

Exercise – Creating Alignment with Your Desires

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 your desires 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 in order to bring you from it. You want to focus on where you are headed. Then you can call yourself to it. As you are focusing, see yourself as already having what it is that you are looking for. See the progress that is happening. See yourself as valuable, worthy, and capable. Know that your Inner Being is always watching out for you.