same direction to move forward.

Those who are spiritually aligned know that their dreams are within their grasp and know what they need to do to get there.

Alignment looks like someone operating with a purpose. Driven, conscientious are spirit aligned, even if they do not consciously recognize it.

## **Signs You are Out of Alignment**

Most people will stumble through their lives without ever noticing that they are out of alignment with the universe.

Those who have experienced alignment, though, will know what it feels like to need to recalibrate.

The most common ways to tell that you need to align yourself with the universe is the sensation of being in a funk, scattered, anxious or depressed.

That wandering feeling is a telltale sign that you need spiritual alignment.

## **Spiritual Alignment And Manifestation**

How well do **you** understand the Law of Attraction? *“Like attracts like!”* and *“Thoughts create things!”*

The truth is that spiritual alignment is **the most** important factor for successful manifestation.

But what exactly is spiritual alignment?

How does it relate to manifestation?

And can you ensure that you are **on** the path to transform your life?

## **What Is Spiritual Alignment?**

In the simplest of terms... Being in alignment means to be in line (or parallel) with something else. Spiritual alignment in terms of manifestation relates to how our spiritual energy lines up with that of our desires.

**Now let's break this down further...**

Everything in our universe is made of energy... And if we have learned anything from high school physics, it is that everything is in constant motion. Vibration... **Everything** is vibrating on its own frequency.

Spiritual alignment and manifestation work together when we tune our own frequency to be an exact match with that of our desires.

Much like tuning a radio to find the station you desire, you must tune yourself into the vibrational energy of that which you want the most.

### **Spiritual Alignment With Your Life Purpose**

Many spiritual gurus will tell you that spiritual alignment is about being an energetic match with your life purpose... Which is true...

But for many people, the term “life purpose” or “soul purpose” translates to not having choice, or that one’s life is determined by fate alone.

This leads to questions such as: *“What is my life purpose?”* and *“Why am I here?”*

The truth is that fate and free-will co-exist together. Being able to balance the two is all part of being in spiritual alignment. Destiny and free-will go together like yin and yang. Like opposite poles of the same line of frequency, they work together in perfect harmony.

Free-will is what you choose in life and destiny is the way in which you can best reach those desires.

Fate is broad and leaves a lot open for manifestation...

**For example:**

If you are naturally gifted in the arts, you may have been born to fulfill your desires in a creative way...

That is not to say that you **must** be an artist to manifest but being creative is the best channel for you to connect with your desires as well as source energy.

List your natural attributes... skills that seem to have emerged out of nowhere rather than have been taught.

Are you naturally expressive?

Do you possess a deep understanding of the mechanics of things?

Maybe you have a knack for caring for children or animals?

Or perhaps you just have a natural ability to pick up new concepts fast.

Your personal attributes can be channeled into your manifestations to reach spiritual alignment.

When the universe gives you a gift like that, it is saying *"This is a way we can connect."*

That is why so many people find their natural abilities to be almost meditative...

Skateboarders who never feel as Zen as when they are immersed in an epic trick...

Make-up artists who go into a world of their own as they relax into their craft.

**Alignment Is The Ultimate Balance...**

And not just a balance between the fate and free-will aspects of your being.

Spiritual alignment and manifestation in particular centers on the three fundamentals of the Law of Attraction...

### ***Thought, emotion, and action***

In other words, ...

**Your thoughts invoke feelings which lead to certain actions.**

Here are some examples of spiritual alignment vs misalignment using the three fundamentals of the Law of Attraction....

#### **Misalignment...**

Jane wanted to manifest a new job that would put her on career path of her dreams.

Although she was smart, Jane was quite introverted and preferred to work alone... She spent her days in a busy office where she was constantly being hounded with queries and phone calls from clients and other staff members alike. One night, Jane went home and practiced a visualization technique to help her manifest the career of her dreams...

#### **Thought**

Jane imagined herself sitting in a private, luxury office. She pictured herself being up high enough in the building that she could look down and see the busy city below.

#### **Emotion**

On having this visualization, Jane felt a pain shoot through her heart. The desperation and longing for not having her ultimate desire were subtle... but it was there.

## **Action**

The next day, Jane went back to her job where she continued to struggle outside of her zone of genius. The queries and phone calls kept pouring in as did Jane's disappointment with her life. Eventually, she gave up on the Law of Attraction thinking it was just never going to work for her.

## **Now, let us analyze just where Jane was misaligning herself.**

Although she knew that her creativity and productivity was best channeled when she was alone, Jane chose to work in a bustling office. Her high-vibe thoughts of a better life were countered by painful emotions and no action toward change.

You see, if you spend your time pining over better days and then wondering why the Law of Attraction is not working for you...

Guess what?

