

15 Alignment Questions With Super Short Instructions

Summary

The following basic free checklist contains the 15 questions, I found are necessary to ask yourself, in order to identify the specific resistance that is blocking your desire from manifesting. If you find that you need help answering a question, you can get help in one of two ways. You can purchase the detailed version of this checklist that is 63 pages long for \$33. The detailed checklist comes with specific instructions on how to answer each question. Contact me to arrange this at www.mrnamaste.com Or you hire me to coach you one-on-one by contacting me at www.mrnamaste.com

1. What Do I Want?

The first Universal step in the alignment process is to ask yourself, **“What do I want?”**

If you are clear on what you want, move down to the next question.

If you’re not clear, get as clear as possible and then move down to the next question. You don’t need to have all the details figured out for a desire to manifest.

Example

When I was 17, I was ready for my first girlfriend. I simply aligned with having a girlfriend manifest in my life without any other details. When I was 18, I broke up with my first girlfriend and was ready for my second. This time, I had specific details I wanted. I wanted her to be ambitious this time. When my second girlfriend manifested a short time later, she was captain of the girl’s swim team, editor of the school newspaper and was on track to become the valedictorian of her class.

2. What Does My Intuition Say About Manifesting This Desire?

Summary

The biggest reason why desires of yours don’t manifest is you are pursuing them when your intuition (higher self, spirit guides, angels whatever your pet name is for your guidance) is not

in alignment with them. You can't manifest something your intuition doesn't agree with. This is why it is so critically important that you develop a relationship with your intuition. Until you do this you are literally flying blind through life.

The second Universal step in the alignment process is to ask your intuition, **"Is working on manifesting _____ in my best interest right now?"** Fill in the blank in the previous sentence with whatever desire it is that you're thinking of manifesting.

If yes, move to next question.

If no, you need to dialogue with your intuition to find out why working on this manifestation is not in your best interest right now. If you don't know how to do that, and you'd like to learn, contact me at www.mrnamaste.com

3. What Do I Believe?

Now, it's time to ask yourself, **"Do I believe I can manifest my desire?"**

If yes, move to next question.

If no, you have to fix this belief or your desire will not manifest.

4. Am I Denying Myself?

ALLOWING CHECK

Am I willing to allow myself to have this?

If yes, move down to the next question. If no, you have to fix this belief or your desire will not manifest.

SELF ACCEPTANCE CHECK

Ask yourself...

Am I the kind of person who makes sense possessing this desire?

Do I make sense with this desire?

Do I approve of me having this desire?

If you answered yes to these questions, move down to the next question. If no, you have to fix this or your desire will not manifest.

GOOD ENOUGH CHECK?

Lots of people are walking around with the belief, "I'm not good enough." So they deny themselves the things they want. Ask yourself, "Am I good enough for this desire?"

If yes, move down to the next question. If no, you have to fix this belief or your desire will not manifest.

DESERVING CHECK

Do I deserve _____? Fill in the blank with your desired manifestation.

If you answered, "Yes" please now ask yourself, "Am I certain I desire _____?"

If no, you have to fix this belief or your desire will not manifest.

WORTHINESS CHECK

Ask yourself...

Am I worthy of possessing _____?

If you answered, "Yes" to the question above, now ask yourself, "Really? Am I really worthy of possessing _____?"

If you answered no, you have to fix this belief or your desire will not manifest.

WILLINGNESS TO RECEIVE CHECK

Ask yourself...

Am I willing to receive this desire?

If you answered yes, move down to the next question. If you answered no, you have to fix this belief or your desire will not manifest.

5. Have I Released My Resistance?

Now it's time to think of your desire and then ask yourself, **"Why wouldn't I want this desire to manifest in my life?"**

Keep asking yourself this question until you *feel* empty or *feel* complete. You know you're complete when you know that you've written down every possible reason why you wouldn't want your desire to manifest in your life.

Then, you have to come up with solutions to the answers you wrote down. As long as you have reasons you wouldn't want this desire to manifest, it won't manifest.

6. Have I Let Go Of How?

The sixth Universal step in the manifesting process is to ask yourself, **"Am I willing to let the Universe figure out how to bring me my desire?"**

If your answer is, "Yes" you're done.

If your answer is, "No" you need to let the Universe do its job.

7. Am I Able To Be Happy Without My Desired Manifestation?

If you answered yes, move down to the next question.

If you answered no, you have to fix this belief or your desire will not manifest. As long as you can't be happy without our desired manifestation, your focus will be on what you don't want and it will not manifest.

8. Am I Ready?

The eight Universal step in the alignment process is to ask yourself, **“Am I ready?”**

If your answer is, “Yes” skip down to the next highlighted question.

If you answered no, you need to figure this out.

9. Is My Desire Manifesting The Next Obvious Step?

Now we need to find out if you’re ready for your desire to manifest. Please ask yourself, **“Is my desire manifesting the next most obvious step?”**

If your answer is “Yes,” you’re done here.

If your answer is “I’m not sure,” or “No,” you’ve got some work to do.

10. Do I Trust My Desire Will Manifest?

The eleventh step in the alignment process is to ask yourself, **“Do you trust that your desire is going to manifest?”**

If your answer is, “Yes” scroll down to the next question.

