

THE 8 PRINCIPLES OF ALIGNMENT

Clear The Mental & Emotional Blocks That Have Been *Strangling* Your True Potential & Align Every Facet Of Your Mind, Body And Nervous System With Your Highest Mission, Vision & Purpose... ***In 20 Minutes A Day Or Less***

By Linus Rylander, creator of the
Daily Alignment Practice
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There are two types of people:

1. Those who do not question, do not wonder, do not seek. They are content to stay where they are, killing time 'til time kills them.
2. Those who search, wonder and explore; on a constant quest to discover who and what and where they really are, so they can be all they are capable of being.

If you are reading this, I am going to assume you are in the second category.

That makes you more important than you may have realized.

Here is why:

Everything in the universe is connected.

And each part of the universe depends on every other for its existence.

This is not some hippie hocus-pocus nonsense -- it's a plainly observable fact.

For example, one out of every three bites of food you eat is dependent on bees for pollination.

Without bees doing what they do, life on earth would collapse.

In order for bees to do their job, they depend on flowers to do *their* job.

In turn, flowers depend on the soil, the rain, the sun, and so on.

There is no such thing as a “closed system.”

Every system is dependent on every other for its input and output.

Now, if the rest of the ecosystem depends on bees doing their job...

... then the **strength** of the ecosystem is dependent on *how well* the bee does its job.

If the bee does its job *well*, the whole ecosystem benefits.

If the bee does its job *poorly*, the whole ecosystem suffers.

The strength of one strengthens all.

The weakness of one weakens the whole.

This also means that helping someone else also helps you.

And that helping yourself helps the world.

Another example:

We believe our skin is some kind of barrier that separates us from the outside world, but even your skin is not a closed system.

It absorbs and expels moisture. It picks up nutrients and vitamins from the air and sun.

You depend on your skin doing its job for your own existence.

You also depend on every other system and organ in your body to do their jobs.

Now, scientists have known for quite a while that each individual cell has its own consciousness and is self-conscious.

A kidney cell knows that it is a kidney cell.

Cells cooperate with each other to form organs and tissues and bone.

Since each cell is self-conscious, and knowingly cooperates with other cells, the resulting organ also has its own consciousness.

A kidney knows that it is a kidney.

For the whole system of the human body to work, each cell within it is dependent on every other cell to do its job.

All of nature works like this.

Systems within systems within systems, all working together for the benefit of all that exists.

The function of an apple tree is to make apples.

If apple trees stopped making apples, we wouldn't have apples. (*Duh*).

And if we didn't have apples, every other system in nature that is dependent on apples would break down.

And when those systems break down, every system that is dependent on *those* systems would break down, and so on.

People have been talking for a long time about how we must save the bees, or else risk extinction.

What most people have **not** realized is that we are dependent on *every* system in the universe in exactly the same way.

In this way there is, quite literally....

... not a hair out of place in the universe.

So where does this lead us, and why is this important for you?

Here's what this is all about:

You were born with certain inherent skills, talents and abilities.

You were also born into unique circumstances, which led you to have unique experiences that have made you into who you are today.

Combined, these talents, skills and abilities, plus your unique circumstances and experiences, means that **you have been shaped for a very specific purpose.**

Just like a kidney cell is a part of a greater system (the organ)... which in turn is part of a greater system still (the body)...

... you are also part of a greater system, which is dependent on you doing the job you are designed to do as well as you possibly can.

Again, this is not some kind of hippie bullshit motivational speech.

Following a simple chain of logic, it's a plainly observable fact.

Since no one else shares these unique characteristics, no one else can be better than you at doing what YOU do best.

You are like a **very unique key**, specifically designed to open a **very unique lock**, which opens a **very unique door** that only you can open.

Since everything in the universe is connected, this means two things:

1. Your ability to use your own abilities to the fullest is the greatest value you can contribute to the world and, in fact, the entire universe.
2. Therefore, the highest and best use of your time, for the benefit of all, is to develop your inherent talents, skills and abilities to their full potential.

I believe we are here to be the most we are capable of being.

Not what your parents, your friends, or society say you “should” be.

Like the apple tree is flawlessly designed for the purpose of making apples (and it doesn't try to make cherries), so should you do what you are uniquely designed to do.

Further, the apple tree does not give a flying hoot what anyone else thinks about its apples.

It just makes apples.

If you are reading this, it probably means you are already on a quest to discover who you really are and what you are here to do, so you can fully align yourself with all you are capable of being.

Your ability to do this is the very mechanism by which the entire universe is held together.

In this way, at the risk of sounding dramatic...

The fate of the world is in your hands.

Now, I have noticed that the main thing that holds us back from realizing our potential is an almost endless amount of mental and emotional blocks.

As you probably know, trying to navigate and make sense of our inner emotional landscape is a lot like trying to find your way out of an impossible labyrinth.

I may be able to help.

Between 2014 and 2019, I stumbled upon a series of principles that have made this a LOT easier.

I discovered a set of tools to identify these blocks, trace them to their roots, unwire them from my internal programming... and let them go.

I figured out how to raise my own emotional state on command, and how to channel this energy into creating a new future.

(If that sounds hokey, please keep reading and it will all make sense).

In late 2019, I realized I had collected enough bits and pieces to actually organize them into a system, a daily practice that enabled me to...

- Clear out mental & emotional blocks -- DAILY
- Elevate my emotional energy -- DAILY
- Focus that energy into a powerful vision for the future -- DAILY

Almost right away, I noticed how my life started to change.

In the past 2 years, virtually every aspect of my life has undergone drastic transformations. You'll read about some of those transformations below.

Meanwhile, I've refined this practice into a system anyone can follow.

What you are about to read is my story of how all this came to be, a few of the tools I discovered along the way, and how you can put them to work in your own life.

Let's get started.

PRINCIPLE #1: The Principle Of Safety

Have you ever noticed that most people never truly relax?

That's because everybody always has something to worry about:

Paying the rent... meeting payroll... taxes... living up to expectations... meeting responsibilities...

... managing people's perception of you... getting them to like you and be attracted to you... improving your social status...

... fear of failure... fear of success... procrastination and self-sabotage... addictions, vices and bad habits...

... internal resistance... negative self-talk... inner emotional blocks and limiting beliefs...

We all have a laundry list of shit we worry about.

We go on vacations just so we can “escape” from our problems and give ourselves permission to not worry about stuff for a little while.

Or we numb ourselves with drugs, alcohol, social media, Netflix, and all kinds of other ways to escape... so that *even just for a few minutes* we don't have to think about our problems.

Even things like meditation and exercise are often used for escape.

Ever notice how as soon as you finish your meditation, all your problems and worries come back?

You worry because your brain
is trying to keep you safe.

That's why a part of you is always alert, always vigilant, *always on the lookout for danger...*

As long as you think you are in danger, your brain will not allow you to fully relax.

You cannot relax if you do not feel safe.

Check for yourself:

When was the last time you felt truly, fully relaxed?

At peace with yourself, the world, and everything?

This feeling of being safe is what people strive for their entire lives.

Actually, there are three things that people strive for:

Approval, control, and safety.

Look back upon your life -- you'll quickly find that just about everything you have ever done was motivated by either wanting approval, wanting control, or wanting to be safe.

And why do we want approval and control?

So that we can be safe.

They say that “people just want to feel loved,” but on a subconscious level, being loved feels like being safe.

Our first experience of feeling loved, for most people, was the love we felt from our parents, and especially our mothers.

As a baby, being loved by your mother meant that you were safe.

So even as adults, we think being loved means we are safe. This is a very deep-rooted subconscious need, and the main reason why everyone just wants to be loved.

At the end of the day, we just want to feel certain that everything is going to be okay, so we can let go of worrying about the future... and just relax.

