

How to stay in alignment with self, others, community, the earth, and the cosmos while a rapid spiritual evolutionary process is occurring. Also by Karen Bishop - Remembering Your Soul Purpose: A Part Of Ascension; The Ascension Primer: Life in the Higher Realms Series - Book One; and The Ascension Companion.

Staying In Alignment

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Staying In Alignment

**Life in the Higher Realms Series
Book Two**

Karen Bishop

Foreword

STAYING IN ALIGNMENT is one sure way of creating a more frequent residence in the higher realms. But with the on-going shake-ups that our evolutionary process creates, we can easily find ourselves in states that feel very contrary to being aligned!

The spiritual evolutionary process that began in earnest in the year 2000, has created many upheavals and great movement within and without. And even though this process may not seem gradual, it is as gradual as it can possibly be. In this way, the planet and all her inhabitants continue to evolve and expand like a sailboat tacking upon the sea. Back and forth, this way and that, as we continually move forward into higher states of being and living.

As this spiritual awakening and “tacking” process unfolds within and without, we purge or release any energy or patterns that can no longer exist in a higher vibrating reality. Higher vibrating energy cannot exist alongside a lower vibrating energy. With the continuation of this process of purging and releasing, we can very frequently find ourselves in states of misalignment. We may feel out of whack as we are no longer a match for our old lifestyles, friends, or careers. At times it can feel that just when we get comfortable in a very new space, it is again time to move into something new.

We are most certainly tuning up, and when this occurs, we can find great relief and soothing if we can become a match, as much as possible, to what this process is navigating us towards. A new residency in the higher realms involves a very new way

KAREN BISHOP

of being and living. The more we are able to embrace and flow with these very new ways, the more easily we will find peace, joy, flow, and be in a good feeling space.

And what exactly does being in alignment mean? There is a way of movement and reality in all of creation that involves like energies attracting like energies. This way of movement and reality is the glue and the understanding that holds everything together. Similarities always bond and come together, and it does not matter if this bonding involves an attraction of great feeling energy or unpleasant feeling energy. The higher the vibration we find ourselves in (through the tuning up of the planet), the more frequent and rapid this attracting energy occurs. We will align, then, with what we are about and how we are “vibrating.” This is one way of being in alignment. As this evolutionary process accelerates, a purification process is created that leaves in its’ wake, a more highly vibrating human that then begins to attract many more feeling good experiences and states of being.

When the outside world, which consists of prior creations from an old and lower vibrating reality still exists, we can find that it becomes very unpleasant to be there. In this way, we can greatly feel out of alignment with it. We may even feel that we are no longer a match to our own **communities**.

In the higher realms, or higher vibrating realities, **relationships** are much different than what we have known or experienced in the old or “prior” world. Quite frankly, they are vastly different. So then, being in alignment and understanding how relationships work in the higher realms, can greatly ease our discomfort when it can become confusing about how we are interacting with each other, and why relationships seem to come and go.

STAYING IN ALIGNMENT

When we really and truly know who we are at the highest levels, we can easily become clear about what our purpose is, or more importantly, what our passion is. We also come to realize that our passion is a perfect passion, precisely suited to us and our unique **self**, as this is how it was intended. This then, places us in alignment with ourselves, and we can then experience life much more easily and in a much more pleasant way. We then become our own best cheerleader and supporter when we know who we are and what we chose to do and be at a higher soul level. And when we are clear about our purpose, things just seem to fall into our laps...as we are in alignment!

The ascension process, or spiritual evolutionary and expansion process, involves **the earth** to a very large degree. We move into higher states of being and into higher dimensions through the earth herself. And the earth is the location where this grand process of evolution and expansion is occurring, as it then reverberates out and affects all else in the universe. Being in alignment with the earth, then, will greatly place us in alignment with the higher realms. It is *through* the earth that we can access these higher states. She is the doorway and the portal, as well as the self.

