



Dare to Shine!

Top Ten Reasons to Re-Source & Recharge Your Light through Vertical Alignment

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Within your exquisite light body, there is a central axis of light that flows like an electromagnetic, laser-like current of energy. Sometimes called your column of light, it runs vertically along your spine from the top of your head to the base of your spine. If you're a clairvoyant or have access to Kirlian photography, you can actually see it! Think of it like the Amazon River of your body, nourishing every aspect of your body, emotions, mind, and spirit. In order to keep your light clear, bright, and energized it needs to be re-sourced and recharged. How do we do this? Through the largest battery always available to anyone at any time: universal life force energy! **Through the regular practice of Vertical Alignment, you have:**

1. Clear Energetic Boundaries

Not only does your energy no longer leak, you absorb less energy from others. This is called staying in your own lane!

2. More Clarity

Vertical alignment is an easy way to ground and center. It automatically gets you out of your head, and into your body which creates more clarity.

3. More Energy

At its core, Vertical Alignment is a personal energy management tool. As you become more adept at finetuning your energy, you have more of it.

4. More Creativity

With more energy, comes more creativity. Practicing Vertical Alignment is a great way to recharge your energy system. By doing so, your creativity skyrockets.

5. More Calm

With Vertical Alignment you have immense ability to be a source of calm during these unprecedented times.

6. More resiliency

You can bounce back more quickly when life throws you curve balls.

7. More Trust in Yourself

Especially in your ability to speak your truth with courage, ease and grace. Why? Because you're more aligned with who you really are and with that comes confidence.

8. A Source of Fresh, Reliable, Revitalizing Energy

Ego energy is no longer recycled in a suffocating closed loop!

9. More trust in life!

In other words, you stop pushing the river and believe that the Universe really does have your back.

10. Ability to easily shine your radiant light!

You were born to shine! Why not receive all of the support available to you!