



ALLORAH'S INSIGHTS

April 12, 2009

Many of us have invested a great deal of time and money in our personal growth. Ironically, we often stop using the tools we have invested so much in learning. This is very common. So common in fact, that it is evidence that the time of not using our tools is actually part of the process of our growth. As this is the case, do not judge yourself for those periods of slumber. Rest IS an action. It can take time to integrate our spiritual and mundane lives into one harmonious waltz.

Often, it is only because we have become so unbearably uncomfortable in our daily experience that we finally commit to make the changes necessary to having a better life, perhaps even, the life we desire. When this happens, we generally find ourselves going back to using our tools with more enthusiasm and dedication. If we are consistent in our practice, the use of those tools becomes second nature and as a result our paths are easier.

Synchronicity is an amazing thing. I started writing this piece on April 2, on April 6 I had an appointment during which I was gently reminded to use my tools and given a deeper understanding of the truth of asking for the emotion rather than the goal. I've placed this paragraph here because this is how far I had gotten with the article prior to the appointment.

So...

...what would you like to feel?

Ask for that. If you must ask for an experience (goal), please ask for the experience in tandem with the emotional states you desire. For example, "I feel safe, and loved, I am prosperous and I feel safe and at peace." As you make this request repeatedly, you begin shifting: mentally, emotionally, spiritually. Your vibration begins to change at the cellular and energetic DNA levels. It will bring on changes for the better. This can be very uncomfortable simply because it is so foreign. Hang in there, surrender to the process of what you are becoming. Perhaps the affirmation below will help you hang in.

I am offering my surrender (to my highest good) in order to allow the shift to a better way.

Namaste,
Allorah