You may not have realized it, but **being able to fully relax** has everything to do with why you have not yet been able to create the life you want... yet.

Here is why:

In 1994, Dr. Stephen Porges, former director of the Brain-Body Center at the University of Illinois, proposed what he called **Polyvagal Theory**.

Basically, it has to do with how the vagus nerve impacts your emotions, social connection, and survival response (fight, flight or freeze).

Your vagus nerve is your 10th cranial nerve, and it connects your brain, face, heart, lungs and digestive system.

Ever notice how when you feel fear, it can feel like a heavy pit in your stomach?

Or when you are stressed, there is a contraction in your chest?

Under polyvagal theory, there is a state of safety called “ventral.”

When your body is in a ventral state, we feel relaxed and happy.

Because your nervous system isn't in survival mode, you open up to greater creativity and inspiration.

Your intuition turns on.

Connecting with others feels easy and natural.

If you have ever struggled with social anxiety, notice how that is always grounded in a state of feeling unsafe in the social environment.

For example, it might be easy and natural to crack jokes and let yourself loose when you're hanging out with your friends... but as soon as you're in front of an unfamiliar crowd, you freeze up.

You can't access your spontaneity, creativity and humor because your brain thinks you are in danger.

But as soon as you feel safe - with family or friends - suddenly it's much easier to just have fun and be yourself.

In ventral state (safety) is also when your body begins to heal.

When your brain perceives a threat, your nervous system floods with stress hormones. You start storing fat to conserve energy. You have trouble sleeping. It wreaks havoc on your body.

When you feel safe, because your body is no longer flooded with stress hormones, your body's natural healing processes are activated.

To put this in perspective...

Imagine that you are being chased by a hungry tiger...

Death is fast on your heels.

You cannot think of anything except getting the hell to safety as fast as possible.

There is no room in your mind to think about what you're going to do once you're safe.

All your mental resources must be dedicated toward getting to safety.

And this is how most people live their lives.

Always something to worry about...

Always running away from danger...

And since this way of living life is all that most people have ever known...

Naturally they think that "getting to safety" is the finish line in life.

The whole idea of retirement is that you work your whole life to build up your "nest egg" so you can FINALLY RELAX when you get older.

So you make an agreement to live in a state of fear and danger your whole life, so that later you can get to the "finish line" of safety.

Most people have never considered life beyond this point.

And in doing this, they have missed three very important points:

1. The feeling of safety is not a magical state where you are free from outside “danger” -- it is an internal state controlled by your nervous system.
2. Since the danger exists only in your mind, it cannot be outrun.
3. Getting to safety is not the *finish line* in life, it's the starting line.

It's when your real life begins

I'd like to tell you a quick story about when my life began.

In February of 2014, a client suddenly hit me up out of the blue.

“Hey man... you wanna come to Thailand?”

I had less than a thousand dollars to my name. Traveling wasn't really in the cards. I wasn't sure what to say.

“Umm... when?”

“Next week. I'm flying out my whole team to celebrate my birthday. I'll pay for your ticket. Wanna come?”

“I'm in.”

I was a 19-year-old freelance copywriter, spending my days locked in my mom's basement trying to build my business. I'd been dreaming of making enough money to travel ever since I'd dropped out of school at age 16.

I'll never forget the look on my parents' faces when I went upstairs to tell them I was leaving for Bangkok the following Tuesday.

It was the first time I got on an airplane by myself.

I landed at BKK airport in the middle of the 2014 riots. The whole country was in upheaval... which, for me, just added to the sense of adventure and excitement.

On the right - one of the only pictures I have of myself from this trip. (It's OK to laugh, lol.)

For the next 2 weeks, I got to see a whole new world on the other side of the planet, expanding my mind and senses as only traveling can.

Most importantly...



I got my first taste of **FREEDOM**

During my last 2 days in the country... I couldn't get this one thought out of my head...

"Damn... if I work hard... this doesn't have to be a vacation. This could be my life."

As soon as I got back home to Sweden I immediately decided to go back to Bangkok the following winter.

I figured I would have plenty of time to save up money for the trip during the spring, summer, and fall.

As soon as I had saved up enough to buy a plane ticket, I bought it. Roundtrip, from early November 2014 to early February 2015.

And then... everything turned to **shit**.

During the summer, I had bet everything on a business project that crashed and burned.

And nothing else seemed to work. I couldn't close any deals. Any money I'd made was disintegrating before my eyes.

I HAD to find a way to make some more money.

As the months kept slipping by, my anxiety rose.

In October, less than a month before take-off, I needed to come up with several thousand dollars just to feed myself and pay the rent during the trip.

I spent the better part of the month in a state of constant panic.

Two weeks before departure, it reached a climax.

I was freaking out, **hard**.

I would take my dog for long walks every day, feeling sick to my stomach, trying to tame the chaos in my head and heart.

Every day, we would pass a little stream where my dog liked to cool herself down.

One day, something compelled me to just stop and look at the water.

I stared into the little swirls of water breaking over the rocks, taking deep breaths, trying to calm myself down.

Some days, the water flowed calmly, effortlessly over and around the rocks. Other days, especially after rain, it was harsh and violent. But no matter what, it just kept on going. Relentlessly.



It became a sort of meditation. It was the only way I could calm the constant anxiety that engulfed me from head to toe.

After staring at the swirls in the stream for 15 or 20 minutes a day for a few days... something curious happened.

As I imagined the worst-case scenario...

“If I don’t get the money in time, and everything goes to shit... what would the consequences actually be?”

“Yes, it would not be ideal. It would suck pretty bad. Lots of hard work would be thrown away. I’d be sad and maybe heartbroken. But in the end, I’d pretty much be back where I started. Square one, where I’ve been oh-so-many times. Square one is a good friend of mine... and maybe a fresh start wouldn’t be so bad, after all...”

After a few days of visiting the stream, coming to respect the relentless nature of it all, reminding myself that no matter what... life just keeps on going.

I learned to become okay with the worst-case scenario...

And I LET GO of needing to control the future.

Suddenly, I felt something *shift*.

Suddenly, I felt lighter. Freer. Clearer. Energized.

In an instant, I felt like a completely different person. My anxiety was gone. And I wasn’t exactly sure why.

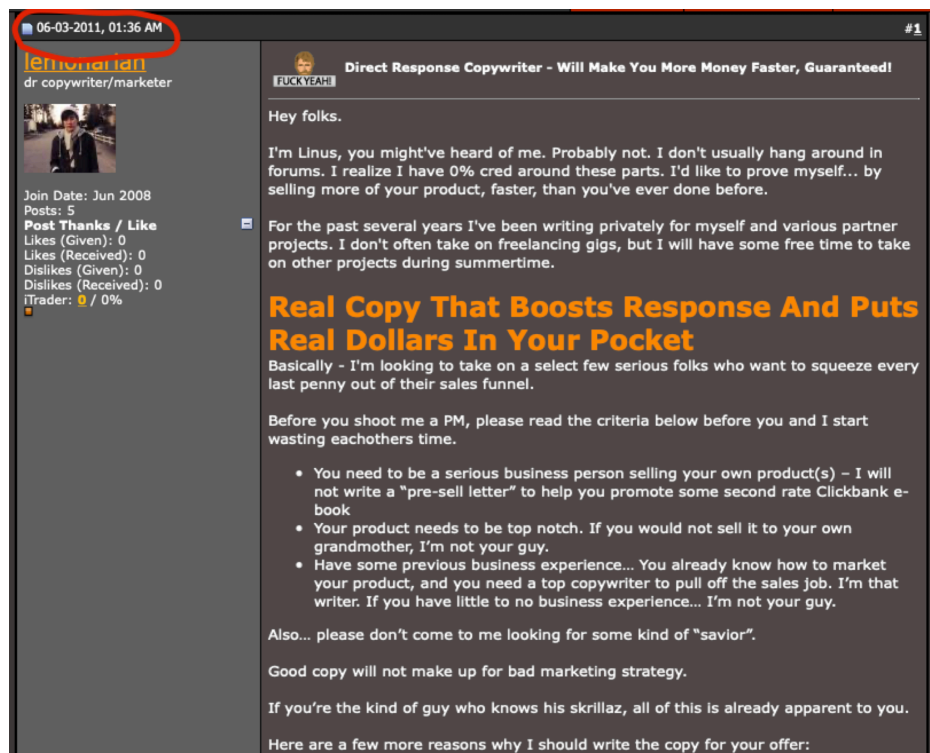
Something had clicked, but I wasn’t sure what.

