

*Finding Peace Amidst the Chaos
Living in the Vortex*

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Other books by Alana Kay:

Heaven is Here, Our Ascent into the Fifth Dimension
144,000 Points of Light, The Resurrection of the Legions of Archangel Michael
Wishing On Your Own Star
Ascension Through the Twelve Aspects of Christ Consciousness

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The energy of the planet has been transforming for some time now, but many have been too busy with everyday life to notice. This booklet is for the developed spiritualist as well as the newly awakened spiritualist. For those who are newly awakened, this is a great place to begin and for those who have woken up years ago, this serves as a gentle reminder.

As the doors to the old paradigm (3D) close, many try to hang on to the old ways. This is causing frustration, blame and projection in what some refer to as the matrix – the world of clashing agendas. Spiritual seekers or those who are trying to find inner peace and guidance feel they are getting caught in the crossfire.

When one learns to *stay on center - in the Vortex - in the zone* - one may remain in a state of peace and flow even though there is chaos all around them.

The fact is, the Aquarian Age (5D) is here and a new life waits for those who are willing to put the past behind and live with ease and comfort. If you desire a soul-centered life, you may do so despite the fact that many others have not yet made this choice. This will happen as the result of practicing the laws of allowing, intention and attraction. In the meantime, it is understandable that it may be very challenging for those seeking higher ground to cope amidst the chaos of the collapse of 3D.

I had my wake up in 1994 and have developed many energetic coping mechanisms to help me stay alive and well throughout these challenging times. I do have my days however and I do my best to learn what there is to be learned and then I get back on the horse.

This booklet is intentionally brief – giving the spiritualist only the highlights of a framework of spiritual disciplines (fields of endeavor or study) that assist one with staying *in the Vortex* in addition to new ideas interspersed therein– many of which the general public has likely not heard yet. My other books go more into depth than this one and I make suggestions throughout the reading.

Women are likely to refer to alignment with *the Vortex* as *being centered* while men may be more likely to refer to alignment as being *in the Zone*. I use common terms wherever possible instead of referring to things in esoteric terminology.

We need to be careful about labels and assumptions because often we get into disagreements simply because things are taken out of context. For the most part, we all want the same things for our selves and for humanity, but the perspective and often the way to get there is diverse by nature because none of us have exactly the same past. What we need to do now is learn to sense the inner space of another rather than engaging in a clash of words or concepts – essentially listening on a deeper level and engaging with others through unconditional Love and acceptance until we find common ground.

When higher selves meet, there is always agreement because the higher self is connected to the Unified Field (the creative force), which may also be referred to as God or Spirit. Using the reference Unified Field is simply a cleaner, more scientific description of creative energy than God is. I find that God is a very vague term. Still others refer to creation as Jesus, Christ Consciousness, Yahweh, Allah, etc. Either way, everybody has his or her own impression or preference for referring to creation and that is OK.

There are several disciplines involved in living *in the Vortex* just as many sporting activities require complete awareness in order to become adept. The disciplines are:

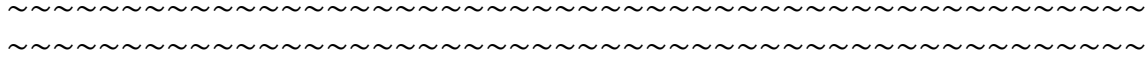
Aligning with the Soul Through Breathing
The Power of Now – Staying in the Moment
Chakra Clearing – Self Love
Living in a High Vibration – The Twelve Aspects
Preventing Energetic Interference - Taking Responsibility
Focused Intention from the Soul Level Not the Ego – Knowing the Difference
Nurturing and Developing Creative Activities

In addition to the disciplines:

Understanding The Unified Field & Intuition
Developing One's Own Spiritual Practice

The important thing to know about the spiritual disciplines in this booklet is any amount of improvement on any of these aspects creates an energetic improvement.

It is possible and likely necessary to enjoy a gradual ascent to a better place within one's self.



Your Breath is Your Soul: Aligning With the Soul Through Breathing

Breathing is the one discipline that accomplishes the most with regard to centering, manifesting, health and inner peace without any effort whatsoever – other than making sure you do it!! Furthermore, without this discipline, none of the others will be effective. As things of a tangible nature are concerned, our breath is likely the one physical (as opposed to etheric) aspect of our being that has the most electro-magnetic, quantum energy particulate and therefore the most important aspect of our creative ability.

