



Soul's Path

The Law of Alignment says that each of us knows when we're aligned with our purpose and integrity. The problem occurs when you're distracted from your Soul's Path, and you're swirling mindlessly in a Distraction Loop.

Distraction Loops are like time loops, a skip in a CD where everything keeps replaying itself, over and over again.

This distraction from harmony and peace causes us to behave like dogs chasing our tails or hamsters running in a wheel. We keep going around and around but never get anywhere. The results are the same, one conflict after another. The emotions, feelings and thoughts remain the same, or become more intense and distressing, but the downward spiral continues.

Distraction Loops

PAST	PRESENT	CHALLENGES
<input type="checkbox"/> Anger/Irritation	<input type="checkbox"/> Intimidation	<input type="checkbox"/> Ulterior motive(s)
<input type="checkbox"/> Hostility/Violence	<input type="checkbox"/> Greed	<input type="checkbox"/> Lying to self/others
<input type="checkbox"/> Blame	<input type="checkbox"/> Selfishness	<input type="checkbox"/> Unwilling to let go
<input type="checkbox"/> Shame	<input type="checkbox"/> Control	<input type="checkbox"/> Fear of change
<input type="checkbox"/> Sadness	<input type="checkbox"/> Manipulation	<input type="checkbox"/> Tied to outcome
<input type="checkbox"/> Frustration	<input type="checkbox"/> External power	<input type="checkbox"/> Attached to familiar
<input type="checkbox"/> Resentment	<input type="checkbox"/> Fear (of lack)	<input type="checkbox"/> Worry
<input type="checkbox"/> Guilt	<input type="checkbox"/> Hate	<input type="checkbox"/> Doubt/Confusion

If you identify your feelings as one or more of the emotions noted in the distraction loops then you are not following your truth, your soul's path. While in a distraction loop do not make decisions or confront others.