

High Vibes are the ultimate Alignment Assignment.

Alignment is when we stop dual living, and our actions align with our words.

We find that regret dissipates and ease shows up in its place.

According to the dictionary, alignment can also mean an arrangement in a straight line, correct or appropriate relative positions, or a position of agreement or alliance.

An alliance is a mutual union or association formed for MUTUAL benefit.

This is exactly what high vibes are - blending and aligning your inner alliances - heart, mind, body, and soul!

This is what we are hungry for, and what creates the soul thirst that we all experience - a life created on our own terms - living in true vibrancy.

All your precious ducks in a row - can you imagine what that feels like?

When we are living in high vibe, we do the following:

1. We feed our bodies with HIGH-VIBE food! (We spoke earlier this week about Big Macs vs blueberries.) We actually start to crave high-vibe foods instead of 🤢.

2. We are consciously connecting and being present in our relationships. We start to see and receive back from our efforts.

3. Our thoughts stop becoming burdensome and we start creating SOLUTIONS instead of marinating in problems.

4. We are at peace with God, understanding and knowing that we are blessed and privileged to be daughters of the Most High King, created in His image - fearfully and wonderfully made - the APPLE OF HIS EYE!