The breath is both oxygen and energy

When we are centered, we are gently breathing and taking full, deep, healthy breaths. Our breathing paces us through the day and keeps us on an even keel in more ways than one.

When we are in our heads, we are barely breathing. The result is a chain reaction where we think of the worst-case scenario based on evidence from the past as we begin to play the old tapes. At that time, shallow breathing causes our body to go into panic mode, confirming our worst fears.

Not only do we need our breath for metaphysical (the science of spirit meeting the physical) purposes, we need it for your physical health. It is good to oxygenate the cells of our bodies including our brain by consciously breathing. This practice combats fatigue and keeps us focused on our instinctive center.

It is a wise practice to put breathing reminder signs where you feel you need them – on the bathroom mirror, in your purse, on your desk, or anywhere you will find a helpful reminder.

Once again, the primary metaphysical reason you need to focus on your breath is that it IS your soul. In order to be stronger than your outside circumstances, you need to bring as much of your soul in to your body as possible and this is the strongest factor involved in doing so.

With regard to the electro-magnetic nature of the soul, it is comprised of creative data that we as humans are not capable of deciphering. The data contains

information about your purpose and your heart's desires. This is why dream boards are not truly necessary and may actually be counter-productive to manifestation. This energy field also has marching orders from our soul with regard to the order of business. This is how we create while simply breathing or being in a state of being. Our soul/breath is doing the major work for us. This is co-creating through non-action.

We may or may not be aware of what our breath is doing/broadcasting because our human brain is only capable of processing what it has already seen. However, at times, when in the state of full breath we become aligned with inspired action. It is important to follow this action and trust it. Start with baby steps. This takes practice. Only by practicing the little things will one gain full trust for the bigger things.

Our breath effectively brings us into the moment for you cannot be somewhere else when you are focused on your breath. In order to stay there, we need to loosen our mental restrictions and allow for serendipity, synchronicity and new experiences and ideas. Children are naturally open to new experiences and as adults we too need to be open for this is the only way we will grow.

Furthermore, when we practice oxygenation, we will have substantially less anxiety right off the bat because our cells are not in panic mode from oxygen starvation!!

I have found that when we are in our center and in our breath – everything is always OK. If things are not OK, they will be corrected in this state. This is the primary reason for following our inner guidance – it is an accurate road map. Hang in there with me and you will begin to see how this works. Many spiritual seekers have heard the words of Abraham as channeled through Esther Hicks – There is no such thing as a problem; there are only solutions.

Spiritual Challenge: On the downside, when and if you begin a practice of breathing, you may find that the breath is touching on discordant energies from the past. For this you will need to stop and do your clearing work so you may take in a full beneficial breath.

Give this a try and see what happens. You will either be able to do it or you will feel your breath stopping at a certain juncture in your energy. Note where it does not naturally flow and identify what needs to be cleared.

Chakra Clearing – Self Love

When you begin a breathing practice, blockages will be revealed. You may go to an energy practitioner for blockages, but often the results will be temporary. If you want to permanently clear your energy, begin by noticing how deeply your

energetic breath goes. The point at which it stops flowing is the place where energy is trapped.

It is possible that you are having trouble wrapping your mind around the idea of filling your entire body with consciousness, OR it may mean there is a blockage. Be really gentle with your self. If you feel tightness that won't dissipate in your solar plexus for instance, this means you are holding on to discordant energy that has something to do with your personal power. Personal power issues can be the result of insecurities, power struggles, fears, etc.

When a person is suffering from heart and lung congestion, often there is a heart chakra issue where the heart chakra is blocked and not providing energy to the area because of issues surrounding self-love, absorbing the energy of others, hatred of self or others, bitterness over life events and even repression of authentic self.

Gentle loving breaths engage our soul energy to do the clearing instead of having someone else clear our energy bodies. Inner dialog and outer handling of life issues will clear the energy from the chakras if we are patient and try to understand what may be causing the blockage.

There are literally millions of ways our energy gets clogged up. The reason I am bringing it up is that it is an important element that needs to be dealt with in order to have inner peace. I recommend books by Jose Stevens and Carolyn Myss for a better understanding of this issue. I also go more into depth on this subject in my books.

