

THE SPIRITUAL ARTIST

Alignment

The horizontal Alignment axis represents our emotional, physical, and spiritual alignment within the dimension of time. It reflects how we show up in the present moment, influenced by past experiences and future expectations. On the far left are states of inaction—depression, withdrawal, or emotional collapse—often linked to rumination of the past. On the far right are states of overexertion—striving, forcing, or anticipating—driven by anxiety for a specific future. Both ends pull us away from presence. In the center, however, we find balance. This is the still point, the place of love, gratitude, and grounded presence. Here, the body, emotions, and spirit are aligned.



Depression	Criticism	Resistance	Gratitude & Love	Expectation	Forcing	Anger
Unfocused	Apathy	Focus on Past	Presence	Focus on Future	Guarded	i Focused
Self Criticism	Detachment	Ego Control	Intuition	Impulsive	Manipulating	Revenge
Victim Mentality	Doubt	Friction	Flow	Judgment	Deceptive	Shut Down
Apathy	Overwhelm	Pessimism	Intentional Attention	Attachment	Discouraged	Denial
Insecurity	Jealousy	Blame	Trust	Impatience	Frustration	Hatred
			Joy/Peace			
			Align. Intend. Listen.			

Think of the brush as a radio dial. Everyone slides back and forth on this scale continuously throughout the day, but a Spiritual Artist attempts to stay in the middle zone; a place of gratitude, love and presence.