



# Vibrational Alignment for Love

*We start vibrational alignment for Love by being conscious of the sun, looking to the sky, following your heart, clearing blocks to love, asking for help from the Creator, re-aligning to the vibration of love, following your heart, activating, living, synchronizing and ascending to love.*

## 1. Being conscious of the sun

The sun brings with it a blessing for each new day. Being conscious of the sun, its rising and falling each day, begins the process of synchronizing our lives, our vibrations, to the frequency of creation, which is Love.

## 2. Looking to the sky.

Looking to the sky helps us to have a greater perspective outside of our lives to understand that there is more out there than what is in front of us. It helps us to see the miracle of life, the creative power of Love, that together we are all interconnected as one creation, and that provision for life flows to us from above.

## 3. Following your heart

When you wake up to a new day, it can be extremely motivating to have a purpose in life, something that motivates you because of love - something or someone that you love and keeps you motivated.

When you are following the Spirit-led path to aligning to Love, the Creator's Holy Spirit will guide you through your heart. It is important to listen to where the love in your heart is guiding you.

A big part of following your heart in love is being in the right relationships and the right career. Following your heart in love provides the spark in life and ignites your drive.

When you take the wrong course, you will feel it in your heart. There is no need to beat yourself up, but rather keep listening to your heart and follow your heart back on course to true life.

Although it may not always seem logical, focusing on following your heart in love in a positive loving way. Following your Holy Spirit-led heart in love will lead to a life of love.

#### 4. Clearing blocks to love

##### a. Be conscious of your physical body

Allow yourself to feel how you feel in your physical body without associating an emotion to it, but simply feeling the sensation of it. Within your conscious mind, describe the physical sensation in as much detail as you can, without judgement or labels.

##### b. Release toxic emotional energy

Express your emotions in a journal.

While being fully present with how you honestly feel, with the accumulation of all that has led to this moment in time, whatever feelings you have with the past, present, or expectations for the future, write it down in some form to get it out in some way, in a journal of some form.

When new emotions come up, either from new events or past memories surfacing, repeat this process.

##### c. Release negative thoughts

When you experience negative thoughts, consider releasing judgement of "what is".

Consider it like hitting the cancel button. It is like reprogramming the software of a computer. Clear, cancel and delete negative thoughts as they come up to create a neutral thought environment.

Call in the Creator's Love and Light in its place.

Begin to transition your thoughts to positive solutions for past, present, and future events.

Ask for help and listen to the Creator.

5. Ask for the Creator's Love, Light and Peace to surround you like a shield of favor and protection.

It is important to ask for the Creator's protection against any blocks or interference to receiving Love.

Ask for help from the Holy Spirit and imagine or believe that all of this is happening as you ask for it.

1. Ask God for any interference, any darkness to be cleared permanently, any negative connections or entanglements to be removed.
2. Ask God to surround you with favor like a shield of protection. Further, you may ask for Archangel Michael and warrior protection angels to protect you.
3. Ask God to shine His Love and Light into your life and to fill your entire existence on all levels with Love and Light.
4. Ask God to give you the strength and courage to feel the Love, Light and Peace in your life and in your body.

Be conscious of the shield of protection like a force field around you with Love on the inside.

If necessary, further ask that anything negative inside or outside of your shield to be cast out and sent to the Love, Light and Peace of the Creator at the highest levels to be transformed by the Creator's Love, Light and Peace.

6. Re-align to the Vibration of Love.
  - a. Accept love into your life

Accept and believe that you are a loved part of creation, that you are a co-creator in creation, that you have been created in love, and that the source of your creation is continuing to send you love, light and provision for life.

Continue to ask for the Love and Light from our Creator for your life, for all your needs, for your relationships, for your family and all of their relationships, past, present and future.

Focus on the source of Love and Light above, in consciousness, receive as you breath.

b. Journal about your love and gratitude

Express your love and gratitude for what you truly appreciate in life into a journal or device or in some expressive form.

c. Surround yourself with what you love

Whether it is the beauty of nature, people, music, art, dance, or some form of media, find representations of what you love and put it in your space to help remind you of what you love and to help keep you in the vibration of love.

d. Move your body to the frequency of love

Do what you love in a way that gets you moving in a happy, pleasurable way. If possible, listen to music that you love and dance. Some type of physical activity that is enjoyable, that which brings you joy.

e. Stay comfortable

Take time to get comfortable with your body, your beliefs, and your environment.

Make your home a comfortable and cozy place to live in.

f. Affirm your love

On a regular basis, continue activating and affirming Love in your life. It is essential to activate just like a parent tells their child that they love them. Every child needs to hear and feel that they are loved in order to grow and develop.

Affirm yourself and your relationships.

Start each day by declaring that you are blessed and loved!

Tell your loved ones that you love them!

Refer to the activation and affirmation worksheet for more information and examples.

7. Live in loving community

The Creator is an Us and One. We are in the image of the Creator. It is good to be in community and not good to be alone. We must be in community with others as One.

To isolate yourself from others makes no sense at all. We are designed to be part of a bigger whole.

If you are not already in a community that takes care of one another in a loving way, find one. Being in a loving and caring community care allows you to share your love with others and others to share their love with you.

We all need love in our lives, family love and intimate love.

A love that is special, meaningful and genuine is a core part of aligning your vibration to love. Love is at the highest levels is always a desired outcome for life.

8. Make self-love a part of your routine - **synchronize to the vibe of love**

We must care for your bodies and minds on the inside and outside. Even though it can be a lot of maintenance and work, it is a requirement of self-love.

The core of love is caring, that includes caring for the self. Build and maintain your mindset, fitness and nutrition as part of your routine.

Stay in alignment at all levels of your existence.

9. Ascend in Love

Ascending to higher levels of love is like being in love and experiencing bliss, joy and organismic levels of love. It's like warm tingly feelings all over your body inside and out. It's being in the right place with the right vibe for you. Or being in the vibe that's right for you. It all comes down to the vibe, the higher vibe of Love.

Ascending in love happens when you find yourself in beauty - beautiful thoughts, beautiful relationships, and beautiful environments and

beautiful interactions within your thoughts, relationships and environments. The simple things in life can provide this beauty. Beauty is in the eye of the beholder; it is what is beautiful to you.

The most loving experiences happen through the natural flow of life when you are following a Spirit-led life. These beautiful moments of love are miracles, memories to cherish, and experiences that build you up to a higher level, which is what we mean by ascension.

Listen to the Source of Love for guidance, our Creator; meditate on this. Pray and ask for higher level of Love in all areas of Life. Get into spirituality and study the Holy Scriptures.

Savor these good vibes of love. Savor precious moments. Hold your love in your core like a burning fire within you and let your fire of love burn around you. Continue to call in more love and light for yourself and others.

LOVE BURNS LIKE A FIRE AND EMITS LIGHT FOR ALL TO ENJOY.

YOU ARE THE LIGHT OF THE WORLD.