

Selfishness

When you feel good. When you feel joy. When you experience any of the higher emotions, you are in alignment. You are seeing the world through the eyes of who you really are.

Every moment of your day, you get to choose how you want to feel. The more that you focus on feeling good and choosing this for yourself, the easier it gets.

We are emphasizing this because we want for you to know that the most important thing is for you to feel good. Your purpose is to live your life from a place of joy. When you feel good, you know that you are on your path. You know that you are in alignment and doing what resonates with you.

Most of us, though, have a history of being people pleasers. We have been taught and have grown up thinking that this is the thing to do. The problem with doing this is that when you focus on their need, you are pulling yourself out of alignment. When you pull yourself out of alignment, you are no longer feeling good, and you end up blaming them.

When you see someone in need, it's difficult to focus your attention away from their need and onto the thing that they want. What makes it even more difficult, is that they have been trained to believe that the more they show you how needy they are, the more likely you will be to help them. So, it can be very difficult to stand firm in your alignment and make the decision that you are not going to join them in their need thus then feeling bad yourself. You cannot create their reality for them. And it can be difficult to guide them to tap into their own resources so that they can create their own reality.

You do not want to let anyone else's need be so important that it deprives you of your alignment. That they pull you so off, that you no longer have the resources yourself. From this place, you are not of any value to anyone.

When other people see you as being stable and solid, they then want some of it. As they are seeing it and wanting it, they are creating more stability in themselves, and they are able to see their own resources. If they can't see this, it is because they are focused on the contrast and what they don't want. If you focus there with them, you can get pulled off course as well.

What it comes down to is that if they are needy and in your wanting to help, you focus on whatever their difficulty is, you will soon resent it. Because your focusing on it pulls you off course and out of alignment. But if you do not allow their neediness to pull you off course, then your vibration will dominate, and they will join you in the place of stability.

You want to not allow whatever they have going on to pull you off balance and out of alignment. When you can do this, they can find their own inner resources. And you maintain your own stability.

Often, when others suck you in, you soon find out that you can't help them. You soon realize that you are no longer feeling good. Your feeling this way is not because you were not able to help them, it is because you pulled yourself out of alignment. You do not have to stay in this place for very long. You can step out of being "unselfish" and step back into feeling good where you are in alignment.

So, when you feel that people are coming at you wanting for you to do something that is not what you desire, you need to take a moment to ponder. To ask yourself why you would focus on something that will take you out of alignment. You usually choose to because you feel like

you have the responsibility to do it. But, in reality, you don't. Your responsibility is to stay in alignment with who you really are no matter what.

You cannot maintain your own alignment and be a people pleaser at the same time. Most of the time, what others think they need from you, in order for them to be happy, is not something that resonates with you or feels good to you. It is out of alignment with what your intentions are.

You want to be Joyfully selfish or "Self-Full". You cannot be anything other than selfish because you cannot perceive outside of your own perspective of self, no one can. You must decide that how you feel matters and that how you feel is the most important thing to you. You want to feel good.

Abraham-Hicks Self Policy is – "I care so much about you that I am not going to stand on my head to please you. I am going to keep myself in alignment with who I am so that I have plenty to give you.' Once you get that figured out, then you are steady. You will have blips, but you will be tuned in."

You can help them by focusing on their desire for them. When you see them struggling, you see the contrast that they are experiencing. You then have the desire that you want things to be better for them. That desire then gets added to your vortex(collection) of desires that you are aligning with. So, if you are selfish enough to care about how you feel then you can put yourself into alignment with all of your desires including your desire for them. But if you are not selfish enough to care about how you feel, then you may focus on their issues which means you are then not in alignment and you then have no power to assist them.

Sometimes this is difficult to understand because most of us have been taught to think that when you are unselfish and sacrifice our own alignment that you are more of a value to someone else. But as Abraham-Hicks says “You cannot get sick enough to help sick people get well. You cannot become poor enough to help poor people become prosperous. You cannot become confused enough to bring clarity to something. You have to maintain your alignment with clarity, and with abundance and with well-being in order for you to be any value to someone else. So, your selfishness is the only avenue to your value or your upliftment. Your humanitarianism really is about your alignment with this energy that creates worlds and focusing upon what you want. Your value to anyone else is not in suffering on their behalf.”