The Power of Now: Staying in the Moment

You may want to read the *Power of Now* by Eckhardt Tolle. It has been around for years and I consider it to be one of the most important books about how to live in 5D energy.

We need to stay in our breath, in the moment, with all of our energy consolidated into the most clear and powerful source of intent for the manifestation of our soul's destiny and desires. As soon as we move out of the moment, we dissipate the soul's ability to attract. Our soul is an electro-magnetic field, just like all of the things in the Universe. The more you are in the moment, the stronger the energy field.

It sounds easy to stay in the moment, but I find that this is not easy to do. I suggest trying it for a day. At first, the concept seems challenging because we need to make appointments and commitments and we do live by a clock, but when we stay perfectly in the moment, the Unified Field is in charge of our timing and things get rescheduled if necessary and we are reminded when it is time to go for an appointment. At this point we become an incredibly dependable & reliable person with an impeccable inner clock. Anybody who says that they are late because they

are busy living in the moment is actually someone who is distracted, scattered, in their head and not grounded.

REMINDER: All of these practices imply that we are to align with our instinctive center instead of engaging in mental chatter. They all require that we keep our mental chatter to the minimum and learn to listen to our soul.

Living in a High Vibration

All of the previously mentioned disciplines are necessary for living in a high vibration. The next thing we need is to understand the mental and emotional aspects of a high vibration. You know all the spiritual and esoteric things you have heard through the years? In sacred geometry, the twelve-sided dodecahedron represents higher consciousness. I was given by spirit that because there are twelve facets on the dodecahedron, there are twelve facets of higher consciousness. Higher consciousness may also be referred to as Christ Consciousness or simply Love (Unconditional Love) These aspects are *trust, tolerance, gentleness, joy, defenselessness, generosity, honesty, patience, faithfulness, open-mindedness, appreciation and expansiveness.*

I have a book called *Ascension Through the Twelve Aspects of Christ Consciousness*, wherein I describe these aspects in detail. For the purposes of understanding this booklet, you may want to simply go within to gain an initial understanding of these twelve aspects. I have come to find that most people come into this lifetime with a firm grasp of most of them, while a couple of the aspects challenge them tremendously.

It is also a good idea to read the book, *Power vs. Force* by Dan Hawkins. This book is somewhat of a new age must have because it helps us to understand the power of thought and emotion. For the purpose of this book, the power of thought and emotion was tested and the results demonstrated that common spiritual attributes actually make us physically stronger. I have also become aware of studies done by doctors at Columbia Hospital in Milwaukee, WI where biofeedback equipment demonstrated that our physiology changes as soon as we change our thoughts. Taking responsibility for thoughts and feelings is what a spiritual journey is about.

Preventing Energetic Interference

The first thing to know about energetic interference is if it is happening easily, it means you have gotten off center. The first step is to always check your own

centering and then see if there is something that needs to be done or communicated.

Next, karmic imbalances will cause us to feel confused and uncomfortable. It takes a large dose of honesty and introspection to locate and fix imbalances. An example of an imbalance would be giver/taker, introvert/extrovert, dominant/passive, etc. Sometimes we are able to fix imbalances in relationships and sometimes not.

The best way to prevent energetic interference is to begin the day with centering activities – walking, yoga, breathing, stretching, taking your time to get ready, etc. Do your exercise, get centered and take several breaths before you begin your day, sending your breath (your soul) out before you to entrain the energy.

Keep your consciousness in your center and don't let your mind wander. Watch for your triggers – the things that cause you to lose the connection. Don't have conversations with others in your head and don't internalize your surroundings.

Breathe good feelings and thoughts outward and do not internalize negativity. We become what we pay attention to. Don't take things personally, don't listen to sad stories too long, don't believe all the bad news, get most of your answers from within. Furthermore, don't fall for the rules of 3D – hurrying, worrying, over-planning, anger, impatience and so on. We can't blame others if we are engaging in activities of the same nature. Like attracts like.

Focused Intention From the Soul Level – Not the Ego

One of the most confusing things about aligning with our souls is learning how to differentiate between the higher self and the lower self. The lower self is our past patterning and our higher self is the eternal self.