We reside in a **cosmos** or universe that houses various celestial bodies. Each and every creation in the universe has its' own specific vibration and purpose. As the celestial bodies begin moving or experiencing periodic changes, this affects everything else in the cosmos. The celestial bodies that are the closest to the earth in proximity affect us the greatest. And being that we expand and access higher dimensions of ascension through the earth, the earth is then a hotspot for the affects of these movements. Knowing that the celestials are here supporting us in every way, can allow us to open and flow with them, and thus stay in alignment with these energies as well.

KAREN BISHOP

These areas of greatest influence... **community, others, self, the earth,** and **the cosmos,** will be the areas that this book will focus on. If we can learn how to be in alignment in these areas in regard to new and higher ways of being and living, it can greatly ease our progression into the higher realms. In this way, we are then embodying more similar energies to what we are now residing in, and can then experience less stress, resistance, turmoil, unpleasant feelings, and confusion in our lives. We can then be much more poised to simply flow, be, and live a life of passion, joy, love, gratitude, and service to self and others.

At the end of each chapter, a higher realms snapshot of the New World, in relation to each chapter topic, will be provided as a guide for where we are heading and to where the new energies are lining up. You will then be shown what the prior steps and conditions will be, in order to arrive at this place of higher realms living and being. And finally, each chapter will conclude with where we are now and what we can currently do to stay in alignment with the higher realms way of living and being. Our spiritual evolutionary process is just that...a *process*. And even though we are vibrating higher and higher, it still takes time to integrate and begin manifesting these higher realities. Accepting where we currently are is a necessary step in evolution and with any kind of creation. We must first, then, know and accept where we are before we can move forward.

It is my strongest desire that this book brings you comfort and peace during these great times of change, and assists you in flowing with ease as you transition from the old to the new. Wishing you heaven in your heart, starlight in your soul, and miracles in your life,

Karen



~ With Others ~

AT TIMES IN OUR lives we can feel as though we are butting heads with everyone and everything, or even hitting a wall with certain individuals on a regular basis. Being in a flow with synchronicity and harmony generally feels oh so much better.

When energy moves through us with no resistance, it can feel glorious. This is what passion is made of and why we feel so good when we are passionate about something or someone. Having a sexual interaction feels this way as well, as what we are feeling is simply energy pouring through us...pouring through the open channel of a willing recipient with no hesitation.

Our evolutionary process creates much in the way of moving things around. It seems that one thing is constantly being replaced by another, as we move up the rungs of the expansion and evolutionary ladder. Mismatches abound as our own individual vibrations can seem to change on a dime and we are no longer a match or in alignment with what we had just created only a short time ago.

Where Is Everyone?

At times we may feel we need to move on in a personal relationship with another, as we no longer seem to be a match. This can occur for several reasons. At higher soul levels, we may come to a fork in the road when it is time for our souls to accomplish something that is not in alignment with our current partner or friends. When the vibration of the planet reaches

STAYING IN ALIGNMENT

various levels, and when the vibration of individuals reaches certain levels (one in the same), this triggers change and movement. We are then reminded that it is now time to accomplish a specific task or purpose that we had pre-planned before birth. Whether we are conscious of it or not, we will then part. If not consciously aware at a soul level, an individual will then ask its' personality self to set something up that forces a parting, and going separate ways is then inevitable. There are never accidents here. All is always in order, even though we may feel loss to a great degree.

Another scenario that can occur is when one individual begins moving ahead in vibrational levels and the other chooses not to. In this way, a mis-match occurs vibrationally, as two different levels of vibration cannot exist in the same space. In most cases, there is always room for choice along a pre-destined path. It is similar to a target being chosen long ago, and the way to arrive there is always open to adjustment and variation through choice. But one thing is always certain...we will be matched with individuals who carry a similar vibration to our own, as like energies always unite with like energies. When we find we need to part ways with others in this way, the door is then open for the entrance and arrival of someone who matches us oh so much better.

