



The A.L.I.G.N. Process™

for connecting with
self, Earth, Spirit and others

Attune

- find a place you resonate with, get comfortable, breathe deeply, and become aware of the space you are in and elements of Nature surrounding you. Offer gratitude.
- Ground your energy with Mother Earth below. Connect with Spirit/ the Cosmos above. Tune into and bring your awareness to yourself, especially your heart.
- notice what you are feeling, sensing, experiencing. Ask for a word/image that represents that.

Listen / Learn

- what can you learn from the elements of Nature around you?
- are there specific messages for you in what you are seeing, hearing, sensing ?

Inquire

- pose a question for the project or issue that you would like guidance on.
- ask what Nature (or an element of Nature) would do in this situation.

Germinate/ Generate

- what ideas are germinating for next steps for this project /issue?
- what support do you want as you move forward?

Nurture-

- what will you need to do to nurture these ideas, next steps, yourself and this relationship you have created through this process?