



# Aligned Energy vs. Misaligned Energy



Your emotions don't lie.  
They reveal where you're operating  
from: alignment or avoidance.



It's Aligned to Feel:

**Aware**

YOU PAUSE BEFORE REACTING  
AND CHOOSE UNDERSTANDING  
OVER DEFENSE.

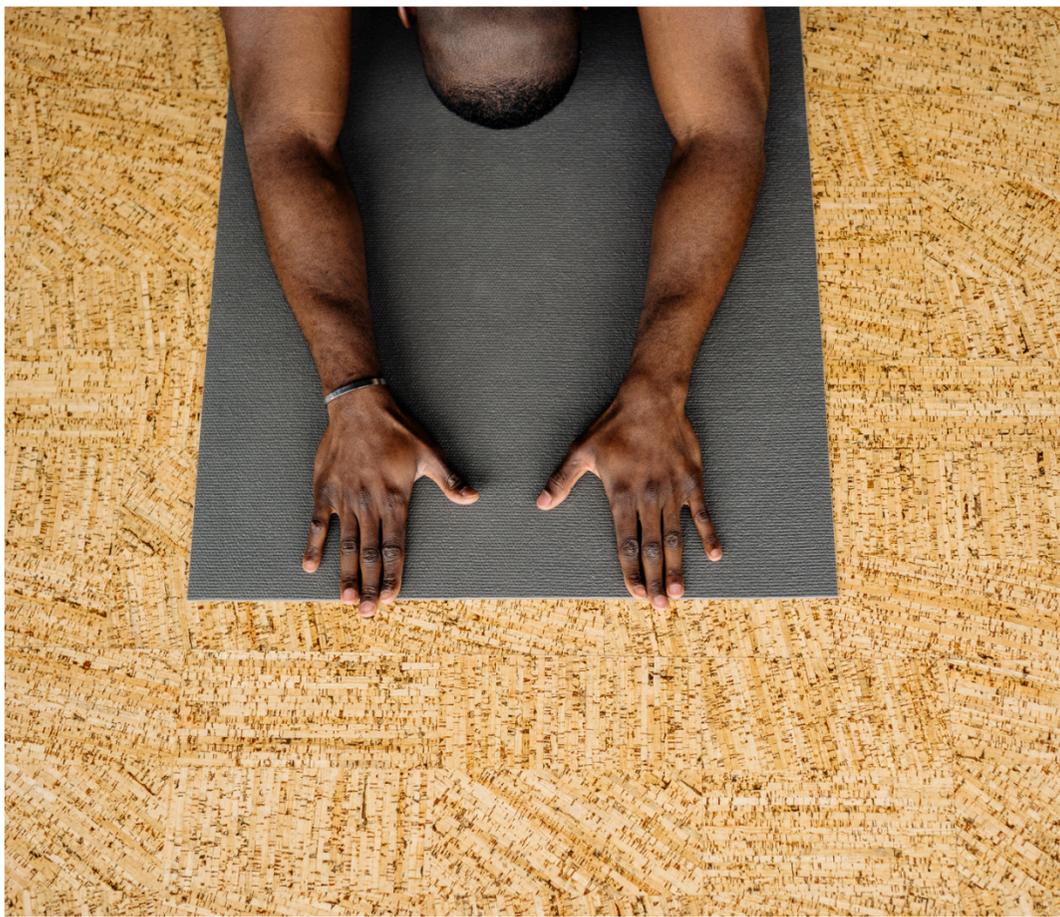
YOU ASK, "WHAT IS THIS  
TEACHING ME ABOUT ME?"

It's Misaligned to Feel:

**Reactive**

YOU TAKE EVERYTHING  
PERSONALLY AND RUSH TO  
PROTECT YOUR EGO.

YOU AVOID THE LESSON  
BEHIND THE TRIGGER.



It's Aligned to Feel:

**Grounded**

YOU MOVE WITH PEACE EVEN  
WHEN LIFE DOESN'T GO AS  
PLANNED.

YOU TRUST THAT WHAT'S MEANT  
FOR YOU WON'T PASS YOU BY.

It's Misaligned to Feel:

**Uneasy**

YOU OVERTHINK, QUESTION  
YOUR WORTH, AND CHASE WHAT  
NEEDS RELEASING.

YOU TRY TO CONTROL WHAT  
ALIGNMENT WOULD HANDLE  
NATURALLY.