It would be years before I finally connected all the dots.

But what happened next is what really blew my mind...

PRINCIPLE #2: The Principle Of Letting Go

The very next day, I got an email from someone who had found an old forum post I made THREE YEARS prior, where I had advertised my services as a rookie copywriter.



He was eager to hire me for a simple copywriting project I could do in my sleep.

Boom. \$1,500 fell in my lap.

To this day, I am still not sure how this person had found a three-year-old forum post on an obscure marketing forum, or why he wanted to hire me in particular.

The very next day after that, someone messaged me on Facebook.

He'd posted in a group that he was looking for a Swedish-speaking copywriter. I hadn't even seen his post, but an old acquaintance of mine had seen it and tagged me in the post.

Boom. Another \$1,500.

2 weeks before the trip, I had zero money.

1 week before the trip, I had \$3,000 in my Paypal account. Just enough to sustain myself for about two out of the three months of my trip.

2 weeks into my trip, another project worth \$3750/month materialized from another unexpected source.

I couldn't believe it.

I had just accidentally discovered **the power of Letting Go**

It was one of the first times when I had felt a change in my internal reality... and then *immediately* seen that change reflected in my external reality.

And it would be the first of MANY times when I let go... and then watched as everything magically fell into place.

I didn't know it at the time... but what had just happened was the beginning of the Daily Alignment Practice.

PRINCIPLE #3: The Principle Of

WANTING vs HAVING

What I had done was completely accidental.

I didn't know what I was doing.

I didn't have a process or a formula to do it again. It just kinda happened as I was staring into the swirls of water.

But this principle will give you the first clue as to what actually happened:

Wanting is the opposite of **having**

When you are *wanting* something, you are in a state of lack.

You are focused on how much you *don't* have the thing you want.

For example, if you want more money, you are in a state of lacking money.

Any state of lack also contains a feeling that you can't have it.

If you want a Coca-Cola, you don't necessarily feel upset about it, because you know you can just go to the store and buy a Coca-Cola.

In my case, because of my feelings of lack of money to go on my trip, I perceived an imagined future threat that made me feel unsafe.

I imagined some kind of horrible future where I would be broke and desperate, stranded in a foreign country with nowhere to go and unable to feed myself.

“What you resist, persists”

When you want money you are also resisting not having money.

And if you only remember one thing from this document, remember this:

Resistance always lies: it tells you that if you let go of your resistance, you'll never get what you want.

For example, you think that if you let go of wanting money, then you won't get the money.

When you put it like that, it even sounds *obvious*.

The truth is, by *holding on to wanting money* and *resisting not having money*, you are actually **holding on to your state of lack...**

... and *blocking* the money from coming into your life.

When I stood by the stream, staring into the water, I was able to confront my fear of the future:

1. By letting go wanting to control the future and accepting any possible future, it removed the feeling of being in danger. I knew I was going to be OK *whether I got the money or not*.
2. My brain shifted from “survival mode” to a “ventral state” (safety) -- I was able to relax and open up to my natural creative flow.
3. Since I had **shifted out of a state of lack**, my external reality reorganized itself to reflect my inner reality. Exactly as much money as I needed showed up literally overnight.

PRINCIPLE #4: The Principle Of Alignment

There are **two worlds** that most people live in:

1. The world as it IS.
2. The world as they think it SHOULD BE.

One of them is real, and the other exists only in your mind.

Every time something happens that you think shouldn't, you create a **conflict with reality** that you experience as a negative emotion... You get angry, sad, hurt, scared.

Usually, we call this a "problem."

Any negative emotion is therefore a sign that you are out of alignment with reality.

When we are out of alignment and feel a negative emotion... most people do one of two things:

1. They either express it (*shout, cry, punch a wall*)
2. Or suppress it (*avoid, escape, push it back down*)

There is a **third option: letting it go.**

That's what we're going to talk about here.

Let's say something happens that makes you feel angry.

You may think... if you allowed this feeling to come to the surface, you would lash out... cause a scene... hurt the other person (or people around you)... and maybe even damage your reputation.

Instead, you push the feeling away. You think, "It's not *that big of a deal* anyway."

The problem is, emotions are energy. They have a concrete, measurable, electrical and chemical reality...

... and you can't make them go away just by ignoring them, just as you can't "wish away" the chair you're sitting on just by pretending it's not there.

If we could make real things disappear by pretending they don't exist, we'd all be wizards. And emotions are just as real as anything else.

Instead, using a simple process, we can simply let them go.

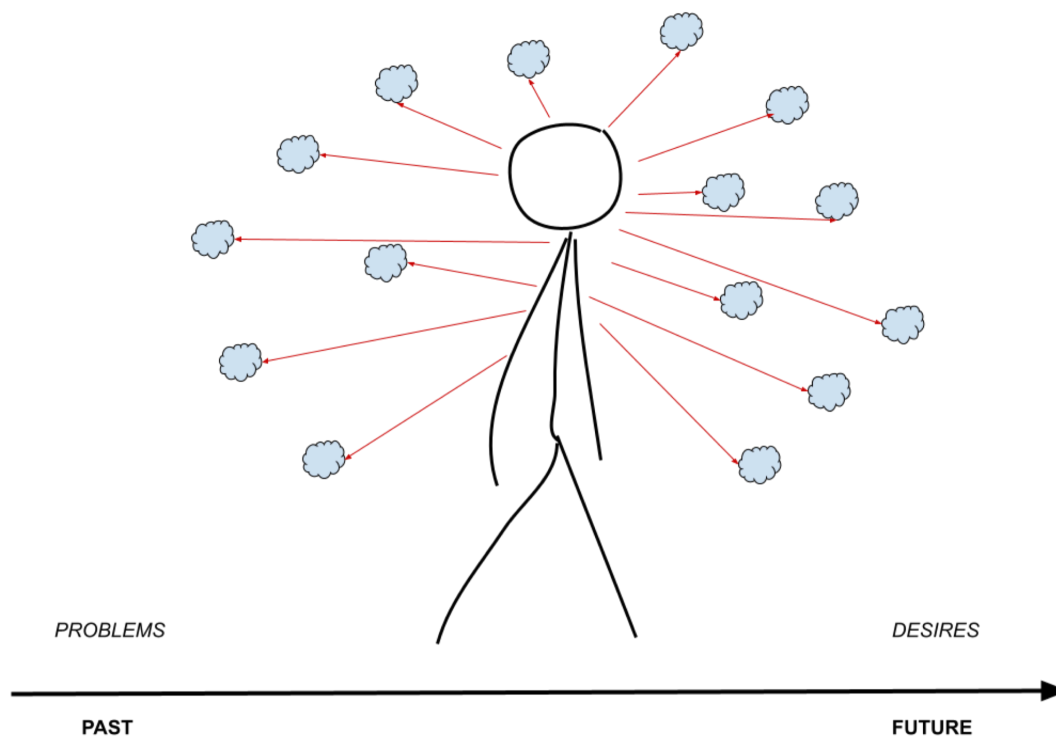
There are two types of emotions:

1. Dense, heavy, contracted feelings like anger, sadness and fear.
2. Expansive, light, open feelings like joy, peace and courageousness.

