

Self-Alignment

A Seven Day Experiential Journey

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Table of Contents

The Law of AMRA.....	3
Introduction.....	4
Self-Alignment.....	4
Disclaimer.....	5
The 7 Day Structure and Communication.....	6
7 Days.....	6
The Communication Cycle.....	6
Before Embarking upon your Inner Journey.....	7
Recommended Guidelines.....	8
Sun Day (day 1).....	10
The Projector.....	10
Further Exercises for Sun Day.....	10
Moon Day (day 2).....	11
The Project.....	11
The Purpose.....	12
Further Exercises for Moon Day.....	12
Mars Day (day 3).....	13
The World Around.....	13
Help and Hinder – Who?.....	13
Help and Hinder – Where?.....	13
Help and Hinder – What?.....	14
Further Exercises for Mars Day.....	14
And What Is Around That?.....	14
Mercury Day (day 4).....	15
History of the Projector.....	15
History of the Project.....	16
History of the Purpose.....	17
Further Exercises for Mercury Day.....	18
Protect and Destroy.....	18
Jupiter Day (day 5).....	19
Force Majeure.....	19
Internal Influences.....	19
External Influences.....	19
Body Emanations.....	20
Emanations from your Body.....	20
Body Attractions.....	21
Attractions towards your Body.....	21
Project Emanations.....	22
Emanations from your Project.....	22
Project Attractions.....	23
Attractions towards your Project.....	23
Further Exercises for Jupiter Day.....	23
Venus Day (day 6).....	24
Re-Connection.....	24
Re-Projection.....	25

Further Exercises for Venus Day.....25

Saturn Day (day 7).....26

 The Project’s Outer Limits.....26

 The Projector’s Outer Limits.....27

 Action Plan.....28

 Further Exercises for Saturn Day.....28

End Notes.....29

 What happens now?.....29

The Law of AMRA

All the materials and information that constitute this e-book, my contributions to The Powers of Six and my development of Self-Alignment, have been created and developed with the sole purpose of aiding and assisting humanity to heal and better itself.

All of these tasks have been carried out with unselfishness and with no intention of receiving any remuneration in exchange. If however you have benefited from these sources and would like to express your gratitude for the benefits received. I would like to offer you a means to do so through the ancient Rosicrucian tradition of 'The Law of AMRA'.

The Law of AMRA is an ancient law, dating back to the Egyptian mystery schools. The following extracts are taken from the AMORC (Ancient and Mystical Order of Rosea Crucis) booklet, "Liber 888, The Council of Solace" to aid in defining this ancient law and its application.

"...The law simply consists of expressing gratitude, in one way or another, for any benefits one has received, with it being understood that such benefits do not necessarily correspond to material or financial gain..."

"...we must emphasize that it is never an obligation. This means that this law must be employed through one's own free will, without the least mental reservation..."

"...this law can be applied by helping persons in need or by taking time to comfort those who are suffering, by making an effort to improve our relationships and in general to better our environment by using our talents and abilities..."

"...If you choose to apply the law of AMRA by means of money, you can do so by making a gift either to one or more persons who you deem are in need; or to a humanitarian organization which will then use it in a positive way..."

However, if you do wish to donate directly towards the continuation of this work and aid in the ongoing costs of maintaining and developing The Powers of Six, Self-Alignment websites and materials. These donations are gratefully received via PayPal using the email address:

donate@self-alignment.com

May your inner truth assist you on all levels and guide you upon your path of happiness.

With best wishes for Peace Profound and in Love and Light,

Matthew Hudson

Introduction

Self-Alignment

Self-Alignment was born in France 2007, when I first modelled David Grove's Emergent Knowledge processes, I observed him using processes that pulled back time and explored the spaces around and in between, where clients physically laid out their mental constructs.

It was here that the beginnings of the Self-Alignment process were formed. From its conception then in the autumn of 2007 to date, I have continued to revise and develop this process many times to be able to present it to you now, in its current form.

