

Overview

You are here to discover who you are and who you are becoming. You are on a quest to connect with who you really are inside and to step into being your true authentic self. Where every day, you are stepping out as the greatest version of yourself. To create a life where you are living it to the fullest and living it from a place of joy.

Our main purpose here on earth is to live a life of Joy. To bask in all of the good things that life has to offer you.

You are, also, here to experience the contrast of life. To go through the ups and downs. When you experience the contrast, you can expand and grow from it. Through it, you can determine what it is that does feel good to you. Your desires are born from the contrast. It helps you to see what it is that you do not want so that you can determine what it is that you do want. What it is that you desire and want to experience instead. And if you do not know specifically what that is, you are able to, at least, look at it in general terms. You can determine what the feelings are that you want to feel and start there. The specifics can be added in later. The feeling is what is most important. When you can feel what it would feel like to have it, you release resistance to it coming to you. It is important to note that when you put your desires out there, when you ask for what you want, Source does hear you. Source then answers your desire and sends it to you.

In order to receive it, though, you have to be lined up with it. You have to be on the same energy vibration or frequency that it is on. In other words, you have to be aligned with it. Keep in mind that everything is energy and everything that you want is energy. So, you need to line up with the energy of it. If you feel good and are experiencing the feelings that you will feel when you have it, then you are lined up.

You, also, have to release any resistance of it coming to you. If you have resistance to it, you block it from coming to you. You create resistance through your thoughts that are the opposite of it, that are negative, or that doubt that it is possible. An easy example of this would be if you want abundance. But instead of focusing on the abundance that is coming to you, you focus on the lack, or the poverty, or the doubt that you can have it, you are creating resistance and blocking it from coming. You have to be aligned with it vibrationally in order to have it come into your experience. In other words, you have to be in alignment with it.

Your desires can be anything. There is no limit. They can be physical, mental, emotional, etc. The bottom line is that it is all about how you want to feel and what makes you feel good. You desire the things that make you feel good, that bring joy into your life, that help you to live your life to the fullest, that resonate with who you really are.

To explain these concepts further, we want to discuss the Law of Attraction. Just like gravity, the Law of Attraction is an unseen force at work in the Universe and it is always working. It says that like attracts like. So, when you are in a low energy vibration, you are residing at the bottom of the Emotional Guidance Scale. You are out of alignment and life feels bad. A lot of times we are pushed here after we experience an adversity in our life like the loss of our spouse or partner. Since, the Law of Attraction is always working, when you are in this low, dense vibration, you are putting that frequency out into the Universe. Since you are putting that vibration or frequency out, you are attracting things that match that back to you. For example, in this place you may be focusing on being lonely, so you get more lonely back. What you focus on expands so you keep feeling more and more lonely. It expands in your experience and becomes one of your dominant thoughts. When

you are focusing on feeling sad, you get more sad. You are attracting people, places, and things to you that are in the same vibrational frequency as you are. We are vibrational beings, so we are always emitting a vibrational frequency. This works the exact same way no matter where you are on the Emotional Guidance Scale. When you are aligned and at the top, you are attracting your desires to you. So, basically, wherever your frequency is, is what determines what you are attracting to you. It can be no other way; this is the Law of Attraction where like attracts like.

You can use your emotions as your guide, as your indicator as to where you are on the emotional scale. You can use your emotions as your GPS to help guide you through life. When you feel good, you know you are on the right path. When you feel bad, you are deviating off your path and away from source and your desires. It is your indicator to course correct and step back in the direction of your connection to your Inner Being, to who you really are.

