

The INNER PEACE "Reality Check"

ALIGNMENT FORMULA - ALIGNMENT is the name of the game; Aligning mentally, emotionally, physically and spiritually.

1. AWARENESS. What's the reality of the situation?

- a. Physically - What are the facts? What IS the physical reality without any story, meaning or interpretation?
- b. Emotionally - What am I feeling? (*i.e. my humanity, the system, emotions, the reality of what is or what isn't, time, my energy, financial expense, my lack of clarity, my health, my environment facts, another's choices, reactions, hard work, asking for help, disappointing another, a fantasy of what should be or shouldn't be, rejection, not getting my desired outcome, wanting to artificially speed things up or artificially wanting to slow them down*).
- c. Mentally - What do I believe, right now? What am I focusing on? What thoughts are creating stress for me? What stories, meanings or interpretations am I making up?
- d. Spiritually - What do I really want? Spirit wants? Ego wants? How connected to Spirit am I now?
- e. How willing am I to align with THIS reality? Do I really want inner peace or am I willing to suffer? Scale of 1-10.

2. Awareness. What am I resisting?

3. ASSOCIATE. What if I continue resisting?

What are the potential costs to me if I continue resisting? How will I feel? Who else will be affected? What are the short-term and long-term costs? FEEL YOUR ANSWERS FULLY.

4. APPRECIATE. What can I appreciate?

What can I appreciate about this situation? What could be the gift, opportunity or benefit?
What can or could I appreciate about my resistance, feelings, emotions or humanity?
What value is being reflected in my reaction? What can I appreciate about this moment right now?
What can I appreciate about the circumstances and facts? What does this inspire me to fix or change?
FEEL YOUR ANSWERS FULLY.

5. ABUNDANCE. What are my options?

What would it look like to ALIGN? What mental shift could bring alignment? How do I want to feel? What could bring me peace? What if I aligned 100% to reality? What possibilities will help me realize my desired outcome in reality? Who could support me? How can I support myself? What thoughts and beliefs would help me align with the situation? (*ALL IS WELL. I'm always at choice. I'm ready for anything. It's all coming together. I love my life.*) What can I learn from this situation to help me avoid this in the future? What physical actions could I take, right now, to remedy, change or advance the situation?

6. ACTION. What will I consciously choose?

To align? To let go? To resist? To grow? To make a request? To avoid? To influence the situation? Do nothing? What are my priorities? What thoughts will I choose? What feelings? What specific actions WILL I take, right now?