All of us have personality traits that follow us lifetime to lifetime and some of our traits and strengths are chosen before each incarnation. Unfortunately most of our traits and imprinting are established by our parents, family members, teachers, peer groups and general surroundings. This happens because we begin our lives in the care and direction of others. Then as we free ourselves up from these people and attempt to go our own way, it gets confusing.

I'd have to say that the main reason people decide to delve into spirituality (broad and overused term – yes I know) is because their soul is beckoning them.

There are many ways to discern what is the real you. Attributes that are coming

from the soul give us more sustained energy. Attributes from the ego can cause adrenalin rushes, which may seem like an infusion of soul energy initially. Learn the difference. Too much adrenalin wreaks havoc on the physical body in the end.

Attributes from the soul have staying power and are harmonious with other energy systems. Energy systems are any grouping of people, places, things that have interacting/interdependent energy. Aspects of the ego collide with other egos. Go ahead and give it a try for a day. Stay entirely neutral and in the state of unconditional Love. You will not be in disharmony with anything or anybody. If that is too hard, try envisioning your self as royal violet energy and see everybody else that way.

Attributes of the soul are consistent. It is the ego or false personality/lower self that changes it's mind all the time. When in touch with the higher self, simply accept what you find there and let it be. It simply exists and is eternal, so no shoring up is necessary.

All of that said, determining the desires and goals of the higher self is a more solid way to live. Alignment with the soul creates stability, consistency and inner peace.

If you have only a glimmer of what your higher self is about, spend more time in silence listening and then act on its impulses and inspiration to strengthen the connection and the space it fills in your life.

Nurturing and Developing Creative Activities

Whether or not you believe you are creative or have creative gifts, it is important to engage in creative activities. Creative activities allow us to see the spontaneous nature of our soul's guidance as well as the beauty it is capable of creating. Creative activities include anything that we bring into being from the unmanifested such as a simple craft activity, writing, doodling, re-arranging our space, singing, music, artwork, even finger painting.

Most people have significant gifts that they are not aware of or have not nurtured. This is so important because it is required to achieve the necessary balance to remain solid and centered. As I mentioned, even if you don't believe you have a creative side, find it. Remember too that doing creative things is good for your soul even if you are not yet adept,

Understanding the Unified Field & Intuition

There are many (infinite) fields of consciousness. For working purposes, many spiritual teachers and modalities have boiled them down to a few basic realms. Perhaps the deepest part of your being is able to glimpse the unlimited possibilities. For now, we are working within the constraints of a relatively dense physical existence. Please don't think you are remiss if you don't immediately sense the difference between the realms and levels of consciousness.

The Unified Field was acknowledged by many spiritual teachers and also Einstein. My description of the Unified Field is that it is the field of all fields of creation or God/Source. This would include the Ascended Masters, Christ Consciousness, Angels, ALL of the souls/higher selves, Akasha, and Intelligence to name a few.

The main portal to the Unified Field is Love. You may also become connected by connecting to your soul. Whichever one has a stronger resonance to you is a good one to start with. Using creativity, breathing, being a Loving person, and simply having the intent to align with your soul should bring you into a better feeling space.

Work on knowing the difference between being trapped in density and being more aligned. Then continue to catch yourself when you lose your way and improve on all the spiritual disciplines outlined in this booklet and you are on your way to greater connections, greater contributions, greater inner strength.

The best thing that happens when connected to the Unified Field is clear inner guidance and intuition. One cannot really be taught to be intuitively guided. One may only be taught how to align with that part of the self that is naturally intuitive.

Developing One's Own Spiritual Practice

By now you have likely read the words I have spoken in this booklet and have read books by other authors. You have heard things from your parents and peers through the years. Now it is time to go within and ask yourself which things you want to work on and dedicate your self to these things. This commitment to your own growth is something nobody else can do for you. If you are a parent or a busy worker, it can be very challenging to set aside time each day to listen to your soul.

Learning how to stay on center is no different than going to the gym to get in shape or learning how to play a sport. It requires patience and commitment. If a discipline is difficult for you to integrate into your being, I suggest trying it for one day at a time. If you were please with the results, keep working on it until it becomes second nature to you.

Use whatever you need to help yourself stay balanced. Breathing, exercise, aromatherapy, dietary changes, oracle decks, meditation, attending discussion groups, reading books, creative activities, nature, walking, getting in water, laughter, positive thinking – these are all good things to help you get tapped in until it becomes second nature to remain in the Vortex.