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Everything is Energy

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Everything is energy. You are energetic beings vibrating at a frequency that allows you to exist in both a physical and nonphysical plane. You are all tendrils of God Energy. Each one of you is an extension of nonphysical energy that has been placed in a physical body, and part of the physical journey is learning how to exist in a way that both your physical and nonphysical energy are in vibrational Alignment with the Source Energy from which you are all created.

Anytime you feel ease, peace and bliss, you are in Alignment. Anytime you feel good, and are thinking good thoughts that lead to laughter, or smiling, or joy, you are in Alignment. In alignment with your higher self, and in alignment with God or Source Energy. Your health, power, and strength does not come from actions, it comes from your vibrational alignment and how that transmutes into the physical world. If you want something to move shift or change in your life, you do not need to take swift action. Instead, place your attention on releasing blockages that have inhibited the natural flow of Source energy to your being. This will then allow for free-flowing abundance to enter your vibration. Abundance is always available to you if you can only get your thoughts out of the way. Focusing on thoughts that feel good is the most effective way of allowing unhindered flow of Source Energy into your being. If you spend most days worrying about something, or getting angry about something, you are disrupting the natural flow of Source energy by unnecessarily entering resistance into the equation. It is impossible to become separated or disconnected from Source energy, but certain thought vibrations act as pebbles wedged in a pipe, disallowing the stream of natural Alignment.

One way to know if you are in Alignment is to bring awareness to your physical body and how it feels. Do you constantly have aches and pains? Chronic fatigue or frequent illness? Your physical bodies are a near perfect reflection of the beliefs you hold and the thoughts you think. And since you know that your thoughts are of your own creation, you can always choose different thoughts to achieve a different state of wellness. You can choose a thought vibration that transmutes into a higher physical vibration. It is always a choice.

Your physical body is brought into existence by a glorious network of exquisitely intelligent cells, and those cells are a direct creation of Source Energy. A direct extension of Source Energy. Your cells only fall out of Alignment when you begin thinking thoughts that resist the flow of Source Energy.

Thankfully, having those physical bodies means that you have been gifted finely tuned instruments that can be used to help identify if and when your nonphysical energy is in Alignment, and how subtle changes in your thoughts shift the allowance of Source Energy in your lives. Those physical vessels are a gift. A

beautiful gift. It means there is no guessing or questioning. You will always know if you are allowing Source energy if you are experiencing a state of wellness. And if wellness is not part of your current reality, it is a beautiful opportunity to remove low vibration thoughts and energetic resistance to create a new reality. A reality of wellness.

You and you alone are the creator of your reality. Your natural state of being is one of wellness. And any form of dis-ease or illness is an indicator of energy that is out of balance. Let your feelings be the indicator of what you need to reestablish wellness. Thoughts that are based in fear, hate, resentment and stress, foster dis-ease. Find thoughts that feel good, think those thoughts often, and your physical vessel, which is a mirror of your nonphysical energy, will thrive. Whatever you see manifesting into reality, is a perfect image of your thoughts and beliefs. Thoughts are exceptionally temporary vibrations, so at any moment, you can shift your thoughts, shift your vibration, and experience uninhibited flow of Source energy and a blissful Alignment.

So how can you get into that good-feeling place? If you want something you do not have, do not focus on the lack of it, focus on the unquestionable fact that it is on its way to you. Absorb content that inspires you and makes that warm feeling swell up in your chest. Do things that make others feel good. Use the physical vessel you were given, to create. Live in admiration of the beauty around you. Place your attention on people and things that bring you peace and happiness. Be like a child again, in constant wonder of the things you see. Be curious. Love. The expression of pure love is the quickest way to find Alignment.

Finding Alignment to God or Source Energy is a personal journey. Quicken the pace by removing resistant thoughts like fear and anger, and allow uninhibited flow by spending a tremendous amount of time in the good-feelings place. Once you create both nonphysical and physical good feelings within your being and outside of your being, you will thrive and soar to unimaginable places of harmony, balance, bliss, joy and love. Do not let this destination be the narrow-sighted goal, let the journey be a delightful and pleasant experience, and only occasionally visualize this blissful state that is without a doubt, up ahead on your path. You can think of it as a happy side effect of enjoying the path to Alignment with Source energy, and you can smile in the knowingness that no matter where you are on your path, you can choose thoughts and things that feel good at any moment. And how unbelievably and wonderfully exciting is that?

And that is all.