The Latin derivative for the word emotion, "emotere", literally means *energy in motion*.

Because emotions are energy... when you are out of alignment with reality, you are investing that energy into an imaginary "should-be" fantasy-world.

This is where energy gets stuck. Because you are so tightly holding on to your concept of how the world "should be," your energy gets trapped in an imaginary fantasy-world that doesn't even exist. Oops.



Have a look at my ugly stick drawing above.

Each of the little clouds represent one of these little “fantasy worlds” or *things you are wanting to change*.

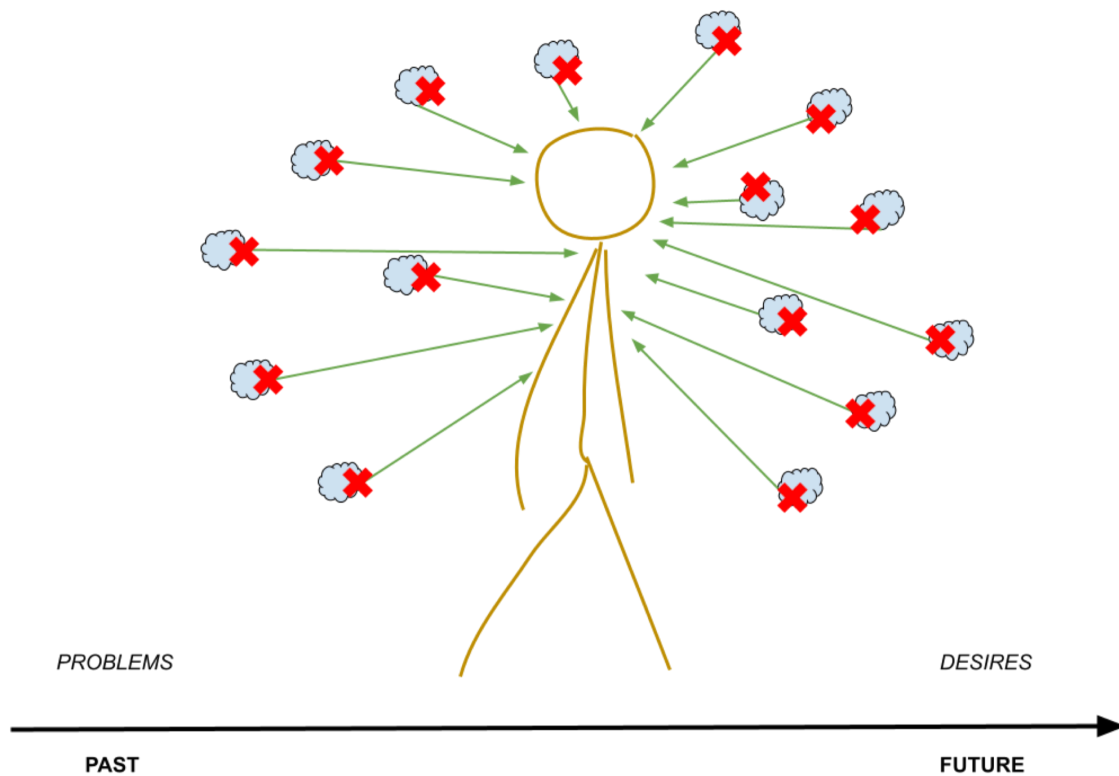
Every time you create one of these “fantasy worlds” you also feed them with emotional energy.

If you didn’t have an *emotional attachment* to wanting to change it, it wouldn’t matter to you anyway.

The reason you feel contracted is because you are literally trying to contract and close down the world to fit the way you want it to be... instead of expanding yourself into the world as it is.

And, again, since emotions are energy, trying to change the world as it is literally drains your energy and life force.

Once you let go of these fantasy worlds, all that energy returns to you, and you naturally feel lighter and more free, because you are literally opening yourself up and expanding to your rightful state of alignment.



EXERCISE: THE VOLUME KNOB

Try this experiment:

1. Imagine in front of you a volume knob, like on a stereo, with numbers marked from 0 to 10. You will use this volume knob to measure your emotions.
2. Now, think about something in your life that you are wanting to change. Anything that is bothering you or making you feel unsafe...
3. Pay attention to how it feels to want to change it. On a scale of 1 to 10, how would you rate the **intensity** of the emotion? See the volume knob set to this number.
4. Now, slowly start turning the dial up. If it is pointed to the number 6, imagine yourself turning it up to a 7.
5. Keep turning it up... to an 8... a 9... and finally a 10. Maximize the feeling and allow yourself to fully experience it.
6. Then, start turning it back down. Back to 9... 8... 7... 6... 5... 4... 3... 2... 1... and finally, 0.

As you're playing around with the volume dial, you may notice the feeling simply **dissolves on its own**.

You may notice that you start feeling lighter, freer, less contracted and dense.

It's also possible you didn't feel anything. That's totally normal. It took me a few days of practice before I could feel anything at all.

There are 3 reasons why this works

In 2015 I moved full time to Bangkok, Thailand, and I was on a mad quest to understand the mechanisms of releasing emotions, why and how it works, and how I could best put it into practice to create the life I wanted.

I discovered that there are three “internal hooks” that emotions get stuck on.

HOOK #1: RESISTANCE

As I explained previously, *what you resist persists*.

When negative emotions arise, the first thing we do is usually resist them. We don't like the way we feel, so we try to avoid our feelings. Maybe we have a drink or go on a Netflix binge to try to “forget” the feeling.

But it doesn't go anywhere, and by resisting it you are actually just trapping it further.

Now, in order to rate the emotion on a scale of 1 to 10 on the Volume Knob, you must first allow yourself to *feel* the emotion fully.

You can't feel it fully and resist it at the same time. So by rating your emotion on a scale of 1 to 10, we “unhook” the first of the three hooks.

HOOK #2: CONTROL

The second way that emotions get stuck is because we try to control them.

For example, if we are experiencing loss or grieving, often we try to hold the emotion close and we bury ourselves in it.

Other times, we try to push the feeling away. And again, we use vices like drugs, alcohol and escapism to try to change the way we feel.

But by simply observing where the emotion is on the Volume Knob, we can let go of wanting to control it and just notice the way it feels.

And so we “unhook” the second of the three hooks.

HOOK #3: IDENTIFICATION

The third way emotions get stuck is because we identify with them.

We think we ARE our emotions.

Usually we say things like “I am angry” instead of “I feel angry.”

By *objectifying* the emotion in the form of a Volume Knob, and *observing* it from a third-party perspective, we can remove our personal identification with it.

Doing this, you realize that **you are not the feeling** -- you are simply **that which is aware of the feeling**.

And that's how we unhook the third of the three hooks.

The Volume Knob is just one out of many tools, an easy one to get the hang of quickly.

The Missing Key?

Over the next several years, my practice of releasing emotions became one of the primary tools that helped me navigate through life.

For long stretches of time, it allowed me to settle into an easy rhythm where everything I needed was provided to me just as I needed it.

I felt supported, opportunities came my way, and I was able to do some pretty cool things.

Together with my business partner, we built an online marketing agency to the six figures per year mark.

I created a brand new social circle and made life-long friends.

I developed an interest in house music and started DJing.

“Happy coincidences” became a defining mark of my life.

To give you one example, in late 2018 my then-girlfriend and I decided to move in together to have some more space.

We found a condo where the rent was double that of my previous rent. It was a newly-renovated duplex on the top floor, in one of the most expensive parts of Bangkok.

