

ALIGNMENT

The process of alignment is simple. It all begins with a conscious thought. Alignment is the process of adjusting parts so that they are in proper relative position.

The next step toward creating alignment is to line up the feeling with the thought to create harmony between them. Once you have achieved this balance, thus creating the alignment, you can choose to either take action or choose to not take action. You may be in alignment with one subject while still creating alignment with another. The beauty of this recognition is that you can create alignment with any subject matter at any time.

Alignment before action applies to everything that we do. In our work, in our play, attending to ourselves and others—it is a process that we encourage you to incorporate as much as

you can into your daily living. We believe that no matter what the subject is, if alignment is created before action, the outcome will be fantastic.

When we are not in alignment, our connection to the most basic pleasures of life is lost. Instead, we have turned these pleasures into ways to manage our day-to-day frustration and anxiety. We often find ourselves using food, alcohol, and sex as a way to cope with stress. Our approach to these pleasures has been presented as illicit, clandestine, improper, and immoral. In other words, they have become “guilty” pleasures. How can we re-frame these activities so that we can reap the pure benefits of these pleasures?

When we are not in alignment with these simple pleasures, we sometimes find ourselves using these things to mask our feelings, instead of having a relaxing, engaged experience.

When we engage in these activities to heighten our existing, connected state of feeling good, these pleasures become ways to enhance our daily lives. Instead of using alcohol to block out the trials of the day, a nice glass of wine can complement your meal. Consider how you would like to feel before you engage in any activity. This consideration will create a connection between you and the activity and set the tone for alignment.

Let's look at some examples that everyone can relate to: eating, drinking alcohol, and having sex. You may feel confused by this list of examples, so let's take them one at a time.

Food

Food is a wonderful way to nourish our bodies. Meal time is a platform for a lot of our social interaction, and, for some, cooking is a hobby or passion. We as a society have a lot of confusion

around food. What is one day proclaimed good for us is on another day contradicted. There is so much conflicting nutritional information about our food choices. We have lost touch with our connection to how we feel about our choices as we make them.

If we were to pause and create harmony between our thoughts and feelings about what we were about to eat, and with the food itself, then our bodies would be able to properly and peacefully metabolize our food choices, whatever they may be.

When we clearly and consciously allow ourselves to make food choices based upon what feels correct, and when we allow ourselves the pleasure of enjoying our food without conflict, worry, or guilt, then our food becomes a wonderful way to nourish our bodies and our minds.

It is never about the action that we take. It is,

however, about how we *feel* about the action that we take.

For example, if you have a sudden urge for ice cream, pause and ask yourself: “What kind of ice cream am I wanting, and what flavor would taste good? Would I like my ice cream on a cone, or perhaps in a dish with sprinkles? Where would I like to sit or stand with my ice cream? Would I like to eat my ice cream as I am walking down the street, looking in the shop windows, or perhaps sitting on my couch watching a favorite television program?”

Think about how good the ice cream will taste in your mouth, and the joy it will give you with each and every bite. Now you are in alignment with your choice to eat ice cream. You have created a loving peaceful relationship with the forgotten pleasure of something wonderful.

Your body can only use this dessert choice as nourishment. There is no misalignment here

because you are not eating the ice cream to feel good, you are feeling good, and from that connected place *choosing* to eat ice cream. Ice cream enhances the good feeling that you have already created for yourself.

Libations

In the United States, people are not by law permitted to drink alcohol until the age of 21. We create so much mystery and taboo around the subject of drinking alcohol that once again there is confusion for us—especially for our younger generation. We have demonstrated, through our fear posed as concern, that if we incorporate alcohol in our daily meals with our children, somehow they will lose control and become alcoholics.

Drinking in this country is thought of as a way to relax, let off steam, and deal with stress. How many of us come home at the end of the day

and wind down with a drink? This is usually our relationship with alcohol.

If we were to first create alignment with ourselves, lining up the feeling with the thought to create harmony, before taking the action of pouring ourselves a drink, then we would feel good. And from that place of feeling good, choose to either have a drink to enhance the already good feeling, or even skip the drink because we have accomplished, through the process of alignment, what we had expected the drink to do for us!

Drinking alcohol from a place of alignment enhances the already good-feeling place that you are in. On the other hand, drinking alcohol to create alignment does not work, ever. So once again, it is not the drinking of alcohol that is the issue, but the *feeling* about drinking the alcohol that creates the alignment or misalignment. The action becomes irrelevant.

In summary, we invite you to consciously create a good feeling within yourself before you set out to drink alcohol.

Sexual relations

We would like to offer this definition of sexual relations: sexual relations are the expressing and receiving of physical and emotional pleasure.

Of course, everyone will approach the subject of sex through his or her own individual thoughts and beliefs. Whatever your views may be, our belief is that the most important conversation to have with yourself about sex is that of being in alignment.