If your answer is, “I’m not sure” or “No,” you have some work to do.

11. Am I Confident That My Desire Is Going To Manifest Within My Desired Timeframe?

Summary

The eleventh step in the alignment process is to figure out by when you want your desire to manifest and if you trust that it will manifest within that time frame.

Let's start things off by having you identify your desired manifestation timeframe. **Do you want your desire to manifest now, relatively soon (one week to three months) or whenever?**

Once you've identified that ask yourself, **"Am I confident that my desire is going to manifest within my desired timeframe?"**

If your answer is, "Yes" you are done

If your answer is "I'm not sure," or "No" you have some work to do.

12. Is Manifesting This Desire No Big Deal?

Please ask yourself now, **"Is manifesting this desire no big deal?"**

If your answer is, "Yes" you are done.

If your answer is, "I'm not sure" or "No" you have some work to do.

13. Do I Expect My Desire To Manifest?

The thirteenth step in the alignment process is to ask yourself, **"Do you expect your desire to manifest?"**

If your answer is, "Yes" you're done.

If your answer is, "No" ask yourself, "Why don't I expect my desire to manifest?" Keep writing down answers to this question until you feel like you've got them all. Then, you'll need to neutralize them or turn them into reasons why you expect your desire *will* manifest.

14. Do I Feel It's Necessary To Add Any Additional Steps?

Summary

If you've been studying manifesting for more than a year it's highly likely you've fell in love with a couple of manifesting processes. Maybe you're a big Abraham Hick's fan and love getting into the vortex or filling in your daily grid. Maybe you love Bashar and are all about following your highest excitement. Or maybe you simply found that you love meditation, mantras, visualization, dream boards or EFT tapping. While studying alignment I had to figure out what pieces are essential parts of the alignment process and which are not. So far we've covered the pieces that are essential parts of the process. Now it's time to check in with yourself (intuition, guides, Higher Self, angels or whatever you call your broader perspective) and find out if you need to do anything else to get into alignment with your desire.

The fourteenth Universal part of the alignment process is to ask yourself, **"Do I feel it's necessary to add in any additional techniques to assist me in aligning to my desire?"**

If you answered "No," you're done. Please scroll down to the last step.

If you answered "Yes," figure out what techniques you feel called to add and add them. If you know you're in alignment but simply like to "get into the vortex each day" you can continue to the final step. If you feel like you have to do your additional exercise for a while before you'll be in alignment, you won't want to complete the final step yet.

15. Am I In Alignment With My Desire Manifesting?

The Universe doesn't bring you what you want, nor does it bring you what you visualize, script or dream board, it **brings you the desires that you and your intuition (a.k.a Higher Self) are in alignment with.**

What is alignment? Alignment is when your thoughts, emotions, words, and actions, all match up. Let's say you want to be a millionaire. Your thoughts are in alignment with your desire (you think about being a millionaire all the time). However, when you see a news story about another big tax break for the wealthy, you say to your friend, "Another example of the rich taking advantage of everyone else." This is a classic case of being out of alignment. Your thoughts are about getting wealthy. Your words are about the rich taking advantage of others

(which tells us your words are not in alignment with wealth). If, instead, you'd said to your friend, "I'm really looking forward to being wealthy so I can get tax breaks like that" your words would also be in alignment.

How do I know this alignment idea is true? I analyzed over a 126 of my successful manifestations, as well as all of my manifesting failures. My desires that *did* manifest were all in alignment. My desires that failed to manifest were all because I was out of alignment. The sole purpose of everything on this checklist is to bring you into total alignment with your desire.

Now let's check to see if your thoughts, feelings, words and actions are all in alignment with the desire you want to manifest.

Thoughts

When you think of your desire, is the story that ***you tell yourself*** positive or negative?

There is a story that you tell yourself about your desired manifestation. Often times it is subtle. Carefully, consider this step before scrolling down. Right now you're either thinking thoughts like, "I used the checklist. I did everything I need to do. I know my desire is going to manifest." Or you're thinking, "I'm not sure if this is going to work. I'm worried." If you do not know which story you're telling yourself, think about your desire. Pay attention to how you *feel*. If you feel good, you're telling a story that is in alignment with your desire. If you don't feel good, you're telling yourself a story that is out of alignment.

If the story is positive, you're thoughts are in alignment. Scroll down to emotions check.

If the story is negative, go back to the main resistance releasing section that is titled with question #5 Have I Released My Resistance? Do it over again. You've got some kind of resistance going on that knocking your thoughts out of alignment. When you're done, return here and check again. If you're thoughts are still out of alignment, you'll need to contact me at www.mrnamaste.com. As I always say, the first call is FREE. Don't move to the next step until the story you're telling yourself is about what you want, instead of what you don't want.

Emotions

Do you *feel*, the feeling of positive wanting, when you ask yourself, "Do I want ___?" Fill in the previous blank with your desire.

Positive wanting feels good. You want something and you feel good about wanting it. Negative wanting feels bad, most likely because you don't believe you're really going to get it.

Make a note of your answer and then scroll down and answer the next question.