I would have been unable to pay it by myself, but since we were going to split it, my share of the rent remained the same as it had been before. No problemo.

Three months later we broke up. And my name was on the contract, so I was left with having to pay the whole rent by myself.

After the first month on my own, I was nearly wiped out. What I had left in my account wouldn't last me until the end of the month, and the next month I would have to pay another month's rent.

Basically, I was screwed.

That familiar feeling of panic came back in full force like a horrible clump of dread and despair centered in the pit of my stomach. I had no idea where the money was going to come from.

I had a decision to make:

I could either give up and move to a cheaper place...

OR I could make more money.

I had no idea how I would do it, but I simply decided I would make more money.

Fortunately, by this time I was quite skilled at the whole "Letting Go" thing.

Unlike the time I was just staring into the water, this time I knew what I was doing.

I laid down on my bed, closed my eyes, and focused inside.

I identified the root of my fear and feelings of lack...

I deconstructed the fantasy-world I had created of an unsafe future...

And **I let it go.**

Three days later, I reconnected with an old client I'd worked with in the past.

He told me his company needed someone to help them write sales presentations on an ongoing basis.

Since I'd worked with them before, it was a perfect fit. And they agreed on a fee of \$5,000 per month.

This was just enough to help me pay my increased rent every month, plus have a fair bit left over.

In August of 2019, I decided to head back to Sweden to spend a few months with my family.

Because I didn't want to keep paying the rent while I was gone, I told my landlord that I would move out on July 31.

One week before my move-out date, my client calls to let me know that the company is changing their strategy, and they no longer need my services.

Remember how I told you everything I needed was provided just as I needed it?

This story is a perfect example.

I increased my income for the exact duration of time that I needed the increased income.

When I no longer need the extra money, that income source disappeared.

And as amazing as this story may sound, it also represented a problem.

I always got just what I needed... exactly when I needed it... but never *more*.

As much as my releasing practice had enabled me to live a great life, I realized that it wasn't a magic pill.

I felt like my whole life was going in circles.

I had a nagging feeling that I was missing something.

This brings me to the next principle.

PRINCIPLE #5: The Principle Of Neurological Imprinting

I returned to Sweden in August 2019, and I was determined to find answers.

I dove back into books and courses. I even flew to the US for a weekend to attend a high level business mastermind meeting with many 7- and 8-figure entrepreneurs.

I studied many diverse fields ranging from sales and marketing, to spirituality, philosophy, metaphysics, and psychology.

The answer came to me, surprisingly, when I was reading about neuroscience.

Let me break it down:

How your personality is
hardwired into your brain

When you experience an event that makes you feel angry, that naturally leads to more angry thoughts.

We think the way we feel.

And those thoughts of anger make us feel more feelings of anger.

We feel the way we think.

Your feelings then inform your decisions.

So because we keep thinking and feeling the same way, which leads us to make the same choices, which lead to the same behaviors, which create the same experiences...

... which in turn, create those same feelings, which again influence your thoughts... and so on.

On a neurological level, as we are having these thoughts, neurons are organizing themselves into networks.

And then another part of the brain generates a chemical that we experience as an emotion.

In neuroscience, they tell us that “neurons that fire together, wire together.” This means that, over time, our thoughts and emotions create hardwired circuits in our brains that become automatic, unconscious processes.

Round and round this loop we go, until those thoughts and emotions have become a hardwired set of personality traits.

By the time you are middle aged, **95% of who you are** is a set of automatic emotional reactions, unconscious beliefs, and hardwired attitudes.

This was the first key that helped me break out of my cycle of “stuckness.”

No matter how much I kept releasing and letting go, I kept falling back into old hardwired programming and limiting beliefs.

Bad habits, self-sabotage and procrastination ruled my days, and I couldn't seem to find my way out.

Let's go a little bit deeper:

If our existing personality is the result of thoughts and feelings that have been hardwired into our neurocircuitry...

Is it then possible to start thinking about the NEW thoughts, feelings, behaviors and beliefs that we DO want to wire into our brains...

... And tell ourselves a NEW story of who we want to be?

The answer is yes.

This brings me to the next principle:

Principle #6: The Principle Of Mental Rehearsal

Letting go will help you release all these old emotional patterns of thinking and feeling.

So what's missing?

We need to install NEW patterns of thinking and feeling to become the person we want to be, make the decisions we want to make, adopt the behaviors we want to embody, and ultimately create the life we want.

The key to help us do this is the fact that your brain does not know the difference between “real life” and imagination.

Brain scans have shown that when people review negative events in their minds, their brain actually gets worse, and they drive themselves further and further out of balance.

Why?

Because when you review a negative event in your mind, your brain produces the **same chemistry** in the brain and body *as if the event was still happening*.

Now your body believes that it is living in the past experience 24/7.

This is one of the main reasons why most people never truly relax, never truly feel safe.

You can even test this out for yourself:

Imagine yourself standing in front of a cutting board...

On the cutting board is a bright yellow, ripe and juicy lemon...

Imagine yourself picking up a knife and cutting into the lemon. See the juice squirting out from around the knife's edge....

Then, pick up the lemon and take a big bite... feeling your teeth dig into the sour, juicy flesh...

Did your mouth start watering just by reading that?

Mine did, just from writing it.

Can't help it.

Even though there's no real lemon, **your brain can't tell the difference**.

So what does that mean for us?

When you mentally rehearse being the person you want to be and living the life you want to live, it starts to **change the brain** to look like you already did it.

You are now installing new neurological hardware in preparation for a new future.

So how can we use this principle to start creating the life we want?

EXERCISE: THE PERFECT DAY

The Perfect Day is the best way I know to create a vision for your life.

Here is how you do it:

Get a pen and a piece of paper, and answer this question...

"What would an average day look like in my ultimate life -- from the moment I wake up, to the moment I go to bed?"

- What's the first thing you think about when you open your eyes in the morning?
- What does your bedroom look like? The rest of your home?
- Where do you live?
- What do you have for breakfast?
- How do you spend your time during the day?
- Who do you spend it with?
- Do you exercise? What does that look like? How does it feel?
- How do you feel about yourself, about your body, about your life?
- What is your workday like?

- What do you do for fun? To relax?
- What is your social life like?
- What's the last thing you think about before you go to bed?
- **What is the life you want... and how does it feel to live that life?**

Note that it doesn't have to make logical sense. If you want to have breakfast in Bangkok and go for lunch in Montreal, that's fine.

Just include all the aspects of life that you want to experience.

After I wrote my first Perfect Day, I noticed that some of the things I'd written down came into my life easily and almost miraculously.

And other things didn't. No matter how hard I tried.

Near the end of this doc, I will tell you why this happened, and how I fixed it.

For now let's move on to...

PRINCIPLE #7: The Principle Of Continuous Reinforcement

Some people scoff when they hear ideas like "your thoughts and emotions create your reality."

I used to have doubts myself, but I always suspected that there was something to this idea.

If you're still with me this far, you've probably had similar suspicions yourself.

For me personally, the events detailed in this document have proven this to be true beyond a shadow of a doubt.

In fact, these stories are just the tip of the iceberg. Just about every single day I experience something that is too much of a "coincidence" to be a coincidence.

What I call the Principle Of Continuous Reinforcement is one of the key ideas that have helped me understand how this stuff really works.

Here's the deal:

Everything you experience, you experience in the **present moment**.

If you're thinking about something that happened in the past, you're thinking about it in the **present moment**.

If you're thinking about something that might happen in the future, you're thinking about that in the **present moment**.

There is no past or future except in your mind...

And yet, we are always trying to change the past and control the future.

There's no future to control. All of our power rests in this moment *only*.

