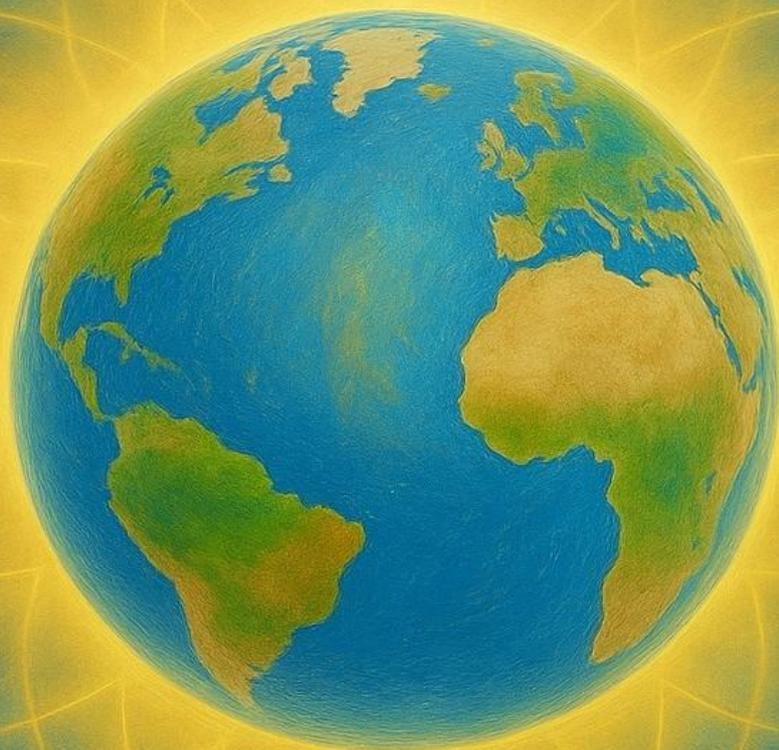


THE WORLD PLATFORM



SOULFUL
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The Collection

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Aligned or Not Aligned

On any given day, different parts of us (body, emotions, thoughts) can be out of alignment, because they are responding to changing demands and stressors. Fatigue, emotional triggers, conflicting needs, social expectations or environmental pressure can temporarily pull one or more parts of our system out of sync with the others.

Living Out of Alignment

Living out of alignment is **living in a way that doesn't fully reflect who we are**. It means there is a persistent disconnect between our inner reality (values, needs, emotions and truth) and our outer life (choices, behavior, roles or expectations). This is a signal that our inner truth needs room to lead again for us to confidently take decisions in life.

Example:

We value honesty and authenticity, yet we consistently say 'yes' to things we don't want to do to avoid disappointing others.

We return to alignment by restoring coherence in how we experience, process and respond to life.

Living in Alignment

Alignment is when how we live matches who we are. Living in alignment means living in a way where our values, inner truth, emotions, thoughts and actions are in harmony with the outer world.

Example:

We value honesty and connection, but we listen to our inner signals before responding. When something doesn't feel right, we pause, acknowledge our limits and choose a response that reflects our truth, sometimes saying 'no' or offering an alternative.

We get back into alignment by letting our Awareness take the lead to naturally restore it by re-establishing coherence.

States of Awareness

The States of Awareness describe the natural qualities of our Awareness when it is present and leading. They are not traits we have to develop. They are states that emerge when our system is regulated and unburdened.

They are:

Ease

A steady inner state that is not overwhelmed or reactive, even in difficulty.

- 🌀 **Insight**
The ability to see situations, emotions and inner parts accurately, without distortion.
- 🌀 **Inquisitiveness**
An open, non-judgmental interest in what is happening inside and around us.
- 🌀 **Empathy**
A deep, caring concern for suffering—our own and others'—without needing to fix or judge.
- 🌀 **Self-assurance**
A quiet trust in our capacity to handle life and relate to inner experiences.
- 🌀 **Resolve**
Willingness to face pain, truth or uncertainty when needed.
- 🌀 **Resourcefulness**
Flexibility and openness to new possibilities, responses and solutions.
- 🌀 **Unity**
A felt sense of connection to oneself, others and the larger whole.

How and Why they matter:

Alignment is restored when Ease allows Insight, Inquisitiveness invites Empathy, Self-assurance and Resolve enable choice, Resourcefulness opens possibilities and Unity integrates it all.

