

Exercise – Creating Alignment with Both Your Desire and Others

Most of us put the desire out there about what we want but do not spend time focusing on the desire and bringing ourselves into vibrational alignment with it.

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 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. Then from this place where you feel so good, you can hold both your desires, as well as your desires for others, 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 you are or where they are in order to bring them from it. You want to focus on where you are headed and where they are headed. Then you can call both yourself and them to it. As you are focusing, see yourself and them as already having what it is that they are looking for. See the progress that is happening. See yourself and them as valuable, worthy, and capable. Know that you both have Inner Beings who are watching out for you.