With all this continual movement going on, how can we then stay in alignment with others in our everyday lives, therefore creating flow, ease, and harmonious interaction?

Oh, There You Are!

Similar energy loves similar energy. This is why it attaches to itself. And being that these vibrations are similar, they match up and understand each other as they are one.

KAREN BISHOP

As we progress through this evolutionary and expansion process, these laws that create universal order are ever more pronounced. And in this way, they relate to our relationships to others as well. So then,

The key to staying in alignment with others is to identify the “overlap” or corresponding and similar energy and stay in that as much as possible.

My father loves music. He is a man of many talents and highly creative. But music is his favorite passion. At age 79, he is considering resuming his passion of being a disk jockey and radio host for the Big Band Era of music. He had his own radio program a few years ago and loved it. I am a country music fan. Country music absolutely makes my father’s hair curl. I have to laugh because he even feels that if you combine country and rap music, you would get “crap!”

So I rarely discuss music with him. I may listen to what he has to say in regard to Big Band music, as it doesn’t bother me that much, but I would not venture to talk about country to him. There is no overlap here. There is no common passion or interest. This vast difference creates, then, a collision of energies or one big uncomfortable conversation!

I love country music because of the flow and ease of the melodies. The waves of energy and vibration match my own. Country music is very soothing to me. I rarely listen to the words, as that is not what attracts me. So the match here is in the melody and movement. For another, it might be in the words which might elicit a feeling or emotion. Again, no right or wrong, just an overlap or match in vibration and passion.

My father was also born in China and raised in India as a child of missionaries. We both love foreign countries, so this, then, is a great area of overlap for us. I love to discuss or share stories

STAYING IN ALIGNMENT

and feelings regarding this arena as there is much more of a flow of similar energies and passions. In this way, the energies are flowing, we are in alignment, and have similar purpose. Neither of us is either right or wrong, we are just different in some arenas and similar in others.

I had a friend for several years who was a cattle rancher and real estate broker for large parcels of land. He loved country music too. When we would drive along in his truck, or be at his ranch and have country music playing, it felt as if we were both in heaven. What was happening, was that an energetic opening was then created through our willingness, acceptance, and love for the music and we then blended with no resistance. This then, allowed a much greater amount of Source energy to come through us and so...we were in heaven!

When we resist something because it does not resonate with us, we greatly block the flow of energy. And in this way, we are not in alignment with Source. Although the above examples relate mostly to music, this energetic pattern relates to anything and everything.

Have you ever noticed that when you talk to your friends, some subjects light them up and others create a drop in the energy? Each relationship we have with others has an overlap. This overlap has to be there or we would not be connecting or drawn to each other at all. It is not possible to find ourselves in the space of another without a corresponding energy. Identifying what that is, brings great harmony and immediately aligns us with a higher part of ourselves and joins us as one.

At the higher levels, we can be more in alignment by unconditionally loving, understanding, and accepting everything that comes into our space. In this way, we are connecting at the highest levels through a continual state of love. I do not really know anyone who is doing this quite yet,

KAREN BISHOP

although I know most of us try our best. So until we are at this very highly vibrating place within ourselves, it is easiest to identify our overlap or areas of like energy attracting like energy, and feel loving and accepting energies in this way.

Is That Really Me?

At times during our evolutionary and expansion process, we may make substantial leaps ahead in vibration or frequency, or rather in raising our consciousness or awareness (all the same). Although they may appear to be sudden leaps, it is actually only a matter of an accumulation of higher energy that has congealed and thus reached a certain threshold, which then creates a leap or forward movement. When these leaps occur, we can find ourselves in very new spaces of residency, in regard to vibration or dimensional levels. Being that lower vibrating energy cannot exist alongside higher vibrating energy, a purging is then created. During a purging, much darker or denser energy is then released. These energies will then resume a residency in another dimension or reality which they are a match for. If another reality does not exist for them, then they will break apart and cease to exist themselves, as there would no longer be a need for them.