## **The Law of Attraction is working!**

In fact, it is working perfectly....

Bringing you back the exact same feelings of lack that you are emitting out to the universe.

Again, spiritual alignment and manifestation go hand in hand.

## **Now, let us rework our scenario....**

After a long, hard day at work, Jane decided to go home and work on some visualization techniques to manifest a new job.

## **Thought:**

Jane imagined herself working in solitude in a private, luxury office.

**Emotion:**

While she visualized her desired scenario, Jane invoked feelings within. She imagined how it would feel to have her dream job.

Suddenly a wave of relaxation washed over her entire body. She felt nothing but peaceful tranquility while picturing herself in such a high vibe space.

**Action:**

The next day Jane arrived to work early so that she could get an hour of peace before the morning rush. After getting a major head start with her work, Jane's boss decided to let her leave an hour early. This gave her time to go home and start applying for jobs better suited to her zone of genius.

Jane was in complete spiritual alignment with her manifestation...

She was using her natural abilities (fate) to work toward her choice (free-will) for a better life.

In no time at all, Jane had manifested her dream job but not before her boss offered a promotion complete with a private office overlooking the busy city below.

Now, of course, Jane's story is only an example, but an example that is based completely in truth.

When thought, emotion, and action all work together on the same energetic frequency...

Alignment happens.

Also known as the secret sauce behind the Law of Attraction...

*“How you feel is your indication of your alignment or misalignment with who you are.” – Abraham*

## **How To Best Reach A State Of Spiritual Alignment**

So now we know how spiritual alignment and manifestation work together, let us break down a few tools and techniques you can use to start reaching an aligned state today.

### **1. Identify The Specifics.**

The first step toward aligning with your desire is always to get clear on what you really want.

It is a good idea to write your Intention down in order to ensure your path is clear.

### **2. Use Techniques To Best Align Your Thoughts And Emotions.**

It is important to try a range of techniques to identify which one suits you best.

There are many ways to manifest.

The trick is to find a technique that resonates with you.

You can use affirmations, visualization, or journaling. Whichever manifestation path you choose to take, always remember to inject your routine with emotion.

Or in other words, fake it till you make it!

### **3. Make Time For Gratitude.**

When you feel grateful for something, you emit an energetic signature that says this thing is already yours. Gratitude creates abundance which leads to more gratitude.



Like attracts like.

Whether you are feeling grateful for the blessings you already have or those yet to come, gratitude is one of the highest vibrations you can emit.

The more gratitude you give, the more you get!

#### **4. Take Inspired Action**

It is important to make sure that thoughts and actions are not misaligned with your desires.

If you are trying to manifest something amazing like your dream car or a vacation or anything else, but you refuse to take any kind of action to reach those goals, then you are not reaching spiritual alignment.

Always be sure to act on your thoughts and emotions.

#### **5. Access Your Higher Purpose And Use It!**

Use your natural gifts to help you create the life of your dreams. Remember not to limit yourself to one skill.

For example:

Say you are wanting to manifest a dream career. You might be musically gifted but hold no interest in becoming a musician.

Think deeper into this gift...

It is not just a musical talent you possess! It is creative expression! Artistic communication!

Perhaps you end up channeling that creative expression into website design?

Maybe you use those skills in artistic communication to be a children's story writer or public speaker.

Your destiny is broad, and the fun part is being able to channel it in any direction that you choose.

## **6. Meditate**

Meditation will allow you to connect with your higher self and therefore reach deep spiritual alignment with your desires.

Often meditation can lead to inspired thoughts and ideas with more clarity than ever before.

These connections are not always made during the meditation itself but often make an appearance days later, popping into your mind out of nowhere.

## **7. Raise Your Vibration.**

Doing things that elevate your vibrational frequency is the best way to align yourself not only with your desires but with your higher self and source energy too.

Identify the kinds of things that make you feel good and add them to your daily routine.

Some examples of high vibe living are as follows:

- Making time for exercise or yoga.
- Creating order and flow within your home.
- Using tools such as soft music and essential oils to create a peaceful atmosphere.

- Spending time in nature.
- Laughing and enjoying life.
- Enjoying a nutritious meal.

Anything that is going to lift you up and fill your day with more satisfaction and joy will raise your vibration tremendously.

***Align yourself with your highest intention now.***

Ask yourself... Do my thoughts and feelings match my actions? Am I using my natural gifts to reach my highest potential? Do I feel balanced and on the same energetic frequency as my desires?

If not, what can I do to fine tune my vibration to match that of which I want the most?

*“For a while, it was just a thought, and then it was a dream, and then it was a goal, and then it was something they focused upon, and then they achieved vibrational alignment with it, and then it happened. That’s the process no matter what it is – Abraham”*