To be able to do this I have some people to thank:

David Grove

Caitlin Walker who set me on this path of Emergence with David

The Self-Alignment Research Groups

My private clients

Steven Saunders who guided me towards a deeper and simpler understanding of the underlying structure of Emergent Knowledge; our 7 day week

My loving partner Dawn and the brightest, loving lights in my life my children, Harvey and Maya.

IMPORTANT NOTE: This is version 1.5 of this e-book, please check www.self-alignment.com for the latest version and for the online [wiki site](#) which is updated regularly and for online discussion.

Disclaimer

This material is presented as a set of processes based on a collection of ideas and thoughts as to how we, the human race, think and develop. Through this knowledge it is considered that we may be able to personally resolve our inner and outer problems.

I offer no claims of mental or physical resolution through the application of this information.

If you are currently suffering from some emotional or physical issue, it is essential that you consult a medical professional with respect to your problem before progressing with any self directed treatment.

This body of work is to be acted upon and completed entirely at your own consent, be aware that as you will be processing yourself during it you may experience negative as well as positive emotions.

If you do personally consent to following these processes, you are 100% responsible and should be emotionally and spiritually strong enough to confront any potential issues that may arise. If at any time you do feel overcome, stop the process, focus on positive and happy areas of your life until you feel better and more well equipped to continue.

The 7 Day Structure and Communication

7 Days

The ancient 7 day structure which the Self-Alignment process has now been integrated into; is a cultural pattern that most of us on this planet have been indoctrinated into. Please note however, that I will not be discussing it in any further detail here, other than the larger scope view of the process and its mapping to the 7 day structure:-

- Sun day** – The projector (the self)
- Moon day** – The project (the reflected self) and the purpose (hidden energy)
- Mars day** – The world around (the battle ground)
- Mercury day** – The histories of the projector, purpose and the project (the hunt)
- Jupiter day** – Force majeure plus emanations and attractions (truth and action)
- Venus day** – Re-connection and re-projection (birth and manifestation)
- Saturn day** – The outer limits and action plan (rest and contemplation)

The Communication Cycle

Another pattern has emerged over the last 7 years, it is clearer and is something that we are all encompassed with: The Cycle of Communication.

A dictionary definition of communication is: 'The imparting or exchanging of information by speaking, writing, or using some other medium'.

It is this process that we are all involved in, in all areas of our lives – whether we are communicating to a friend with our voices, to our lover with our bodies, to ourselves with our thoughts, to the environment, to our own feelings (physical and emotional).

This process is broken down into the following parts:

idea → conveyance → reception → conversion → response → acknowledgement

These can be mapped directly onto the day structures above:

- Sun → Source → Projector → the idea itself
- Moon → Reflection → Project and Purpose → Transfer with Intention (conveyance)
- Mars → Reception → The World Around → Message is received by access point
- Mercury → Conversion → History and Hunt → Message creates an effect → Find its source
- Jupiter → Response → Force Majeure → The outflow / return from the discovery above
- Venus → Acknowledge → Re-Birth → The self is changed and affirms this
- Saturn → Rest → Pause → Observe → Attention

For more information on these structures please read the accompanying e-book 'Journeys with Emergent Knowledge', or check the wiki pages on www.self-alignment.com

Before Embarking upon your Inner Journey

First read and gain a good understanding of the information presented in the e-book 'Journeys with Emergent Knowledge'. The concepts presented in that material will provide you with additional navigational tools in which to aid you in your journey of self discovery.

Choose a full seven day week and somewhere that is just right for you, where you will be safe, secure and free from everyday distractions.

Your attention during these seven days will be focussed internally (especially in the first three days of this work) and the results obtained will depend upon your ability and commitment to search and meditate on your response to each question.

The term 'Project' is used throughout this process; it is presented as a nominalisation of the verb, meaning 'to project'. In the sense that it is something you are projecting from yourself, out into the world around you. It could be a goal, an ambition, a feeling or even aspects of your personality. It is anything that you are projecting or wish to project, and would like to explore in greater detail. Through this process, you will gain a deeper understanding of the projection and of yourself.