It's Aligned to Feel:

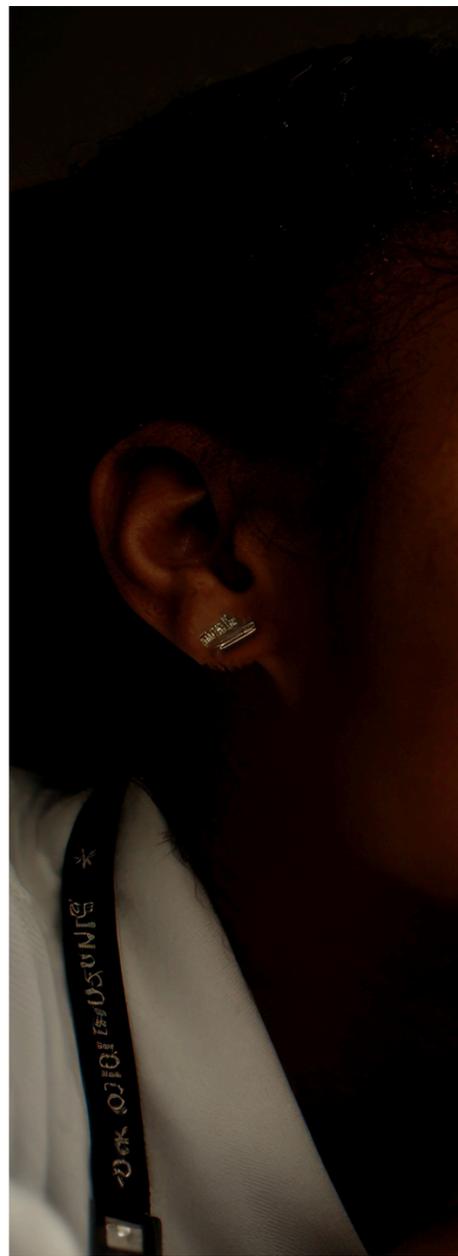
# Trusting

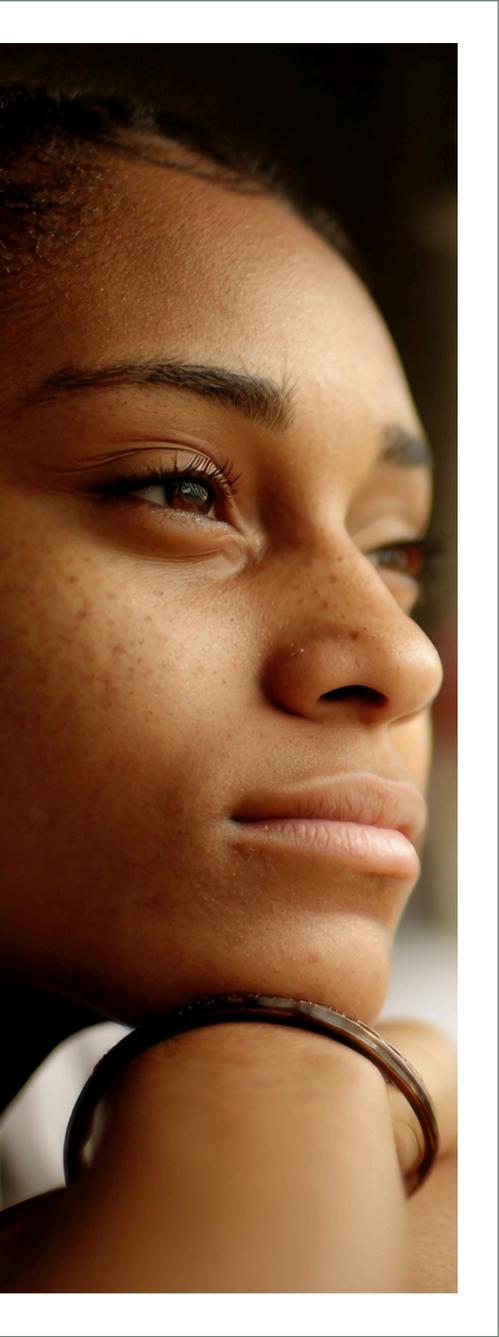
YOU SAY, "I CAN HOLD SPACE  
FOR MY EMOTIONS WITHOUT  
JUDGMENT."  
YOU ALLOW YOURSELF TO GROW  
BEYOND WHO YOU ONCE WERE.

It's Misaligned to Feel:

# Defensive

YOU REPLAY OLD STORIES AND  
ARGUE FOR YOUR LIMITATIONS.  
YOU FOCUS ON BEING UNDERSTOOD  
INSTEAD OF BEING AT PEACE.





---

It's Aligned to Feel:

**Sadness**

YOU PROTECT PEACE, NOT  
PRIDE.  
YOU STAY SILENT WHEN NOISE  
DOESN'T SERVE GROWTH.  
YOU SURRENDER WHEN YOUR  
SOUL SAYS IT'S TIME.

---

It's Misaligned to Feel:

**Impulsive**

YOU RUSH TO RESPOND,  
SEEK VALIDATION, AND  
REPEAT PATTERNS.  
YOU MISTAKE REACTION  
FOR RESOLUTION.

It's Aligned to Feel:

Reflective



The mirror isn't here to hurt you,  
it's here to heal you.

Every trigger points back to  
something ready to shift.

**Ready to practice awareness  
that transforms?**

Download 5 Ways to Stop Self-Sabotage  
or begin the Mirror Work Journal today.

[JOIN THE CHALLENGE](#)