Do you ***feel***, the feeling of welcoming when you ask yourself, “Am I ready for ____ to come into my life? Fill in the previous blank with your desire.

If both your answers to both questions were “Yes,” you’re done.

If you answered, “No” to either, go back and redo the main resistance releasing section titled with the question #5 Have I Released My Resistance? You’ve got some kind of resistance going on that is knocking your emotions out of alignment. Complete the exercises. Then, come back here and recheck yourself. If things still aren’t working out, contact me directly at www.mrnamaste.com. As I always mention, the first call is FREE. Don’t scroll down to the next question until you’ve answered “Yes” to both questions.

What other feelings do you ***feel***, when you think of your desire?

Excitement, happiness, intense desire, joy, and comfort are complementary feelings that let us know you’re in alignment.

Feelings like: you need this to hurry up and manifest, frustration, annoyance, feeling that something is off or not quite right are feelings that let us know you you’re out of alignment.

If the feelings are positive, you’re done. Please scroll down to next section.

If the feelings are negative, go back and redo the main resistance releasing section titled with the question #5 Have I Released My Resistance? Then, come back and check yourself again. If you’re still having issues, I’d suggest you contact me at www.mrnamaste.com. As I always mention, the first call is FREE. Do not move down to WORDS until you feel only positive or neutral feelings about your desire.

Words

Are you talking about what you do want, with regards to your desired manifestation, or are you talking about what you don’t want?

EXAMPLE

You’re manifesting a new relationship. When you see other couples, who are clearly in love, are you saying positive things to yourself about them? Are you saying positive things to other people about them? Or are you saying things to

yourself like, “They look so cheesy acting like that.” Or saying things to other people like, “People in love look so stupid sometimes.”

If you’re saying words about what you want, you’re done with this section.

If you’re not, go back and redo the main resistance releasing section titled with question #5 Have I Released My Resistance? Do the exercises there. When you’re done there, return to this point. Check and see if your words are now in alignment with your desire. If not, I suggest contacting me on www.mrnamaste.com. As I always mention, the first call is FREE.

Actions

Are the actions you’re taking the actions of someone who expects his/her desire to manifest?

EXAMPLE

Actions truly do speak louder than words. If you’re manifesting a million dollars but unwilling to give \$5 to a charity you really believe in, that would be an action you might want to take a look at.

If your actions are the actions of someone who expects his/her desire to manifest, you’re done with this section.

If your actions are the actions of someone who doesn’t expect his/her desire to manifest, go back and redo the main resistance releasing section titled with question #5 Have I Released My Resistance? Do the exercises there. When you’re done there, return to this point. Check and see if your actions are now in alignment with your desire. If they are not, I’d suggest you contact me at www.mrnamaste.com. As I always mention, the first call is FREE. Do not move forward until your actions are in alignment.

ALIGNMENT FEELING CONFIRMATION

Pay very close attention to how you ***feel*** when you answer the next question. It’s very easy for your answer and how you feel to not be in alignment. Ask yourself, “**Will I let this desire manifest in my life?**”

If the answer is, “Yes” and you can ***feel*** the feeling of openness or welcoming, you’re done.

If you’re not sure what openness or welcoming feels like, check out these two scenarios. Imagine getting a phone call from the IRS that you’ve got an unexpected refund being sent out to you. Notice how you ***feel very open*** to receiving that refund. You don’t feel any feelings of not wanting that to happen. Now imagine getting a call from the IRS and

being told that your past three years of tax returns are being audited. Notice how you feel. Notice that you do not welcome this situation into your experience. Now that you've felt the difference between feeling open and feeling closed off, notice how you feel when you answer the question, "**Will I let this desire manifest in my life?**" If the answer is "Yes," and you **feel** open to allowing this desire into your life, you're done.

If the answer is "Yes," and you **feel** neutral, you're done. Why is it ok to feel neutral? Neutral is not a negative feeling. The point of the feeling confirmation check is to make sure you've released all the resistance you need to in this section. We're looking for negative feelings which are a sign of contradictory thought. Neutral or positive feelings are both green lights that no resistance is present.

If your "Yes," answer feels uncertain or doesn't feel good in any way, you're not done. You still have work to do. (Skip down to ADDITIONAL WORK TO DO which is highlighted.)

If you answered "No," you're not done. You still have additional work to do. Please continue reading.

ADDITIONAL WORK TO DO

Go back and redo the main resistance releasing section titled with the question #5 Have I Released My Resistance? Do the exercises there. Then, come back and retest yourself again. If you still don't pass the feeling test contact me at www.mrnamaste.com. As I always mention, the first call is FREE. **You're not in alignment until you feel open, welcoming, or at least neutral when you think of your desire.** That's the final confirmation feeling you need to feel, to know that you completed this checklist.

Congratulations!

You've completed the 15 Universal alignment questions!

You can now begin fully enjoying the first ½ of your manifesting results!

What am I talking about?

The first ½ of your manifesting results are emotional.

The second ½ of our manifesting results are the actual physical item/experience.

Don't discount enjoying the first ½ that are feelings. It FEELS GOOD to know you've released the resistance and that your desire is going to manifest =)