



WHAT IT FEELS LIKE TO BE IN 'ALIGNMENT'

To be in 'alignment' is a term that gets bandied about a lot. But what does it mean? For me it's a feeling of being in flow, a general feeling that life is pretty bloody great. Here is a list of some things that indicate to me I'm in alignment. Some may seem inconsequential, but to me it's these little things that make life sing.

- I always manage to nab a great car park.
- I can communicate effectively when I feel frustrated.
- The kids make their beds without being asked.
- When a surprise bill comes in and a job comes in that is the exact amount of the bill.
- A perfectly cooked egg brings me immense joy.
- I jump out of bed in the morning.
- I am proactive, not reactive.
- I keep calm and level headed in an emergency.
- My empathy wins over any judgment.
- I accept challenges as a chance to learn and grow rather than something to hold onto.

HOW DO WE GET TO THIS FEELING OF 'ALIGNMENT'?

I think it starts with an awareness and acknowledgment of self and a willingness to evolve. We are all born with unlimited love and abundance, it is our lived experiences that can eat away at our confidence to tap into our potential. We can store our experiences in our energy centres, creating blockages out of fear of failure.

Creating energy flow through Reiki, helps to unmask limiting beliefs we have stored up over time and open the door for them to be released. You can still experience stressful times and revert back to old ways of thinking, but it is in the awareness that we are able to bring it all back into focus and achieve alignment.

What a gift.

Amahlee xx