

SOUNDBYTES FOR YOUR SPIRIT

Us seekers, we love the word ‘alignment.’

We love it, and we use it, a lot.

Though, a more accurate statement would be that we love the result of alignment.

Flow. Inspiration. Creativity. The kinda gratitude that feels totally unbridled and unstoppable.
ALL OF THE IDEAS.

I know when my friends are in alignment because I can hear a smile in their voice over the phone.

When I’m aligned, I feel situated in my body, yet light. There is a quality of awe, at, well, everything. The miracle in all is incredibly apparent to me.

But what we need to discuss today, is the journey to the result of alignment, because whilst at times it may only take a moment or two to enter the highly anticipated flow-state, other times, the journey may indeed be a bumpy and windy one. (But let’s not kid around here - that only makes it all the more special once we arrive)

I’ve watched on with wonder as people I love steadfastly walk in the direction of their alignment, knowing full well that uncomfortable sensations may be experienced along the way.

My father, who sat with his dying father, proclaiming his love and gratitude to him, before whispering permission that if he was ready to leave his body, he needn’t hold on any longer. The next day, he passed, and my father felt complete having shared his deep love just in time.

Women on my team, who are so determined to make a difference and design lives they love, that they’re willing to put themselves in the face of adversity everyday.

My friend, who drew deep courageous breaths and pressed ‘send’ on texts requesting that her father be more present in her son’s life.

Another friend, who, after meeting, and instantly falling in love with a woman one weekend, knew she had to end the seven year relationship with her boyfriend.

When I reflect on my own life, some of my best alignment has come off the back of brutal decisions and circumstances.

I needed to tell one particular sub-contractor to ‘get his hands off my business, walk away and never appear in my inbox again’ to protect my business so it could continue to grow. I needed to sit with what felt like unbearable grief, long enough to feel the tsunami of absolute and unconditional love rush through me.

And other times, all it has taken to return to my centre is a loving text to my mama, or the sun’s rays, or a snuggle with my puppy, or my favourite cup of coffee (true story!).

THE AGONY AND ECSTASY OF ALIGNMENT

Alignment is more than a buzzword - to me, it's the ultimate intention, or goal, and our devotion to it may require teeny, tiny adjustments, or big, bold moves, in order to attain it.

Your alignment may be asking for:

A longer meditation than usual
An evening of raucous laughter with your favourite people
Or sweating, or dancing, or cooking, or love-making, or a deep breath, or an inappropriate joke,
... ANYTHING really. You will sense your soul's desires.

But it may also require that you:

Confront the person
End the relationship
Protect your boundaries with firmness
Write the chapter that makes you squirm in your seat
Leave the comfort of your surroundings to pursue your dreams
Or do the things that you THINK you don't want to do, but that your soul is REQUIRING
you to do.

The little things. The big things.

The agony. The ecstasy.

In the end though, if we really committed to our alignment...

If we're willing to be

Ruthlessly curious.
And make conscious pivots in response to those insights.
And embrace compassionate gentleness when we're distinctly NOT in alignment,

then...

it all ends with ecstasy.

The question is: do we have the courage to listen to the whispers that point to our alignment?

The next question is: What is your Soul requiring of you RIGHT NOW so that you feel in alignment with it?

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