

Exercise – Creating Alignment with Another's Desire

One way to do this is to do this simple exercise:

Lie on your bed or sit quietly with your eyes closed and picture yourself being in own alignment. Where you are feeling really good and in the flow. Feel the security of your well-being wrapped all around you. Like you are wrapped in a cocoon. You are safe, secure, and taken care of. You can then hold others and your desires for them as the object of your attention. As you do this make sure that you are staying in alignment and focusing on what you want. Not on the problems or what is going wrong. When doing this, you do not want to focus on where they are in order to bring them from it. You have to focus on where they are headed. Then you can call them to it. As you are focusing, see them as already having what it is that they are looking for. See the progress that is happening. See them as valuable, worthy, and capable. Know that they have an Inner Being as well who is watching out for them.