There is no specific end phenomenon; however you will know when you have reached it.

Please remember that this work is 'self-processing', I only offer you these tools to aid you in your own discovery, the journey is yours to discover. If you would prefer to be facilitated through a full seven day intensive journey, please email me and I will assist you in your request:

matthew@self-alignment.com

PLEASE NOTE: This body of work is not to be just read through and intellectualised. If that is done, you will receive little value from it. This is a journey into the self, and for that, it requires your full focus, time and attention – consider this to be like meditating upon each step.

Recommended Guidelines

1. Have all or some of the following materials ready and at hand during this process:
 - Paper of various sizes: A3 / A4 / A5 / Flip Chart
 - Post It™ notes – Various colours
 - Pencils / Crayons / Coloured Markers / Pens
 - Blue Tak™ or Poster Putty
 - A good dictionary
 - Scissors and Sellotape
 - Various colours of modelling clay and small pieces of paper/card for labels
2. Represent your answer to each question, through drawing/writing on a new sheet of paper, or add it to an existing sheet if more appropriate. Modelling clay is also found to be useful.
3. Once a question is answered fully, place the piece of paper somewhere in the space around you; in relation to you and everything else, being aware of how different spaces affect your psyche (if new information emerges during this action, add it to the paper).
4. Where 'x6' is shown next to a question, this means ask this question six times, therefore at least 6 sheets of paper are required, one for each iteration.
5. If all of the questions for that day have been answered and there is time to spare, use the spare time to move around the space you are creating, relax, give the space your attention and consider the information you are presenting to yourself, keep asking yourself "And is there anything else?" or "And what else could go on there?". If appropriate scan through the questions again, check to see if anything has been missed or if something new has emerged.
6. Spend some time modelling in clay your new ideas or a past situation.
7. **IMPORTANT:** Begin the next set of questions, the next day, after rest and contemplation.

And Now Beginning Your Journey...

Sun Day (day 1)

1.1 The Projector

To start create a representation of you using paper, modelled in clay or both.

Now begin answering the questions for this day. Remember this is a process requiring deep thought and consideration, do not rush any of this, ask yourself the question, wait for your body and mind to respond – put everything that emerges on the paper – all the words, pictures, thoughts and feelings etc. then wait for more – you can ask yourself “and is there anything else about that?” continue with this until you feel like you have fully and completely answered the question.

Once the answer to the question is fully complete, place the paper(s) etc. in space in relation to everything else, that is : all the other papers, models and yourself.

Then move on to the next question.

1. And what kind of you are you now?
2. And how old could you be now?
3. And what (else) do you know about you? x 6
4. And is there anything else about you? x 6
5. And what do you know now?

Further Exercises for Sun Day

For the rest of this day do things that relate to you, any information that emerges create new sheets of paper or add it to existing sheets where appropriate. Use the clay to give more form and physicality to your space and representations.

Become aware of where in space you receive your thoughts and feeling from. Map these out using the materials given.

Become aware of how you move your body, of the process you go through to initiate control of muscles and movement. Represent this using your materials.

Moon Day (day 2)

2.1 The Project

Create a representation of your project on paper

1. And what kind of project is this project?
2. And how old is this project?
3. Go through the following questions, moving yourself or the representation of your project, until you can consecutively answer 'yes' to all of them, make any adjustments to the representations of you or the project as necessary :-
 - Are you in the right space?
 - Is the project in the right space?
 - Are you at the right height?
 - Is the project at the right height?
 - Are you facing the right direction?
 - Is the project facing the right direction?
 - Are you at the right angle?
 - Is the project at the right angle?
 - Is that the right distance between you and the project?
4. And what (else) does this project know about you? x 6
5. And what (else) do you know about this project? x 6
6. And is there anything else about this project? x 6
7. And what do you know now?

day 2 continues ...

2.2 The Purpose

With your attention on the representation of your project.

1. And what is the purpose of this project?
2. And what kind of purpose is this purpose?
3. And how old could this purpose be?
4. And what (else) do you know about this purpose? x 6
5. And is there anything else about this purpose? x 6
6. And what do you know now?

