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Alignment Exercise:

Here's a truth revealing exercise and alignment tool. It's called the *Alignment Exercise* because it's useful for aligning our desires and our capacity to achieve those desires.

I use this one often, especially in my business and in any life area where I'm feeling "held back" by those usually invisible inner forces. And I do it frequently in grocery lines.

The Process:

Stand up straight with your feet parallel and close together. This is done best without shoes, especially high heels. You want your feet on the ground facing forward.

Take a couple of really deep breaths and exhale, relaxing with the breaths and "centering" yourself.

Close your eyes gently, and state your name. Say, "My name is _____."

Pay attention to the natural sway of your body. As you state your name truthfully, your body should sway forward, as it moves into the truth.

Just notice. Don't try to force anything.

Now, with your eyes still closed, say, "My name is "Queen Victoria."

Again, pay attention to the natural sway of your body. As you state your name untruthfully, your body should sway backwards, as it moves away from the lie.

Don't worry if you don't fully sway yet. As you have now practiced this technique, seeds are planted in your mind. Practice it often, and watch what happens.

We each have an inner setting that will not allow us to attract more money than we're comfortable with. It's set along the way by experience. And it is the reason so many people lose fortune that comes before they were ready to receive it at a subconscious level, and it is the reason that the wealthy may lose everything and almost immediately re-build their fortunes. That inner gage is preset at a familiar, if not comfortable, level. However, that's not to say we cannot change it with not a lot of work, but simply with some real awareness.

Using the same process of breathing in three or so times and exhaling fully, becoming relaxed, and being completely centered in the present moment, I come with the predetermined intention to determine my inner wealth thermostat. I want to uncover exactly where the setting is, and will then do the work to raise it in believable increments until it's where I have decided it will be.

Repeating the process spelled our prior, with feet parallel, I stand with my feet about 8 inches apart lest I lose my balance and tip completely over. Breathing deeply in through my nose, and exhaling through my slightly open mouth, I enter into the present moment feeling aligned and centered. I continue to breathe and exhaled two or three more times with my eyes closed. When I am ready, I audibly state that "I deserve to earn \$50,000.00 per year."

Immediately, my body swayed forward in agreement of this fifty-thousand dollar benchmark, leaning forward into the truth. Good. Obviously, I am comfortable with the idea of earning fifty-thousand American dollars per year because I have long ago crossed that threshold.

Next, I raise the threshold and say, "I deserve to earn \$100,000.00 per year." So far, so good. Again, my body sways forward in agreement that I deserve this amount. This amount too, is clearly not an issue. All on-board and smooth sailing for the allowance vessel.

Next, I push the envelope saying, "I deserve to earn \$500,000.00 per year."

The first time I said this my entire body recoiled backward quite powerfully, and I nearly lost my balance. I had hit the threshold. But I allowed my mind chatter to settle. *There's really no reason that I could not quite easily earn half-a-million dollars in a year*, I thought. *There's nothing stopping me*. The inner dialog was a toss between *how hard I would have to work to retain this amount each year*, and *how much I would owe in taxes*.... I smiled at that thought. Because my mind immediately recognized that there are ways to invest in charities of my choice in order to not have to pay taxes on that full amount. *I've got this*, I thought. And so, I continued to try on that amount, again getting centered and balanced as I asked the question as the statement again: "I deserve to earn five-hundred-thousand dollars per year."

This time, I ended up getting a huge adrenaline rush as my body agreed and I swayed fully, unrestricted into the truth that I do feel comfortable with earning half-a million American dollars per year. It was fantastic and I grinned as big as a crescent moon as that warm wave of truth rushed through me!

Alignment Technique

It took a little awareness, but now that I am on track to that threshold, I have no doubt that I will surpass it. And then, who knows....

In addition to raising your inner wealth thermostat, you can use this alignment technique for aligning your energy with anything you dream of. Let's say you've got your sights set on a particular automobile, even if it's seemingly out of reach right now. Start with what you know you're familiar with currently. Start with a statement of deserving at the current level of your internal settings, and do the test. See if your body sways into the automobile that you currently drive, for instance. When you state that you are deserving of owning the car that you currently drive, there is no inner opposition because you have already achieved this level setting on your inner thermostat. Next, state the sentence about yourself deserving and driving and owning the automobile of your dreams and notice your body sway. If it doesn't sway to the yes, take a few moments to process the dream of that vehicle. Let your conscious thoughts of knowing there are no real reasons you do not deserve that automobile, work it out. Let go of the hold of any inner beliefs that are holding you hostage to a low wealth thermostat. A lot of good can be achieved with wealth that cannot be accomplished without it. Hold onto the feeling of satisfaction that you'll have when you are driving that dream car.

You too may find yourself laughing at the inner gremlins and discovering that you can raise your inner thermostat to any level in which your minds can agree. Align with the truth that belongs to you. And if it needs adjusting, raise it in believable increments and keep testing.

With practice, you can get your inner thermostat to support, rather than block your desires and goals. And in fact, as you practice this technique more frequently, you may notice that you are much more aligned with all your goals and that your inner self is actually helping you achieve results quicker. Watch for synchronicities and coincidences and opportunities that support your raised wealth thermostat. And be sure to strengthen the connection with heavy doses of gratitude.

Click here for an online audio recording of this [Alignment Technique](#).