During these times of purging and release, there is a far greater amount of the darker and denser energies present, as they are moving and readying for a departure. It is at these times that we usually attract the denser and darker aspects in another. The overlap, then, has a much stronger opportunity to relate to an overlap of our shadow sides. When strong waves of light or higher vibrating energy bombard the planet during a particular time, we usually begin attracting the more pleasant or higher vibrating aspects of ourselves and the overlap is then much more enjoyable. But as we are expanding and evolving on a

STAYING IN ALIGNMENT

continual basis, the overlaps become more and more of a pleasant experience.

Focusing on what we love in a person can keep us in alignment as well. What we see in another, is always what is present in ourselves. So when we love that someone is passionate, or that someone is so very caring, or even that someone is always wanting to make a difference, we are simply seeing the higher versions of ourselves. In this way, we are then in alignment with who we are, and being in alignment with self is the most powerful way to stay in alignment with Source.

My Family at Last!

In the higher energies of the higher realms, things can only come together if they have similar purpose, and this greatly relates to our soul groups. Pretty much most anyone we connect with or interact with, is someone from our soul group anyway. Our soul groups, or those souls who share a common energy, as they emerged from the same original split of Source energy, are most certainly our brothers and sisters. It is as if we had two parents who had many, many offspring, and we are all basically the same parents who split our energy off into several forms for a more varied opportunity to experience. In this way, we are the parents as well as the children.

Since we reached the critical mass on planet Earth, where enough people were embodying enough light to secure an absolute and guaranteed shift into a higher vibrating reality, our soul groups are now coming together for different purposes. A higher consciousness has been reached and now we begin the building and creating of a New Planet Earth that reflects that change.

KAREN BISHOP

Because of this, soul groups will now be coming together in a way that reflects an overlap of similar purpose in regard to creating the New Earth. When we reached this level, we no longer needed to come together for the purpose of bringing the planet to a higher vibration through releasing any lower vibrating energies that we attracted from others, that were within ourselves! All those interested in supporting the new children will unite through similar passions and purpose. All those interested in higher levels of beautiful music will come together. Those who are passionate about animals and living in harmony with them, will come together, and so forth. All aspects that relate to the blueprint of what we have chosen to make the reality of the New Planet Earth, will then come together to create it as a team. We cannot do it on our own! These overlaps will create some very incredible teams indeed.

When we clash with another, many times it is only because their specific purpose is not the same as ours. That person belongs to another team. If we were to focus only on our own team's purpose, as this is the area of our own expertise, and not try and advise or tell another how they should be acting or what they should be doing, we can be much more in alignment as well. Staying in the space of our team's purpose, and not assuming we know a lot about another team's purpose, and instead respecting and regarding their purpose with a thank you and gratitude, is the way to go. If we are ever feeling less than, not valued, or left out of the loop, it is usually because we are trying to be an expert or know all about a passion or purpose that is not ours. We are fine tuning here, remember? Who wants to know it all? It is much too tiresome anyway!

In the more higher realms, things are so purified and sifted through, that each and every soul has a *very specific* vibration and purpose. This purity is all that is left, as nothing much else could exist there! In this way, the attractions and overlaps are very different in that they are of a much more purified and

STAYING IN ALIGNMENT

higher vibrating nature. In the higher realms, we attract to each other then, in areas of service and creativity, as nothing much else exists. This is where we are headed through our spiritual evolutionary process.

In our current reality here on Earth, when we are able to see ourselves in another, we *understand*. We are then able to feel compassion and unity. But most importantly, when we overlap in similarity, we allow an opening for Source to enter and for a flow to occur. If we can intend to find out what we have in common with all those we encounter, as this is why we have encountered them in the first place through the universal order of attracting energies, we can be much more in alignment with Source than ever before. And most certainly, we are all the same. We are all one. Staying in alignment with others is really the same as staying in alignment with self!