Further Exercises for Moon Day

For the rest of this day do things that relate to your project and purpose, any information that emerges create new sheets of paper or add it to existing sheets where appropriate.

Mars Day (day 3)

The World Around

Whilst standing in a space that represents where you are now in relation to your project, observe the space that is in between yourself and the project.

3.1 Help and Hinder – Who?

1. And who (else) in that space helps your project? x 6
2. And what do you know now?
3. And who (else) in that space is helped by your project? x 6
4. And what do you know now?
5. And who (else) in that space hinders your project? x 6
6. And what do you know now?
7. And who (else) in that space is hindered by your project? x 6
8. And what do you know now?

3.2 Help and Hinder – Where?

1. And what (other) places in that space help your project? x 6
2. And what do you know now?
3. And what (other) places in that space are helped by your project? x 6
4. And what do you know now?
5. And what (other) places in that space hinder your project? x 6
6. And what do you know now?
7. And what (other) places in that space are hindered by your project? x 6
8. And what do you know now?

day 3 continues ...

3.3 Help and Hinder – What?

1. And what else in that space helps your project? x 6
2. And what do you know now?
3. And what else in that space is helped by your project? x 6
4. And what do you know now?
5. And what else in that space hinders your project? x 6
6. And what do you know now?
7. And what else in that space is hindered by your project? x 6
8. And what do you know now?

Further Exercises for Mars Day

For the rest of this day do things that relate to what is between you and your project, any information that emerges create new sheets of paper or add it to existing sheets where appropriate.

And What Is Around That?

Another process is to iteratively ask “And what is around that?” expanding out of the original concept. Do this at least six times on yourself, the project and around anything else your attention is drawn to. Note, that this question does not use the 'else' aspect, therefore when it is asked the 2nd and 3rd time etc. your attention will be on the new information that has just emerged.

Mercury Day (day 4)

4.1 History of the Projector

With your attention on The Projector (you)

1. And what kind of you were you before this you?
2. And how old could this you be?
3. And is there anything else about this you? x 6
4. And what do you know now?
5. And who was around this you
 - Who (else) helped this you? x 6
 - Who (else) did this you help? x 6
 - Who (else) hindered this you? x 6
 - Who (else) did this you hinder? X 6
6. And what places were around this you
 - What (other) place helped this you? x 6
 - What (other) place did this you help? x 6
 - What (other) place hindered this you? x 6
 - What (other) place did this you hinder? x 6
7. And what was around this you
 - What (else) helped this you? x 6
 - What (else) did this you help? x 6
 - What (else) hindered this you? x 6
 - What (else) did this you hinder? x 6
8. And what (other) memories are associated to this you? x 6
9. And what do you know now?

Repeat the above set of questions for each you that emerges, going back in time each time, until the 'pristine' self is reached.

10. And what do you know now? x 6

day 4 continues ...

4.2 History of the Project

With your attention on the Project

1. And what was the project before this project?
2. And what kind of project was this project?
3. And how old could this project be?
4. And who was involved in this project
 - Who (else) helped this project? x 6
 - Who (else) did this project help? x 6
 - Who (else) hindered this project? x 6
 - Who (else) did this project hinder? x 6
5. And what places were involved in this project
 - What (other) place helped this project? x 6
 - What (other) place did this project help? x 6
 - What (other) place hindered this project? x 6
 - What (other) place did this project hinder? x 6
6. And what was involved in this project
 - What (else) helped this project? x 6
 - What (else) did this project help? x 6
 - What (else) hindered this project? x 6
 - What (else) did this project hinder? X 6
7. And is there anything else about this project? x 6
8. And what do you know now?

Repeat the above for each project until you discover your first or 'pristine' project.

9. And what do you know now? x 6

day 4 continues ...