As we said previously, when we lose our loved one, we can find ourselves hanging out, the majority of the time, in those lower-level emotions towards the bottom of the Emotional Guidance Scale. When you experience this loss, you can feel empty and feel a void inside. You can become disconnected from who you are, and this helps to create and contribute to your lonely feelings. You can struggle to figure out how to fill yourself up again and how to shift out of these feelings and emotions. In order to feel better, you need to fill yourself up with self-care and self-love. To begin to gradually shift to better feeling thoughts and emotions that bring you relief. To connect with your Inner Being, which is Source, which is connecting to who you really are. When you are able to do this, you begin to climb the Emotional Guidance Scale. You begin to align with who you really are, which is Source energy. You

eventually get to the place where you reside, the majority of the time, towards the top of the Emotional Guidance Scale. Where you are experiencing the higher-level emotions. Here you are in alignment. You are connected to your Inner Being and who you really are. You are able to fill the void. From here, you are able to attract the things that you desire into your life.

For clarity, I like to break the concepts down into 3 areas or sections:

Section 1 - AWAKENING:

Through Awakening, you can begin to fill the void. You are awakening to who you really are. To realizing that there is so much more to life than meets to eye. So much more than the average person understands. Realizing that you are part of Source Energy and that there is nothing that you cannot be, do, or have. That you have a connection to the Spiritual realm where you come to know that you are not alone. That they are conspiring for you and want the best for you. They are guiding you and providing you with inspired action steps as you journey forward. Knowing that You are part of them. Because, ultimately, we are all one.

You are in the process of discovering your true authentic self. Discovering what the best version of you looks like. Discovering what it is that resonates with you. Because ultimately, you are wanting to step into the Best Version of You, where you are living as your True Authentic Self, as much as you can, every single day. From this place, you create your life your way and on your terms. You begin to live your life to the fullest and truly begin to live a life of Joy.

Awakening is a continual process; you do not reach any end point. You are continually evolving and growing and stepping into more of who you are. You are stepping onto a path of exploration and self-discovery.

You begin to fill the void through Awakening and beginning the forming of a connection with your Inner Being. You are connecting to Source Energy and to the part of you that you have awakened to. You, also, start filling yourself with self-care and self-love. By incorporating self-care and self-love items into your day where you are doing things to show yourself some love and where you are doing small things to help you feel good. You are helping yourself embody the ideas and concepts that you are worthy, you are loved, and you matter. To step into a place

where you eventually love yourself fully, completely, and unconditionally. This helps you to begin to put yourself first and to climb the Emotional Guidance Scale and move yourself into the higher better feeling emotions.

You are beginning to look at the things that are going right. The more you focus on these, the more you see good things. When you appreciate the things around you, it helps you to feel good. Remember what you focus on expands, so you are wanting to continue to focus on this to have more and more great things come into your life.

You are creating a connection with you Inner Being. You are climbing the Emotional Scale so that you can begin to try to live every day from the place of Alignment. Where you are residing in the place of the higher vibrations and the emotions of Love, Joy, Peace, and Gratitude.

Section 2 - ALIGNING:

You want to climb the Emotional Guidance Scale to the higher vibrations to where you can step into a place of Alignment. When you are filling yourself up, you are aligning with who you really are. You are Aligning with your true self, with your Inner Being who is Source. Keep in mind, that the place of alignment is different for each of us because we each have a different guidance system.

When you are in the place of Alignment, you are in the higher vibrations, and you are residing at the top of the Emotional Scale. You are in a place where you feel really, really good. You are in the flow with all of life. You feel ease and contentment. You are able to maintain your center and balance in spite of what is going on in the world around you. You know that you can assist others, the most, from your place of Alignment rather than be pulled down by what is going on. Things no longer feel difficult or impossible. You release resistance to the things that are holding you back and getting in your way. You are living as your true authentic self, and you are being the best version of you. You see life from a different realm. A higher realm, where you Trust that everything is unfolding exactly as it should. You know that everything is going to work out for your best and highest good.

In this area, you are understanding that you are an energy being that is always emitting a vibration. You look into how you can raise your vibration, your frequency in order to step into a place of alignment as much as you can. You want to begin to come from a place where you implement Alignment first in every segment of your everyday life. Then from that place, everything can and will flow.

Although, this is our ideal, this is a continual work in progress. We are human and we will, and we do fluctuate up and down as we go through our day and as we go through our life. But you want to stay aligned as

much as you can. To stay in that place that feels good. Because ultimately, you want to feel good as much as you can, and you want to feel those higher-level emotions and to live your life from that place. You can put practices into place that help you to experience relief when you are feeling down, that help you to move up the scale when you are fluctuating, and that can help you get to a place of alignment.