We can stay in alignment with others by identifying and staying in the overlap.

Getting There

Getting Where?

In the higher realms of the New World, we do not encounter anyone unless there is a similarity in vibration. And with our vibrations so greatly purified, the commonalities we share are of a very higher nature. Being that all our needs are always met, most of these encounters and partnerships are about service. Combining service and creativity is what relationships are all about. In this way, a commonality in purpose relating to serving life through creating in a group setting, is the mainstay.

Residents of a higher vibrating world do not have one relationship devoted to one partner. With the absence of much

KAREN BISHOP

of the dis-connect or ego self, it is known and accepted that we love to spend time with this person because of a particular trait (or commonality manifesting as a shared energy or passion), and that person because of another. We are all then, brothers and sisters who deeply love and appreciate each other as we know that each individual has something unique to share with us. We do not interact because of an emotional need we desire to be fulfilled by another, because at this place of much purification, we are fairly complete and whole within ourselves. We interact, then, for the sheer joy and pleasure of another's company and for the additional slant that another can add to our own experience.

One commonality we share is our soul group energy. When our energy split off from the creator, or from Source (or God), we then split off from that very first split or separation. These consecutive splits created separate souls that now comprise our soul groups. We have much more in common and are much closer to those souls who share our closest and first split from Source.

Backtracking From the Higher Realms

Our soul groups can be quite large, but as we begin vibrating higher and higher, separations then begin to occur. As purifications increase in regularity, the commonalities or overlaps then become more specific. In the past, or in a 3D reality, there were many more overlaps in energy relating to areas that needed balancing or healing. This phenomenon decreases as we expand through the process of spiritual evolution.

The higher we vibrate, then, the more we will find ourselves connecting to souls who share a similar purpose here on Earth. This process will create the soul teams that will unite to create

STAYING IN ALIGNMENT

the New Earth. Because of this phenomenon of higher vibrating energy creating a refining process and a separation of sorts, we can also experience sudden separations from those whom we felt were so very close to us. We simply have differing roles now in regard to purpose. Until we reached critical mass in August of 2005 and then more highly vibrating new energies arrived in July of 2006, the purpose of lightworkers was in raising the consciousness and vibration of the planet. After this was accomplished, resulting in reaching a specific vibrational level, lightworkers would then be ready to begin the process of creating the New World.

New connections would begin to become evident in the fall (season) of 2006, as these new connections would be paramount for the beginning of these new teams of similar purpose. So although separations were experienced, this was only because we were fine tuning and purifying in order to attract and unite with a more condensed version of ourselves...via our soul teams of like purpose.

Beginning With Where We Are Now

How can we align with others while we are in transition from one vibrating reality to another? What are some of the basic themes of energy movement that can assist us in aligning with others no matter what vibrational level we are at?

- No matter what “dimension” or reality we are in, identifying the highest vibrating overlap or commonality we have with another, and staying in that space as much as possible, greatly assists us in staying in alignment.
- Knowing and understanding the soul purpose, dreams, and desires of another, and then supporting them as

KAREN BISHOP

much as possible, keeps us in alignment with others as well.

- Utilizing and contributing our own particular gift and purpose as a means of support, thus enhances alignment two-fold.
- When we attract another into our space, if even a stranger for a few moments, there is always a commonality or overlap. Identifying and talking about this overlap can give us much clarity about a situation, or even more joy or validation about a situation. In this way, there is always a message there for us. Opening to others greatly enhances the knowledge that we are never alone.

As we progress more and more into the higher realms, we will find ourselves becoming more and more involved with members of our own special team...the team we had agreed to connect with as we begin creating the New World. Our shared interests, passions, and creative projects will unite us as never before. And as we unite in similar purpose and shared joys, we will magnify this energy exponentially and uplift the vibration of the planet as well.

STAYING IN ALIGNMENT

Personal Notes

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Staying In Alignment

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