From this we can draw one simple conclusion:

The present moment keeps reinforcing itself

If you are currently feeling like you desperately need more money -- *the present moment will only keep reinforcing itself.*

Your state of lack will only keep reinforcing itself.

If you are currently feeling desperately lonely, wishing you didn't have to sleep alone at night -- *the present moment will only keep reinforcing itself.*

If you are sick and tired of your excess weight, feeling disgusted with your body every time you look in the mirror -- *the present moment will only keep reinforcing itself.*

On the other hand...

If you can allow yourself to feel abundant and free, grateful for the money that you do have now (even if it's not as much as you'd like) -- *the present moment will only keep reinforcing itself.*

If you can allow yourself to feel whole and complete as you are, loving your own company -- *the present moment will only keep reinforcing itself.*

If you can allow yourself to love your body as it is, celebrating yourself when you look in the mirror -- *the present moment will only keep reinforcing itself.*

YOU have to go first

You can't wait for the outside world to change in order for your feelings to change on the inside.

"If I could finally make some more money... find the love of my life... lose some weight... THEN I can be happy..."

It doesn't work that way.

There is no THEN.

There is only NOW.

Everybody always wants to "get to the future" where things are somehow better.

But that's impossible.

Instead, what you want to do is to **hold your vision for your life in mind**, *feel what it would feel like to live that life*, and allow the future to come to you.

This is why the Perfect Day is so valuable.

You can sculpt your vision for the life you want to live, who you want to be, how you want to feel, and **live that vision now**.

And the present moment will only keep reinforcing itself.

PRINCIPLE #8: The Principle Of Daily Practice

I started putting all these ideas together while I was in Sweden in August 2019 -- nearly two years ago to the day as I am writing this now.

After I'd figured out what I just told you about "mental rehearsal," a thought struck me:

"Okay, well... I already have an amazing method to release negative beliefs and emotions on the spot..."

"And I already know that a practice of letting go generates a ton of energy and raises my emotional state..."

*"Would it be possible to combine these two ideas... so I could elevate my emotional state daily, then **focus that energy toward a vision for my life?**"*

When a commercial airliner is on its way to its destination, it is mostly navigating by its autopilot function.

Between take-off and landing, the plane is off course 99% of the time.

As it flies through the air, the system makes constant micro-adjustments to redirect itself back on course -- and stay in alignment with its destination.

My idea was similar:

With your Perfect Day, you have a crystal clear vision for the life you want to create. Your destination.

All your daily worries, problems and frustrations are the inner blocks that constantly try to **push you off course**.

Further, these daily problems also push your nervous system into a state of survival, which wreaks havoc on your body from the inside, while clogging up your natural creativity, inspiration and powers of intuition.

*“What if we began a daily practice of **raising our energy** by **letting go of emotional blocks**, then purposefully **realigning ourselves with our ideal future**?”*

I immediately felt like I was on to something significant.

It took me another few months to realize just how significant...

The **Daily Alignment Practice** was born

Here's how it works:

Get out a pen and a piece of paper. At the top, write today's date.

Below, write

#1. Problems

A problem is usually a memory from the past that we are wanting to change.

Simply write down everything that's bothering you in this moment.

As you're writing, use the letting go process to "unhook" your emotional attachment to each item...

... and notice yourself feeling freer and lighter as you go along.

(Inside the Daily Alignment Toolbox we go deep into many different modalities of letting go, so you can master this technique and do it any time, anywhere, on the spot.)

Next, write:

#2. Desires

Just like a "problem," a desire is **also something you are wanting to change**.

Where a problem is something you want to change in the past, a desire is usually an aspect of the future that you want to control.

Problems & Desires are two sides of the same coin.

Both are places where you are "leaking" emotional energy.

Here, you ask yourself "What do I want in this moment?"

You write it down, and you let go of your emotional attachments using the same process.

#3. Appreciation

When you let go of wanting to change the past and controlling the future (problems and desires)... you are usually left with **wanting what you have already**.

That is a state of gratitude.

Once you've made it through step 1 and 2, you should already feel much lighter, more energetic and expansive.

In step 3, we want to elevate our emotional state even further by specifically focusing in on **the energy of gratitude**.

Write down what you are thankful for in this moment.

#4. Vision

Once we've cleared out our internal mental and emotional blocks, reclaimed our energy and elevated our emotional state...

We have essentially created **energetic leverage**.

Using your raised emotional state, we now focus in on a powerful vision for your future -- your Perfect Day.

From your elevated emotional state, reading your Perfect Day to yourself will super-charge your energy and put you in a powerful flow-state that's perfect for tackling the rest of your day with ease.

My First Perfect Day

After I'd come up with a very loose outline of the Daily Alignment Practice, detailed above, I decided to try it out.

I wrote my first Perfect Day.

The first thing that showed up was the house I live in now.

Because I'd canceled my contract on my condo, I knew I didn't have a place to stay when I returned to Bangkok.

I'd recently been to a friend's townhouse, and I'd realized you could get a lot more value out of a townhouse compared to a condo. Much more space, more freedom, more privacy, etc.

There were two people sharing that townhouse, and I thought it was a really cool place.

So I wrote down, as an experiment, that I wanted to live in a townhouse.

Then, I started putting the Daily Alignment Practice to work.

At first, I just noticed how GOOD I felt from doing it...

Layering the emotional releasing, the gratitude practice, and the Perfect Day, I noticed how the effects compounded and made me feel fantastic.

I felt ALIVE - charged up like a battery.

And each day, I felt better and better. Like I was gathering momentum somehow. Picking up steam.

About 2 weeks into it, the owner of that same townhouse hit me up.

"Hey man... so... my roommate is moving in with his girlfriend, and I'm gonna need someone to take his room..."

"Are you interested?"

Um. OK... so **two weeks** after I wrote down that I want to live in a townhouse, the only person I know who lives in a townhouse asks me if I want to move in.

** insert brain-explosion emoji **

I wasn't quite sure what to make of it.

Mainly, I wasn't sure I wanted to live with a roommate. I usually prefer to live by myself...

But the timing and specificity was uncanny.

I told him I was interested but that I'd need to think about it.

About a month later he hit me up again:

"Hey man, I'm still looking for someone to take the room. I'm gonna need someone in there by November at the latest... Are you still interested?"

"The room will be free on October 21."

What I hadn't told him was that my return ticket to Thailand was booked for October 21.

** insert brain-explosion emoji x 10 **

So the room became available on the exact same day I landed back in Thailand.

I thought *"Fuck it, seems like the Universe wants me to move in to this place."*

And I went for it. It turned out to be a great decision, and I still live there now.

0 to 500

The second thing that started showing up was opportunities in my DJ career.

I'd always had a deep passion for music, but I was never any good at playing instruments or singing.

When I discovered DJing, it was the first time I'd found a way to express myself through music in a way that made sense to the way my brain worked.

At that point I was still largely a “nobody.”

Most of my gigs had been opening sets playing for maybe 5-20 people on average -- early in the night before anybody really showed up.

So I wrote down that I wanted to perform at not one, but two festivals.

At the time I felt that this was pretty unlikely to happen, but the intent and desire was there.

4 months later I played my first festival gig, at Wonderfruit 2019. This festival is sometimes referred to as “The Burning Man of Asia.”

And it was my first experience building up a crowd by myself.

When I started, there were maybe 5 people in the audience.

90 minutes later, about 500.

It put my name on the map in the local scene.

The festival stage was organized by one of the best nightclubs in Bangkok, called Sing Sing Theater.

As soon as I stepped out of the DJ booth, the manager of the club stepped up to me and said in a thick french accent:



“Linus, your set was amazing... Would you like to open for Technasia on Wednesday?”

So not only had I just played the set of my life, I was now set for my first time supporting a major international artist.

