

Aligned to you

Wherever you go, whatever you do, there you are



Your life and your world are reflections of the stories you tell and also directly connected with how close or far you are from being aligned to your True Self.

True self - compassionate, joyful, calm, curious, present and clear. Anything else like anxiety, self-doubt and confusion are fear-based stories and are NOT who you are.

Questions to ask yourself

1. How do you know when you're in alignment with your True self? That which is connected to your inner wisdom, your intuition and to spirit.
2. How do you get yourself into alignment?
3. How do you stay in alignment?

These are my answers and I am definitely NOT in alignment 100% of the time.

1. I feel sure, light, calm and loving. I have a feeling that everything is going to be alright, cause it is.
2. I ground my energy by laying on the grass and breathing while inviting loving light energy in through me. I set my intention to connect to my higher (True) self, the calm and connected part of me. I use essential oils, guided meditation and loving self-talk.
3. I stay in alignment by noticing my breath during the day, slowing it and deepening it if it becomes shallow. I am mindful of how I am moving, eating and talking and slow it down if I need to.



Our sacred responsibility is to be in alignment with our higher self more of the time. This is how our soul talks with us, to guide us towards a path of less suffering and more purpose, abundance, joy and ease.

With care, Jesabe