



# A process guide for... The Episode Aligning Process

I suggest that all day consider that each thing that you do in a day is basically an "episode".

For example, you wake up are getting ready for your day that is an "episode". Partner with your inner partner and ask for what you want to activate in that "episode". For example

When I got up this morning I asked to partner with my inner guidance and for that first episode I asked to feel more peace about all this. I asked that my body's immune system is amplified and for everyone everywhere to have their immune systems amplified, I asked for my morning smoothie to fully activate all the health in my body and for everyone everywhere to have their bodies be healthy.

Then you want to look for anything to notice that you love, appreciate or feel good about as you go about that episode experience.

So, I noticed during my episode some of these things and said them out loud:  
I feel that things will work out eventually  
I am grateful for having hot water for my shower  
I am grateful for the food in my refrigerator  
I love the blender I have...  
And on and on...

You get the gist, right?

You are looking for things to appreciate in that episode and that powerful gratitude energy will align you to Divine Solutions, Divine Connections, Divine Ideas and results beyond Logic.

