



## Living Life Aligned: AKA Don't Sell Yourself Short

Are you living a life that is aligned with your highest self? What does that even mean? Why is it important?

I've been mulling over these questions lately and it's prompted me to offer a new yoga class (keep reading for more info). But I digress...

The answer to the last question is quite simple really.

**Living an aligned life is imperative if you want to experience peace, fulfillment, and joy in your life.**

### **What Does it Mean?**

It means knowing yourself and being authentic. Your values, priorities, and beliefs are reflected in how you live, interact with others, and what you do. It means letting go of ego, the need to be right, and removing money and prestige as driving forces in your life. It means seeking connection instead of control. And for those who are spiritual, it means welcoming divine influence into life choices.

### **How do you know if you're living life aligned?**

Perhaps it's easiest to talk about this in terms of how you feel when you're either misaligned or aligned with your true self.

Out of alignment feels:

- Heavy and burdensome
- Full of internal conflict (ever have two competing voices in your head?)
- Like you're having to put on an act
- Effortful in a "moving against the current" way
- Like a "should"- in other words, making decisions based on some (or someone's) external standard or fear rather than your internal compass
- Like something is missing

Actions that are out of alignment with your highest self are often driven by a desire for a specific result.

In alignment feels:

- Light
- Joyful
- Free
- Complete and fulfilled
- Peaceful
- Like blessings flow to you

When you act from a place of alignment with your highest self, there is more emphasis put on intention and process rather than attachment to a specific outcome.

I've lived out of alignment and believe me, even if it looked "fine" on the outside, I was dying on the inside. I've learned my lesson and am now intentionally aiming to live in alignment with my highest self and what God desires for me.

Doing so is prompting me to offer a new, Christian-based yoga class. I've had the idea in the back of my head for over a year now but confess fear held me back. But fear no more! I have found yoga to be a wonderful medium for worship and communion with God. I'm motivated to extend my yoga offerings to those who might otherwise be afraid to try yoga or who want to enrich their experience of yoga by inviting God into their practice. So, if this type of class aligns with your values, I invite you to join me!



You can find more info on this upcoming class and new yoga studio news by following me on Facebook. <https://www.facebook.com/wellfinity>.

Yoga class aside, take a little inventory of your life. Where are you living in alignment with your highest self? Celebrate those areas and reflect on how good it feels! For areas where you are off, I encourage you to take one small step towards realignment.

One breath at a time, one step at a time; change can happen.

Cheers to living an aligned life!

*Shelly*

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