

The 4 Bodies Alignment Experience

by Stacey Hall

Have you ever felt out-of-sorts?
Not quite charged up?
Feeling disconnected from Source?
Feeling like your energy could use a boost?

I used to feel exactly like that until I received Divine inspiration of how easy it is to align my 4 bodies...and, as a result, to feel grounded, centered and uplifted...fully energized and ready to achieve all of my goals.

I now practice what I call 'The 4 Bodies Meditation' every day to activate my connection to God to achieve my goals with velocity and ease.

How To Prepare For This Alignment Experience

I take myself through The 4 Bodies Alignment as soon as I wake up...and then other times during the day as I feel my energy start to drop. It takes no more than 2 minutes and the benefits can be astoundingly miraculous.

You can utilize this simple script or you can allow me to facilitate your Experience by watching my video on **YouTube**:

<https://www.youtube.com/watch?v=wGwrX7f64V8&feature=youtu.be>

Begin, by uncrossing your arms and legs and place your feet flat on the floor to connect to the earth's energy.

Next, close your eyes and sense the top of your head being lifted up to the sky as if connected by a golden cord gently being pulled by the invisible Hand of God...noticing how your spine feels taller, your heart feels more open, and your shoulders are more relaxed.

Then, take 3 deep breaths – consciously breathing in fresh air and breathing out everything that no longer serves you in a positive and progressive way.

Now you are ready to begin.

The Physical Body Meditation

With your eyes closed, ask your physical body on a scale of 1-10, with '10' being fully energized and '1' being completely depleted...what score does your physical body give to itself?

Don't judge the answer.

Next, ask your physical body what it wants you to give to it or do for it in order to come up to a '10'.

Then, tell your physical body if you will do it and when you will do it. (If you choose not to do it be sure to be honest with yourself and tell your physical body you will not be doing it.)

Thank your physical body for talking with you and bless it.

The Emotional Body Meditation

With your eyes closed, ask your emotional body on a scale of 1-10, with '10' being fully calm and centered and '1' being an emotional basket case...what score does your physical body give to itself?

Don't judge the answer.

Next, ask your emotional body what it wants you to give to it or do for it in order to come up to a '10'.

Then, tell your emotional body if you will do it and when you will do it. (If you choose not to do it be sure to be honest with yourself and tell your emotional body you will not be doing it.)

Thank your emotional body for talking with you and bless it.

The Mental Body Meditation

With your eyes closed, ask your mental body on a scale of 1-10, with '10' being fully focused and '1' being confused...what score does your mental body give to itself?

Don't judge the answer.

Next, ask your mental body what it wants you to give to it or do for it in order to come up to a '10'.

Then, tell your mental body if you will do it when you will do it.

(If you choose not to do it be sure to be honest with yourself and tell your mental body you will not be doing it.)

Thank your mental body for talking with you and bless it.

The Spiritual Body Meditation

With your eyes closed, ask your body of Faith on a scale of 1-10, with '10' being fully connected to your Divine Source...and '1' being very distant from your Divine Source...what score does your body of faith give to itself?

Don't judge the answer.

Ask your body of Faith what it wants you to give it or do for it in order to come up to a '10'.

Then, tell your body of Faith if you will do it when you will do it. (If you choose not to do it be sure to be honest with yourself and tell your body of Faith you will not be doing it.)

Thank your body of Faith for talking with you and bless it.

Closing The Meditation

Take 3 deep cleansing breaths. Breathe in possibilities and breathe out everything that no longer serves you in a positive and progressive way.

Slowly open your eyes. Notice if anything has shifted in your energy level. Put into action the activities you told each of your bodies you would do to increase your energy.

Enjoy the rest of your day!