A few weeks later, in early January, this poll was posted online in a local Facebook group -- see image on the right.

My DJ career was taking off rapidly.

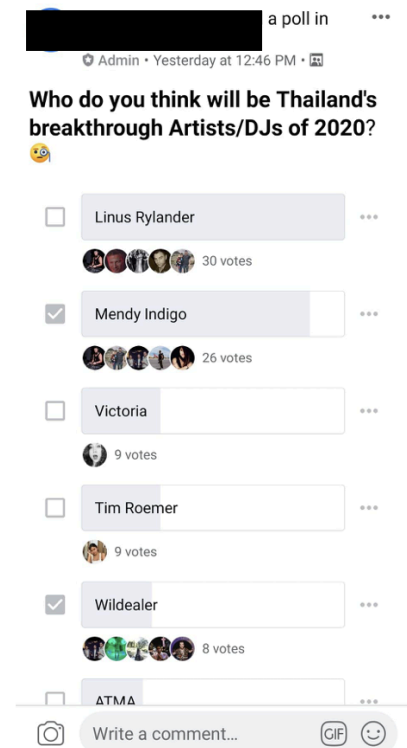
Festival #2 came less than 3 months after. I got booked to play the main set for the afterparty at Kolour In The Park 2020.

This one had a special meaning to me, since Kolour In The Park was the first festival I'd attended as a guest that made me fall in love with the scene.

Since my first day of DJing, my “dream gig” had always been to perform at Kolour In The Park, the afterparty in particular.

With that done, I had now accomplished everything I had ever hoped to accomplish as a DJ, in a much shorter time than I had thought possible.

Fast forward to today, I'm now part of the Grow Room collective that is spearheading the growth of the local nightlife scene, throwing arguably the highest quality nightclub events in the city.



Putting my experience of running a marketing agency to use, I've also helped build our brand Disco Diaries to the #1 house & disco event in Bangkok.

Since then, I've updated my Perfect Day several times, as things I'd written had happened already.

I could go on.

Clients and business opportunities have come my way with greater ease than ever.

Recently, a \$78k/year consulting contract opened up for me, which I closed in about 10 minutes of work.

My personal and social life have also undergone massive and radical transformations.

Everything started shifting within 3 months of putting the Daily Alignment Practice to work.

The 14-Day Phenomenon

One of the craziest things I've noticed from doing the Daily Alignment Practice, is that every time I do it daily for 2 weeks or longer...

I wake up in a super-high state of energy. I don't know how else to describe it. I bounce out of bed and I feel like I'm vibrating.

Then, without any effort, I maintain that state the whole day.

On top of that, it really feels like God, the Universe, or whatever-you-wanna-call-it, has my back. I have wind in my sails, so to speak.

Little coincidences and synchronicities are the norm...

Clients and prospects randomly reach out to me asking if I have any availability for projects...

Problems I've been trying to solve for weeks somehow get easily resolved...

I feel naturally inspired, without any resistance or creative blocks...

I easily find the motivation to work out, which normally requires a lot of mental effort for me...

Everything I need magically shows up in my life just as I need it.

I get what I want before I even know I want it.

Things fall into place effortlessly.

It's like everything just... **works**.

This state of being is the goal of The Daily Alignment practice.

And it always happens after about 2 weeks of consistent daily execution of the DAP.

Then... you just have to ride the momentum.

Would you like to join me for the ride?

If you'd like to put these 8 principles to work in your own life, there is one more thing I'd like to tell you.

In the past 2 years of developing and refining the Daily Alignment Practice, I have discovered that there are three major areas where you may get tripped up.

3 Reasons You Might Fail

The first area that some people struggle with is the “letting go” process itself.

Letting go of emotions requires a certain amount of **skill development**.

That comes with good news and bad news.

The bad news?

It might be a little challenging in the beginning.

If you attempt to carve a statue out of a big block of marble...

... hitting that block with a chisel 1 or 2 times will not really get you anywhere.

As you pay attention to your emotions and attempt to do the releasing process, you may feel like it's not working... or you're not sure what's happening.

That's NORMAL.

As you keep chipping away... it'll start to look more and more like a statue.

Which brings me to the good news:

Since letting go IS a skill - it means anyone can learn it and get better at it.

The more you do it, the better you will get at it.

I've been doing it almost daily for about 6 years. This builds up a tremendous amount of self-awareness and emotional control.

I've also discovered many modalities of releasing emotions - lots of ways to do it.

In this document I've only given you one of them (the Volume Knob) and explained the underlying mechanisms (Resistance, Control, Identification).

This is enough for you to start experimenting for yourself.

But we are really only scratching the surface.

The fastest and easiest way to get good at releasing is to do it with someone else.

Having someone else guide you through it makes it much easier to keep track of your emotions, since you don't have to focus on the releasing questions (logic) and your feelings (awareness) at the same time.

If you'd like to do this work with me, I can help you quickly see where you get stuck, and guide you through the releasing process.

The second place you might get stuck is

Switching Train Tracks

Since I wrote my first Perfect Day... MANY things from it have almost miraculously materialized in my life.

It's one of the coolest feelings ever: writing stuff down... and then it shows up in your life almost automatically.

Doing this, over and over again, has completely erased any doubt in my mind about whether thoughts and feelings affect reality.

In fact, it's convinced me that we are actually creating our own realities 100% of the time, whether we are aware of it or not.

Further, and this might be a stretch for some, *everything* you have ever experienced in your life, you have indeed created.

That's why learning these processes and putting them to work in your life is so important.

If we're constantly creating our own personal universe, your experience of life gets dramatically better once you start understanding the underlying mechanisms.

And you can start CHOOSING the life you want.

Look at it this way:

Imagine you are standing on a train track.

It stretches out in a straight line in front of you all the way to the horizon.

This represents the future you are currently headed toward.

The set of train tracks you are currently on is determined by your current makeup of thoughts, emotions, beliefs and expectations.

Most people think of “the law of attraction” or “manifesting your desires” as some kind of magic trick where you “make a wish and get it.”

In my experience, it’s more like **switching train tracks**.

Because, you see, there isn’t just ONE set of train tracks.

There are a thousand *potential* train tracks beneath your feet, stretching out all around you, in all directions, representing an infinite selection of *probable futures*.

By letting go of your mental and emotional blocks...

... and painting a new vision for the future...

... we begin the process of switching tracks...

... and **ALIGNING with a new future**.

And this is exactly what the Daily *Alignment* Practice is designed to do. :-)

Why It Sometimes Doesn’t Work

As much as many things from that first Perfect Day *did* show up in my life...

There were still LOTS of things that didn't.

And this bothered me for a loooong time.

“Why can I create some things, but not others...

... no matter how much I work on it?”

It dawned on me that I hadn't fully investigated all my desires that I had written down.

So I looked at the things I wrote in my Perfect Day and I asked myself...

“Why is this important to me?”

And when I dug beneath the surface, I saw that with all the things I'd written... I was either wanting to move...

TOWARD something new...

... or AWAY from something else

I did this process with my mom not long ago.

She had recently started a new entrepreneurial venture and she was telling me about her income goals.

I asked her, “Mom, *why is it important for you to make that much money?*”

She said, “Well... *so I can have freedom to do all the things I want.*”

“Okay... why is having freedom important to you?”

“So I can feel safe.”

“Why is it important to feel safe?”

“So I don’t have to be afraid.”

Ahhhhh...

So on a surface level, it would seem as if her income goal was something she wanted to move toward...

But when you dig beneath the surface, this goal was really about something she wanted to move away from (being afraid and worrying about money).

Once she let go of that underlying fear, just over \$20k in new client projects rolled into my parents’ business within 3 or 4 days.

