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### How to bridge between the gap between where you are and where you want to be:

First thing to note, the idea of getting to where you want to be is a mind construct— it implies that there's something inadequate about where you are now, or that things will be better once something in particular changes. The first insight into bridging the gap is to realise that your now, your present moment, is the most powerful and life abundant space you could possibly be. There is no other alternative to right now. Everything else that potentially exists in the future only exists as a thought form in your mind right now (and although this has power in relation to creation, one must be rooted in presence for that power to be accessed). Once you achieve what you think you want something new almost instantly arises in your mind, and once again you will find yourself longing to bridge the gap to your new desire.

I say this not to put you off having dreams and wanting change for yourself, but rather to acknowledge that you get 'there', by being right here. You must become conscious in your experience of life in the moment that it exists and that will be where you receive your fulfilment. This means as you take action steps towards your goals and dreams your focus is on being completely present with each step. If you are not enjoying the journey to the destination, the destination will not satisfy you in the way you hope it would. The satisfaction comes from every step along the way and the result is the natural unfolding from that. It becomes inevitable in its manifestation—an expectation.

## CONVERSATIONS

I am there.

“and where is there?”

it is right here  
in the spaces between everywhere.

Life will constantly offer you steps of growth; you will always generate new ideas and desire new things— this is part of life's natural unfolding. So, if you can come to terms with the dynamic nature of life, the way in which it will constantly change and challenge you, you will find appreciation much easier to grasp.

In regard to practical steps, you can create intentions as a way to gain clarity on what it is you would like to change or how you would like things to be—this [\*Intentions and Reflections Workbook\*](#) can be helpful with becoming more intentional. When practising intentional living be aware of the subtleties around how you feel. When you dream of something, or have a wish or desire, do you feel alive and excited about it, or does it feel heavy like longing or impatience. If you are feeling 'negative' emotion around an intention you have created, you first need to bridge the gap emotionally so you become aligned with what it is you would like to unfold. If you are already holding it away from you at an emotional level there is no way for it to come through on the physical level, because even if it did show up right in front of you, you would not be able to fully realise its presence as you are not in a state of being that is receptive to that vibration. This is where the *emotional scale* (see below) can come in handy. If you know where you are you can work your way up the emotional scale around a particular subject.

As a whole larger perspective, your life cycle, your experience of life is inevitable. There may be elements that reside in the unknown; know that it is okay for there to be unknown—it gives life its miraculous quality. In saying this, the wholeness that is your life is all there. You are able to communicate with the totality of life—it is a communication that exists between you and the energy around you. In this sense the

desires you may have already exist in a realm beyond time and space. With this understanding you can be in expectation of manifestation, but only if you are in alignment with the nature of this manifestation. And if you are in this space of alignment you will naturally be in a space of pure expectation.

# EMOTIONAL GUIDANCE SCALE

BY ABRAHAM HICKS

1. JOY/APPRECIATION/EMPOWERED/FREEDOM/LOVE
2. PASSION
3. ENTHUSIASM
4. POSITIVE EXPECTATION/BELIEF
5. OPTIMISM
6. HOPEFULNESS
7. CONTENTMENT
8. BOREDOM
9. PESSIMISM
10. FRUSTRATION/IRRITATION/IMPATIENCE
11. OVERWHELMENT
12. DISAPPOINTMENT
13. DOUBT
14. WORRY
15. BLAME
16. DISCOURAGEMENT
17. ANGER
18. REVENGE
19. HATRED/RAGE
20. JEALOUSY
21. INSECURITY/GUILT/UNWORTHINESS
22. FEAR/GRIEF/DEPRESSION/DESPAIR/POWERLESS

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