When it comes to situations that are going on in the world, it is difficult to focus on it. Because you don't know the background behind it or the vibrational frequency that they are in. So, when you try to understand it or make sense of it, you just become part of the problem. Because you just put yourself in that frequency. When you maintain your alignment, you can be focused on the solution and aligning with that. From this place, you can also receive inspiration about what to do. You only receive the inspiration when you are tuned into source. Most people, though, cannot get involved and still remain tuned into source or in alignment. They get caught up in the injustice part of it and the pushing against. They then lose their connection to source energy (alignment) that can assist.

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:

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.

We cannot understand why someone is born into their life path or why they have created the circumstances around them. It is not possible for any of us to get inside their vibrational point of attraction. But it is possible for you to decide what your desire is for them.

A lot of times you feel a calling to be an uplifter for others. And it can feel good to you to do this. In order to do this, though, you need to be tuned into yourself, to be in alignment. When you are in this place, you have infinite resources that you can flood out to others. You just do not want to get pulled out of your alignment.

Keep in mind, though, that you cannot uplift another unless you are first selfish enough to be uplifted yourself. If you are not selfish enough to align with the energy of source, then you have nothing to give.

It is uncomfortable for a lot of us to choose to feel good just because we want to feel good. To some of us, this can feel “Selfish”. We are willing to feel good if it can help others feel good, but we have difficulty

choosing this for ourselves. We want for you to realize that connecting with the energy of “Upliftment” is natural. When you are feeling uplifted, you can uplift others. But you want your reason for you to feel Uplifted to be so that you can be in alignment with who you really are and to feel good. When you are aligned, you are connecting with who you really are. You are being who you really are. You are living as your true self, as who you authentically are.

You can only uplift others by being uplifted yourself. By being connected yourself to who you really are. Which is when you are in alignment and when you are feeling good. People who are not selfish are going to have difficulties.

When you reach for thoughts that feel better, all kinds of wonderful things happen. You don’t want to reach for better feeling thoughts because you are trying to manifest something to you. Reach for those thoughts just for the pure Joy of receiving the better feeling thought. In other words, you don’t want to be joyful because you think it will get you or someone else something that you want. You want to do it just for the Joy. You are doing it in order to be who you are, to return to that, not in order to make something happen.

Others around you will say, “Don’t do what makes you happy, do what makes me happy.” They say, “Don’t be selfish.”. And what they are meaning is that they want for you to satisfy their selfishness and not your own.

We grew up with a lot of adults around us that coerced us into behavior that pleased them. When they did this, they were pulling us away from our own guidance. This caused us to learn to not focus on our own joy or what made us feel good. But rather to focus on the appreciation of or the lack of appreciation that we received from others.

So, to sum it up – You have to care how you feel! You have to want to feel good more than anything else.

A good way to put this into practice is to say to yourself this Abraham-Hicks intention – “Today, wherever I am going, no matter what I am doing, it is my dominant intention to look for things that I am wanting to see. It is my dominant intent to see my world through the eyes of source. To connect with the fullness of who I am.”

When you set this intention, it can affect your mood and attitude. It is a good practice to do this before you walk into any situation. It is a way a pre-paving the way. Think about how you want to be. Think about the clarity that you want before you do that next thing. The demeanor that you want to have. And if you don’t get there, don’t do it. Pre-pave yourself into alignment before you perform the actions of your life experience. And before you know it, you will come to the place where you will be unwilling to proceed in any behavioral pattern what so ever without first accomplishing alignment with source.

Say to yourself, I go nowhere without who I really am. My Inner Being goes everywhere I go. My Inner Being is always with me. We are a team. I am the total me. I am complete. I am full of myself. I never have a conversation with anyone unless I am full of myself. I am satisfied in my life and eager for more. I love this life experience. I love allowing source to flow through me. And Now I am going to selfishly get to feel what it feels like to be the vortex through which source flows.

You are always the vortex, but when you know it and tune to the frequency, so you get to feel what source feels as source flows through you, that is what Joy is.

Selfishness is finally being Self!!!