Within 7 days, she went from worrying about having enough to pay an upcoming tax bill... to worrying about finding time to fulfill all those client projects.

It’s always good to upgrade your problems. :-)

True Desires vs Fears In Disguise

My prediction:

If your goal is a “moving away from” goal... you will NEVER achieve it.

Why?

Because these goals are really “fears in disguise.”

For example, if you want to make more money because you hate worrying about money...

Then every time you try to make more money, you will be subconsciously focused on **what you don’t want**.

And the present moment just keeps reinforcing itself. (See principle #7)

And even if you do achieve these goals, they will not be satisfying, and the underlying fear will just manifest itself again in a new fear-based goal.

This is exactly what I noticed when I examined my Perfect Day.

ALL of the stuff that hadn't happened?

They were all “moving away” from stuff. *Fears in disguise.*

And the stuff that DID happen?

They were ALL “toward” goals... or what I call “**True Desires.**”

These are goals that, all the way beneath the surface, are rooted in gratitude rather than fear.

(Wow it took me a lot longer to explain that than I thought... In case you forgot, we are still on Reason #2 of the 3 reasons you might fail - LOL.)

Anyway, if you want your Perfect Day to work for you, you have to make sure that everything on it is TOWARD-oriented.

And everything that *isn't*?

Those things are the exact things that are blocking you from achieving everything you ever wanted.

You have to trace them back to their roots... and LET THEM GO.

If you decide you'd like to explore this deeper with me, the first thing we are going to do is get on a call and find out exactly what your True Desires and Fears In Disguise are.

This will give us a foundation for all other work.

Your True Desires give you a template to construct your Perfect Day from.

And your Fears In Disguise are a map of all the internal blocks that we need to let go of.

And that gives you a pretty good start for where to begin your own Daily Alignment Practice.

Okay, I am FINALLY at...

Reason #3!

The third reason is very simple, and may be the most important:

Consistency.

Remember how I told you it always seems like magic starts happening at the 14-day mark?

It's important you do this practice consistently.

It's called the Daily Alignment Practice for a reason.

I hate to admit it, but I've "fallen off the wagon" multiple times in the past few years.

There's been periods of several months where I've slacked off and neglected my practice.

We all have bad days, and some days we "just don't feel like it."

These are the days when it's *especially* important to do your practice.

The fact that you "don't feel like it" means that there is an accumulation of negative emotion that is building up.

Notice also that it's **not** called "The Daily Alignment Habit."

A habit is something you do automatically without thinking about it, like brushing your teeth.

A practice is something you do consciously and with intention.

It is a practice of CHOOSING who you want to be, and how you want to show up in the world, every single day.

This requires some discipline.

That's why in my work with my clients, there is a simple accountability check.

I check in with you every day to see if you've done your work.

If you haven't, or there's some emotional resistance that's stopped you from doing it, we deal with it on the spot.

So even if you don't choose to work with me, if you are serious about this, then I recommend you find an accountability partner that checks in with you every day.

That way you can make sure you maintain the momentum.

And everything will start falling into place MUCH faster for you.

When you hire a personal trainer to get in shape, the value of that is not so much to get someone to tell you what exercises to do.

You probably already know what to do.

The value is in having someone that waits for you at the gym at 7 AM every morning and expects you to be there.

It's a simple mechanism that keeps you on track with your goals.

Here Is What To Do Next

If you are still reading, congrats.

You've shown a commitment to your own growth beyond what most people ever achieve.

I've done my best to explain the Daily Alignment Practice, and all the principles that make it work.

But we have only scratched the surface.

If you would like to go deeper, I'd like to invite you to a free 1-on-1 session where we begin to integrate these principles into your daily experience.

If you are ready to accelerate the MOMENTUM in your life, and replicate the experience I had when I first started putting the Daily Alignment Practice to work, this will be a game changer for you.

⇒ [Click here to schedule your free session](#)

There are also several free resources, guided meditations, and tools available on my website below:

⇒ [MANIFEST MOMENTUM](#)

Thank you so much for reading.

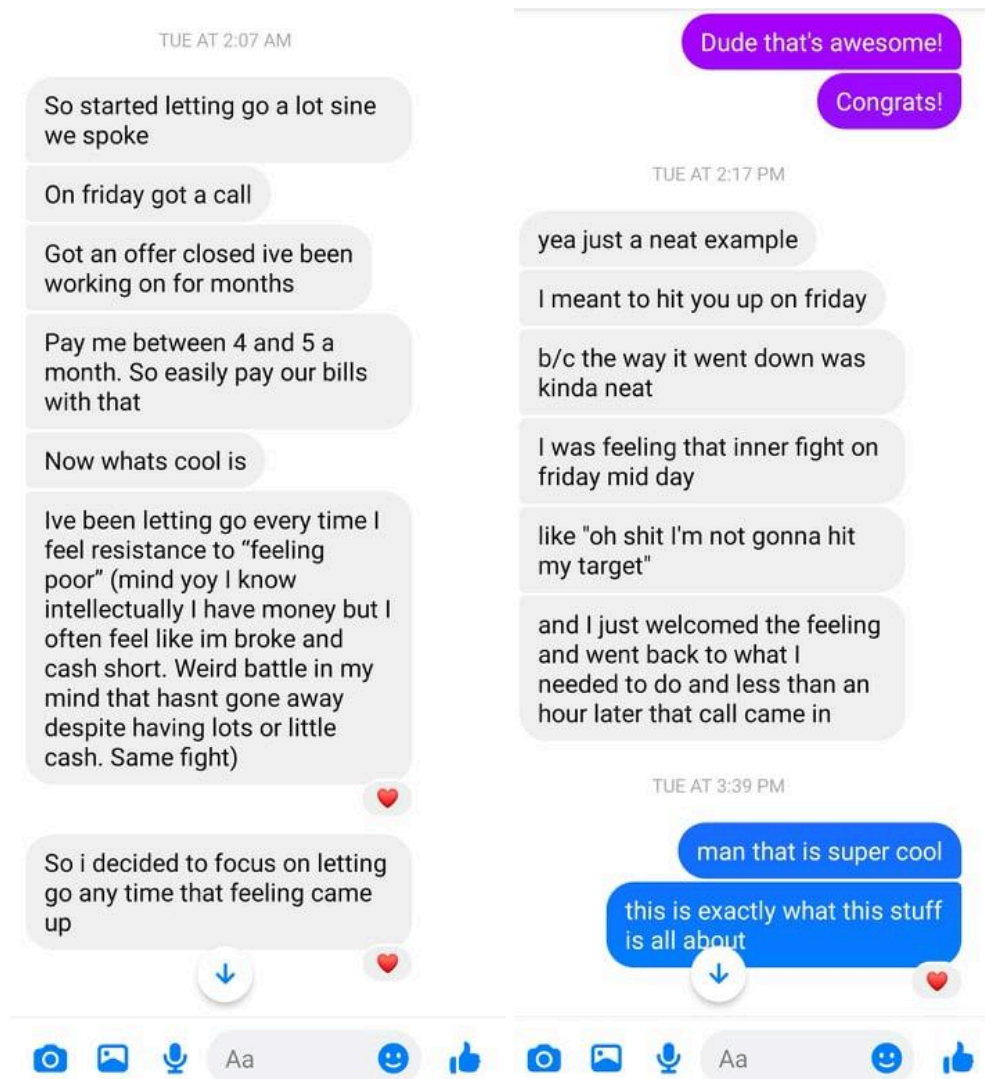
I am excited for the journey ahead.

There are good things coming for you.

Stay gangster,

- Linus

P.S. Yesterday morning as I was just finishing up this document, a message came in from one of my entrepreneur friends who I just did a session with last week.



Hey seems like this stuff actually works. Who would've thought?