4.3 History of the Purpose

With your attention on the Purpose

1. And what was the purpose before this purpose?
2. And what kind of purpose was this purpose?
3. And how old could this purpose be?
4. And who was involved in this purpose
 - Who (else) helped this purpose? x 6
 - Who (else) did this purpose help? x 6
 - Who (else) hindered this purpose? x 6
 - Who (else) did this purpose hinder? x 6
5. And what places were involved in this purpose
 - What (other) place helped this purpose? x 6
 - What (other) place did this purpose help? x 6
 - What (other) place hindered this purpose? x 6
 - What (other) place did this purpose hinder? x 6
6. And what was involved in this purpose
 - What (else) helped this purpose? x 6
 - What (else) did this purpose help? x 6
 - What (else) hindered this purpose? x 6
 - What (else) did this purpose hinder? x 6
7. And is there anything else about this purpose? X 6
8. And what do you know now?

Repeat the above for each purpose until you discover your first purpose.

9. And what do you know now? x 6

day 4 continues ...

Further Exercises for Mercury Day

For the rest of this day do things that relate to the three pristine aspects you have discovered (self, project and purpose), any information that emerges create new sheets of paper or add it to existing sheets where appropriate.

Protect and Attack

Another set of attributes can explored for each historical item (self, project and purpose). For each item, ask:

Protect

- And who (else) protected that ___(self/project/purpose)? x 6
- And who (else) did that ___(self/project/purpose) protect? x 6
- And what (other) place protected that ___(self/project/purpose)? x 6
- And what (other) place did that ___(self/project/purpose) protect? x 6
- And what (else) protected that ___(self/project/purpose)? x 6
- And what (else) did that ___(self/project/purpose) protect? x 6

Attack

- And who (else) attacked that ___(self/project/purpose)? x 6
- And who (else) did that ___(self/project/purpose) attack? x 6
- And what (other) place attacked that ___(self/project/purpose)? x 6
- And what (other) place did that ___(self/project/purpose) attack? x 6
- And what (else) attacked that ___(self/project/purpose)? x 6
- And what (else) did that ___(self/project/purpose) attack? x 6

Jupiter Day (day 5)

5.1 Force Majeure - Influences

With your attention on the most recent Project

5.1.1 Internal Influences

1. And what (other) internal influences move you away from this project? x 6
2. And what do you know now?
3. And what (other) internal influences move you towards this project? x 6
4. And what do you know now?
5. And what (other) internal influences stop you moving away from this project? x 6
6. And what do you know now?
7. And what (other) internal influences stop you moving towards this project? x 6
8. And what do you know now?

5.1.2 External Influences

1. And what (other) external influences move you away from the project? x 6
2. And what do you know now?
3. And what (other) external influences move you towards the project? x 6
4. And what do you know now?
5. And what (other) external influences stop you moving away from the project? x 6
6. And what do you know now?
7. And what (other) external influences stop you moving towards the project? x 6
8. And what do you know now?

day 5 continues ...

5.2 Body Emanations

With your attention on your body.

5.2.1 Emanations from your Body

1. And what (else) emanates from your body to in front of you? x 6
2. And what do you know now?
3. And what (else) emanates from your body to behind you? x 6
4. And what do you know now?
5. And what (else) emanates from your body to the right of you? x 6
6. And what do you know now?
7. And what (else) emanates from your body to the left of you? x 6
8. And what do you know now?
9. And what (else) emanates from your body to above you? x 6
10. And what do you know now?
11. And what (else) emanates from your body to below you? x 6
12. And what do you know now?
13. And what (else) emanates from your body? x 6
14. And what do you know now?

day 5 continues ...

5.3 Body Attractions

With your attention on your body.

5.3.1 Attractions towards your Body

1. And what (else) are you attracting in to your body from the front of you? X 6
2. And what do you know now?
3. And what (else) are you attracting in to your body from the back you? X 6
4. And what do you know now?
5. And what (else) are you attracting in to your body from the right of you? X 6
6. And what do you know now?
7. And what (else) are you attracting in to your body from the left of you? X 6
8. And what do you know now?
9. And what (else) are you attracting in to your body from the top of you? X 6
10. And what do you know now?
11. And what (else) are you attracting in to your body from the base of you? x 6
12. And what do you know now?
13. And what (else) are you attracting in to your body? x 6
14. And what do you know now?

day 5 continues ...