You will get out of alignment, you will drop to the bottom of the emotional scale. But you don't have to stay there long, and you eventually may not even fall so low. We have tools, tips, and tricks at our fingertips to help us float back to the top again.

When you are aligned, you feel good. Life feels really, really good. The people, places, and things that seems to bother you before don't bother you so much anymore. You feel lighter, you have a bounce in your step. You are in the flow with life. You are not pushing against resistance; you are allowing life to carry you, and you are flowing with it.

Section 3 - ALLOWING:

When you are Allowing, you are Allowing all of your desires and dreams to come to you. You are creating your life your way. You are manifesting all of your heart's desires to you.

When you have a desire, you ask for what it is that you want. When you ask, the Universe gives it to you. When the Universe gives it to you, your Higher Self lines up with it, receives it, becomes it, embodies it. It is then up to you to Allow it to come into your experience. You Allow it to come to into your experience by releasing resistance to it coming to you. By stepping into the reality that it is already here and that you have it. By Aligning vibrationally with it so that you Allow it into your experience. You also understand that your desires are born out of contrast. You are here to experience the contrast in life so that from it you can discern what it is that you desire and what it is that you want to Allow into your life.

In this area, you are identifying what your desires are. You are looking at how to manifest those desires and how to Allow them to come into your life. How to create your life the way that you want, where you are stepping into and truly living your life from a place of pure Joy.

CONCLUSION

In conclusion, no matter where your vibration is, you are always attracting and manifesting. When you are in vibrational alignment with all of the really good things that you desire, you are able to attract those things to you.

All of this is a process. This is not something that is going to happen overnight. That is why we are on this journey together so that we can support one another as we learn, grow, and expand along the way. You do not want to try or put effort into this. You want for it to flow and for you to take steps forward with ease. You want to release any resistance or difficulty. Being in ease and in the flow is how you step into the concepts and begin to embody them in your being. So be easy on yourself. You want for it to feel good, if it doesn't you are trying too hard and putting up resistance. So let it unfold and step into it with ease and fun. We are here to have fun and to live from a place of joy. Where "Feeling Good" is always your priority. As you begin to put these concepts into practice, you begin to create new habits and the old ones begin to disappear. These new habits are building new neural pathways in your brain. Eventually with repetition, the new neural pathways are formed, and they become your default. You then begin living your life from this realm. From the place where you feel connected, where you feel good, where you feel Joy, where you are living your life to the fullest on a more consistent basis. Where this becomes more of the norm for you rather than the exception.

You are the creator of your life. You can be, do, or have the things that you desire and the things that resonate with you. You want to put yourself in vibrational alignment with the things that you want. You want to believe that it is possible for you. You want to behave as if it is your reality. You want to embody it and become it. You want to step

into and act as the person that you are becoming. You want to feel into the things that you desire. You want to step into the reality that it is already here and that you are living from that place. That the reality that you want, is your current reality. You are telling the story of your life as you want it to be, and you are stepping into living that story before you physically see it in order to manifest it to you.

You realize that you are in a place where you can choose for you. That you can honor what feels good and right to you. That you can set aside the beliefs, wishes, and wants of those around you and begin to truly connect to yourself and what it is that you want. What it is that feels good to you and resonates with you. Where you can follow the guidance, intuition, messages, and inspiration that you are receiving from your Inner Being. Where you can put aside others and follow what feels good to you and what you are being called towards. When you are aligning, you are connecting to source, to your Inner Being. You then feel whole and connected. You feel unconditional love and Joy in your life. You realize that there is nothing that you cannot be, do, or have because you are part of Source, that is who you are, and you are connected. You are part of all that is. When you are in this place, you can manifest and draw to you all of your heart's desires. All of the things that you want to feel and experience in your time here on earth. You can experience them all from a feeling of Joy. Where you are truly Living a Life of Joy.