From a place of alignment with yourself, sex is the loveliest way to share with one another. It becomes the physical extension of our expression of how we feel about ourselves. That's right, sex is transformed into *the*

physical extension of our expression of how we feel about ourselves, from our greatest point of connection with ourselves.

From a place of feeling connection with yourself (that is, loving yourself), you will only be attracted to and attract a partner who is also loving himself or herself. In other words, when you are in alignment with yourself about your sexual desires, then you will only attract a partner who is also in alignment about his or her own sexual desires.

The physical expression of two people coming together from a point of loving connection is the most perfect example of sex. It is enhancing and sharing yourself from a place of *already* feeling good.

Many people use sex to feel better about themselves. When you engage in sexual relations and want to sustain the good feelings, then it will be beneficial to begin from a place

of alignment. Be clear with yourself that you are not engaging in sex to mask unwanted feelings.

When we align ourselves from a connected place with any subject prior to taking action, then the outcome will be fulfilling, satisfying, and pleasurable.

When we understand and embrace this concept, and then pass it along to our children, they can begin to understand sex as the loving expression of the connection that they have to themselves.

We often see young girls engaging in sexual behaviors early because they “just want to be held.” What this really means is that they want to feel connection with themselves, and they believe that this can occur through sexual contact. Most of the time, this feeling that they were looking for is short-lived, if even momentarily experienced. But they have

no basis for understanding why they are not feeling connected, so they try again and again — looking for love in all the wrong places.

It is a gift to encourage our children to fall in love with themselves first. It will then be through that alignment with themselves that they will seek out others who have also created that connection with themselves.

Romance

If your intention is to align yourself with romance, remember that romance is different from love. It is a state of mind. It is a feeling we can create around many subjects.

Most often we look for romance in our relationships. We usually look for someone else to create a romantic setting for us, but romance is also something we can create for ourselves. You can romance anything with, or without, anyone else around. Why wait for another

to create romance in your life when you can experience it in your now?

When you give attention to yourself and listen to your inner voice, you can create a physical and emotional environment that is romantic to you. This can be a perfect platform for attracting a romantic partner; however, regardless of whether or not you have a partner, you can live a romantic life!

Inspiration

Inspiration is most often a by-product of alignment. When we are inspired and then take action, it usually turns out well, because we are in alignment with the task at hand. When you are in alignment, every action you take feels good. You are enthusiastic and feel like you are in a flow with yourself.

How can you tell if you are in alignment or not? This is best answered with an example:

when you know you have a work assignment that is due, and it's on your mind, the thought that “this is something that must be done” will persist. If you approach this assignment from a place of something that you “have to do,” it will tend to create resistance within you. How can you align yourself to the task?

A powerful alignment tool is — surprise — *procrastination*. Resistance often leads to procrastination. Procrastination has gotten a bad wrap, and we are here to tell you otherwise.

Procrastination is a beautiful thing, because it reminds us to pause and take time to align with the action before we continue. It is important to recognize that when you are dreading doing something, then this is not the time to do it, even if you have a deadline. Embrace “procrastination is my friend” as your new mantra.

Sleep is also a wonderful way to release

resistance. It reminds us and allows us to get into alignment before we take inspired action. The Dalai Lama said, “Sleep is the best meditation.”

When we consciously put ourselves into alignment with anything, the outcome is successful and brilliant. Clearly it is the misalignment that creates the mishaps.

Once you understand the importance of alignment, and then understand the benefits of procrastination, you will learn that the only effective action is inspired action.

It is difficult to motivate yourself into alignment or to motivate yourself to take action. The only successful action is inspired action, or action from inspiration. When we feel inspired, we have lined up our thoughts and feelings, and the outcome of these inspired actions is magnificent. When you are ready to take action

you will feel no resistance, and you will be able to move forward with ease.

For example, on the first of every month, you may not be feeling inspired to pay your bills — in fact you may feel some resentment. You have chosen to procrastinate and put this off for yet another day. Brilliant. You have now created the perfect opportunity to create a better-feeling relationship with this task. Use this as a wonderful opportunity to re-frame your thoughts and feelings around your bills. Take a moment to reflect upon each service that you have received and each purchase that you have chosen to make throughout the month with a sense of appreciation. This will help you set the tone for creating a good feeling around paying your bills. This may take practice. It takes 30 days to consciously change any habit.

Inspired action feels effortless. When we live by default, we create a life of default. When we live a conscious life of creation through

thought first, alignment second, and action third, then it's sweet success every single time.

You can take any task and create inspired action around it. After you have created inspired action, it will no longer feel like a task. It will feel wonderful. Imagine every day creating harmony between how you feel and the activities of your day. Imagine setting aside all the drama, resistance, and resentment and instead taking inspired action. You will flow, flow, and *flow*.