5.4 Project Emanations

With your attention on your project.

5.4.1 Emanations from your Project

1. And what (else) emanates from your project to the front of it? x 6
2. And what do you know now?
3. And what (else) emanates from your project to behind it? x 6
4. And what do you know now?
5. And what (else) emanates from your project to the right of it? x 6
6. And what do you know now?
7. And what (else) emanates from your project to the left of it? x 6
8. And what do you know now?
9. And what (else) emanates from your project to above it? x 6
10. And what do you know now?
11. And what (else) emanates from your project to below it? x 6
12. And what do you know now?
13. And what (else) emanates from your project? x 6
14. And what do you know now?

day 5 continues ...

5.5 Project Attractions

With your attention on your project.

5.5.1 Attractions towards your Project

1. And what (else) is your project attracting in to the front of it? x 6
2. And what do you know now?
3. And what (else) is your project attracting in to the back of it? x 6
4. And what do you know now?
5. And what (else) is your project attracting in to the right of it? x 6
6. And what do you know now?
7. And what (else) is your project attracting in to the left of it? x 6
8. And what do you know now?
9. And what (else) is your project attracting in to the top of it? x 6
10. And what do you know now?
11. And what (else) is your project attracting in to the bottom of it? x 6
12. And what do you know now?
13. And what (else) is your project attracting in to it? x 6
14. And what do you know now?

Further Exercises for Jupiter Day

For the rest of this day do things that relate to the influences, emanations and attractors you have discovered, any information that emerges create new sheets of paper or add it to existing sheets where appropriate.

Venus Day (day 6)

6.1 Re-Connection

Place yourself in a space you would like to be in, in relationship to everything else. Make any adjustments to your papers that are necessary, their positions or content.

- And how does all of this change you?

Create a new representation of you on paper as you are now with this new knowledge.

- And what do you know now?

day 6 continues ...

6.2 Re-Projection

Place yourself in a space you would like to be in, in relationship to everything else. Make any adjustments to your papers that are necessary, their positions or content.

- And how does all of this change the project?

Create a new representation of your project on paper as it is now with this new knowledge.

- And what do you know now?

Further Exercises for Venus Day

For the rest of this day do things that relate to the new you and new project, any information that emerges create new sheets of paper or add it to existing sheets where appropriate.

Saturn Day (day 7)

7.1 The Project's Outer Limits

With your attention on the New Project

1. And what people are around this project now?
 - Who helps?
 - Who hinders?
2. And what places are around this project now?
 - What places help?
 - What places hinder?
3. And what things are around this project now?
 - What helps?
 - What hinders?
4. And then what can happen? x 6
5. And what do you know now?

day 7 continues ...

7.2 The Projector's Outer Limits

With your attention on the New You

1. And what people are around this you now?
 - Who helps?
 - Who hinders?
2. And what places are around this you now?
 - What places help?
 - What places hinder?
3. And what things are around this you?
 - What helps?
 - What hinders?
4. And then what can happen? x 6
5. And what do you know now?

day 7 continues ...

7.3 Action Plan

1. Write out 6 behavioural action points that detail:
 - What will be done
 - Where it will be done
 - When it will be done
 - Who will be there (if anyone)
2. And what do you know now?

Further Exercises for Saturn Day

For the rest of this day do things that relate to what is around your project and the action plan, any information that emerges create new sheets of paper or add it to existing sheets where appropriate.

Most of all relax and enjoy yourself.

End Notes

What happens now?

Congratulations on completing your journey. I trust that you have now reached a new and deeper understanding of yourself and your project, which is fully aligned with a rich and deep sense of purpose.

If you choose to do so, please contact me and share your experience, I am always available for people's stories.

Be free now,
enjoy your amazing life
and walk your path of happiness

Review yourself in six to nine months time and notice what is different. If there is a new project at this time, run the process again. It can be done as many times as you wish. Each new iteration of the process will bring out new aspects of your inner self and develop them.