

SOPHIA EVELINE

sophiaeveline.com || @sophiaeveline || sopheveline@gmail.com

Getting into Alignment + Emotional wellbeing.

One way of describing the Law of Attraction is: we receive what we emanate.

This statement relates to both physical and non-physical – although the importance rests within the subtle/non-physical elements as they are the foundation to any physical manifestation. A physically focused interpretation of this could be, if I focus on wealth and feeling wealthy I will receive money (or any other form of wealth). This has elements of truth and yet the physical money (wealth) is only evidence of what you already know to be true – so the value is not in the money but in your knowing. It is then our direction of focus that creates the manifestations, indicating that what holds true importance is our state of being, which invites manifestations, rather than the particular manifestations themselves. Factors to consider here are our thoughts, emotions, physical body.

We receive what we emanate – Let's put this in relation to emotions. If I am feeling sadness, depression, anger, frustration, or any other negative/heavy emotion, that is what I am communicating to the world around me. In return I will receive more thoughts that encourage these emotional cycles and/or I will receive more events/circumstances that elicit these reactions from within me. This goes for positive/light emotions too: If I feel happy, optimistic, love I will then invite these qualities into my life, whether that stems from a response to my external world or inner world.

It is important to note, however, that we are not going to feel happy/light/positive all the time. Sometimes heaviness will creep in, and in those moments it is essential to realise it is not a bad thing. Sometimes when we feel unhappy (on whatever level that may be) we need to feel that, and it doesn't have to mean that we will instantly attract everything we don't want all at once. By becoming present in our emotion and truly feeling whatever may arise we are giving ourselves permission to release that emotion, allowing our vibration to naturally rise (towards energetic alignment). However, by resisting the presence of emotions we are creating an energetic block within ourselves, causing it to grow and become stronger until it is heard – just as you wish to be heard in this world, your body and emotions also wish to be heard. The true suffering we experience as humans does not come from the experience of the emotional spectrum, but rather our relationship to it. If we label certain emotions as 'good' and others as 'bad' it can lead to an inner dialogue of criticism and judgement. Rather, let your emotions rise and fall and be present throughout that journey. You will be okay in doing so. Suppressing emotions only creates inner conflict and pain – which can then manifest into more noticeable variations in your body, such as physical pain or other health conditions. To simplify, allow yourself the experience of *truly* feeling your emotions, without any labelling/judgement/criticism. You will notice the heaviness is soon released by doing so.

Poem from my upcoming book:

RECLAIM YOUR POWER

your resistance to feeling
the heavier emotions
is what gives them
so much power.

The reason we are given the full spectrum of emotions is to gift us with the ability to appreciate the 'good', and we do this by learning to love the 'bad' (or challenging). It is these moments of emotional challenges that invites us to be grateful for all those moments of high vibration. If we were happy all the time, we wouldn't know what to do with ourselves, we wouldn't even be able to recognise it as happiness – we would have no fuel to create, to change, or to improve our life situation. To create the beauty and miracle of a rainbow you need both rain and sunshine. To create the beauty and miracle of your desires you need

both the challenges and the joys. It is these challenges that invite you to grow, to learn, to evolve. Within this lifetime learn to welcome the challenges you are faced with, knowing that you will move through it and come out the other side with a rainbow by your side.

Poem from my upcoming book:

YOU ARE RESILIENT

acknowledge your
heavier emotions:
sadness, depression, grief, anger, pessimism.
throughout life you experience phases where these
emotions are heightened.
i would like to remind you that
it is okay to feel this way.
know of their impermanence
and
embrace the
depth to your emotion.
it is your responsibility as
a human being on this earth
to do so.

in your welcoming kindness
you are resilient.

To attract the life of your desires, you must live the life of your desires. Become that which you seek and you will realise it has been with you all along.

Look after yourself and honour your emotions. Know that you are not your emotions, you only ever experience emotions, so let yourself do just that. You will come to realise that it is these emotions that are guiding you – lighting your path – to all you have ever wanted. Be kind. Be gentle. Be loving. Be open. All else will fall into place, all you must do is soften – you body, your mind, your attachments. Let go of resistance and become one who embraces (every high, every low).

The Law of Attraction has never been about materialism, it is about learning to communicate through the universal languages that connects us with the world and everyone else in it. It is our emotions that offer a way for us to communicate. Don't just listen to your emotions, learn to understand what it is they are sharing with you (your understanding may not come through your mind, it may simply be a feeling, or some other 'unexplainable' knowing). Sometimes the mind cannot comprehend or intellectually understand certain experiences, but that doesn't discredit them; it helps us realise just how much more there is to learn.

Helpful Resources:

YouTube: Abraham Hicks New – The Astonishing Power of Emotions

https://www.youtube.com/watch?v=hanfD2Ed6E0&ab_channel=AbrahamHicksSharing

Understand your Emotions – Abraham Hicks 2019

https://www.youtube.com/watch?v=K8B1He24gCQ&ab_channel=AbrahamHicksDaily

How to Deal with Negative Emotions | Eckhart Tolle Teachings

https://www.youtube.com/watch?v=Aujrhxwu8CA&ab_channel=EckhartTolle

Eckhart Tolle School of Awakening: How to Observe and Transform the Energy of Emotions

https://www.youtube.com/watch?v=KuJxEcyVgRg&ab_channel=EckhartTolle