We don't achieve alignment through effort—we return to alignment by letting our Awareness lead through these states to coherence and balance.

When our Awareness is leading, regulation improves, stress decreases, relationships become safer and more authentic and inner conflicts soften rather than escalate.

The States of Awareness allow the full spectrum of human emotions and lead the way to regulation. The goal of emotional regulation is to be empowered and make coherent choices in life. These states let us feel *all* of our feelings and still make choices on the basis of our values. That is called, **Self-Leadership**.

The Parts in our Mind

Our Mind is not a single voice, but a system of subpersonalities, each with its own role, intention and way of coping. These are normal functions of the human Mind.

Our Parts are:

1. The Preventive Part

This Part works proactively to keep life under control and its goal is to **maintain safety**.

2. The Reactive Part

This Part is activated after pain is triggered and its goal is **immediate relief**.

3. The Vulnerable Part

This Part carries unprocessed emotional pain and its goal is to **be seen, understood and cared for**.

4. The Coordinating Center (Awareness)

Our Awareness is not a part. It is the state that can relate to all Parts with calm and compassion and its goal is to lead.

Entanglement

Entanglement refers to a state in which all our Parts have glommed together with nobody to lead, causing instability. **We are entangled in our thoughts** and our Mind's stories feel like reality itself. When entangled, regulation becomes harder because the nervous system reacts as if there is a real threat. This results in either a blow-up outward or an internal implosion.

Examples:

- 🔵 "I'm not good enough." → creates a feeling of inadequacy
- 🔵 "This will go badly." → leads to avoidance
- 🔵 "They don't like me." → triggers anxiety or withdrawal

Disentanglement

Disentanglement is the ability to **step back from our thoughts** and see them purely as mental events. It means disentangling all our Parts for us to interact with them, lessening their power and shifting back to Awareness (that leads).

Examples:

- 🌀 "I can't handle this." → "This feels a lot right now."
- 🌀 "What if I choose wrong?" → "I want certainty."

Entanglement and disentanglement are happening all day to different degrees and that makes it a practice rather than a 'state' of achievement.

How do we disentangle?

We describe the Body's emotions by using our 5 senses (sight, hearing, touch, taste, smell) and then we take coherent action.

Example:

During a heated discussion we take a small pause, regulate our breathing, slow our speech or lower our voice.

Disentangling gets us back to the starting gate and then allows us to be best positioned to see the choices available to us. That will put us on a path that feels better aligned to who we are and who we want to be.

What are the first, practical, steps we can take?

1. Don't ask "Why?" to start with
2. Consider possible choices
3. Find a tiny 'Yes' (a micro-choice)

Flow State, The Ideal

A Flow State emerges when conditions are right and clarity, challenge and regulation are in balance and performance feels natural rather than forced. It is often described as being 'in the zone', but a Flow State - when everything is in perfect alignment - is always temporary.

Golden Shadows

Golden Shadows are **our positive qualities** like joy, connection and creativity, **blocked from our Awareness** by pain, sadness or grief because we perceive them as risks for rejection and vulnerability. They are still there, within us, but **we are disconnected from them**.

Our Mind has a Part for Pattern Recognition that detects similarities, trends and recurring themes in experience in order to predict what will happen next. Its core function is efficiency and safety: learning from the past to guide the future.

This Part sees our Golden Shadows as a real danger and wants to keep things exactly as they are to avoid a future threat. It keeps us safe by remembering. When we use it well, it is an Advisor, but when it dominates, there is misalignment and reactivity. Then it needs our Awareness to decide whether the past still applies. If this is not the case, our Awareness will make a healthier and more balanced choice.

Key Takeaway

Living in alignment or out of alignment is directly reflected in our Personal Vibrational Frequency, because frequency is an expression of how coherent or fragmented the body-mind system is.

When we live out of alignment, our actions, thoughts, emotions and values are pulling in different directions. They drain energy and pull our frequency downward. As coherence drops, our Personal Vibrational Frequency lowers and is experienced as contraction, heaviness or stagnation.

Living in alignment means behavior, values, emotions and awareness are coherent. Even when we face challenges, our system is whole and healthy. This allows energy to circulate smoothly, raising our Personal Vibrational Frequency and creating openness, vitality and ease.

Restoring alignment naturally raises our frequency by removing the inner contradictions that suppress it.

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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.