

**How to  
NOT  
Read  
"Rooted..."**

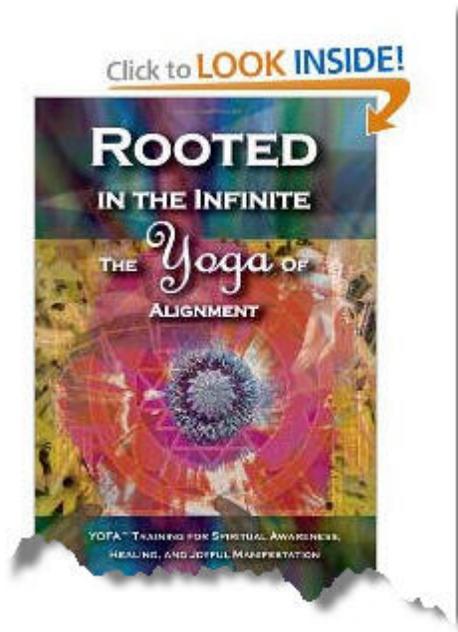
**ROOTED  
IN THE INFINITE**

THE  
**Yoga OF**  
ALIGNMENT

The sentence that was removed from  
**Rooted in the Infinite...**  
And why it changes everything...

YOFA™ TRAINING FOR SPIRITUAL AWAKENING  
HEALING AND JOYFUL MANTRAS  
DR. PETER...

The sentence that was removed from  
*Rooted in the Infinite*



And why it changes everything...

## A Time to Un-Delete

It's time for me to reveal something that I have not uttered to anyone.

And while it will benefit many people, the reason I am coming clean is really to be true to myself. I woke up this morning and I knew today was the day to let this out. I don't know why today. But the time is right and I no longer want to carry this inside.

It's about the book that I wrote called [\*Rooted in the Infinite: The Yoga of Alignment\*](#).

More specifically, it's about the crucial sentence that was removed. You see, I never fully expected you to *read* this book. I had slightly different plans for this stack of pages so dear to my heart. Okay, let me back up so you know what I'm talking about.

## **You probably already have the book.**

This is about the paperback book, *Rooted in the Infinite*. The same one that you already own, or that is easily obtainable on [Amazon](#). The one that is sitting on your night stand, or that you carry in your backpack or computer bag. That book is not just a book. It is a spiritual, healing, and manifestation *tool*.

## **The sentence that was removed.**

I had the final version of the book ready to go to the printer and on a last-minute proofreading, an editor told me to remove a certain sentence. I felt that the message of that sentence was important and I rebelled against this advice. Eventually I removed that sentence.

The reason she wanted that sentence out was because she felt it would seem incredible. In other words, it would negatively affect my credibility. At that time I was not as clear or as confident about the power of this system for others as I am now.

At the time, I used this in my own practice. It was very personal to me.

I knew the deep truth and benefit that it had for me in my life, but it was not yet tested. I was not doing the remote [YOFA jhe sessions](#) yet and I had no clear vision of how this would be received. And so I was vulnerable to the suggestion that a single sentence might close down my potential readers. I was swayed by the idea that a sentence could ruin my credibility, my reputation, and the potential reach of this book. And so, I removed the sentence.

## **The message of that sentence is back.**

Now, years later, I feel that you were short-changed by this edit. I feel that it is time for me to take the risk and offer what was contained in that sentence. It was definitely part of the original intention and benefit of this book. And now, since I am more aware of how powerful this might be for those who are

receptive, I find myself returning to the message contained in that missing sentence.

So I will tell it to you now.

In fact, I will do more than tell it to you. I will elaborate on it so that you are sure to get the benefit from it.

**The message that was removed right before the book was printed is as follows.**

You do not need to read this book.

(Yes, that's what I said.)

You don't have to sit with the book and make meaning of the words. You do not have to engage your intellect at all in order to get the inner alignment benefit of this book.

Of course reading the book is recommended and it is helpful on many levels. *But this book was written, designed, and arranged in such a way as to be a vibrational tool for inner alignment.*

What does that mean?

It's simple.

It means that holding the book, carrying the book, and keeping the book's vibration around you is one valid method of receiving its inner alignment benefits.

**Here's how it works.**

When you have a question or a challenge...

When you want inspiration...

When you are pre-paving as you begin to work on a project or creative endeavor, writing, painting, organizing, envisioning, etc...

When you experience physical or emotional pain...

When you seek harmony in a relationship where there is conflict...

When you seek greater soul connection in a relationship that is neutral or numb...

When you seek the removal of an obstacle to your success in life (career, financial or anything else)...

In any of these situations and many more that are not specifically mentioned here...

...you can use this method to open the channels of expression within your energy field so that the best and the most pure version of yourself comes through:

- in your awareness
- in your experience
- in your activity
- in your face
- in your attitude
- in your words
- in your confidence
- in your posture
- in your effectiveness
- in your manifestation
- and in your relationship with law of attraction.

## Methods with varying degrees of focus.

There are several ways you can approach the *not reading* of *Rooted*. Here are a few. You can probably come up with a few more.

1. **Hold the book.**

You can simply hold the book for a few seconds and focus on your spine.

2. **Hands on.**

You can run your *hands* along the cover while focused on your upright spine and let the alignment message of the book flow through your hands and align your energy field. (I know it sounds corny, but try it.)

3. **Hands and Eyes**

You can *look* at the cover while running your hand along both the front and back covers. Watch the colors in the cover as your hand touches them and let your hand gravitate to the colors and shades that most resonate with you at that moment. Let your touch and your gaze linger on those colors. There are many gradations of color, shade, and tone on the cover. Let these colors and the feel of the cover help align your channels of expression as you engage with them.

4. **Flavors**

*Rooted in the Infinite* contains various “flavors,” but the overriding flavor of this book is *sweet*. (Don’t eat the book.) It is candy-like. As you find areas of your life where you want greater sweetness in your experience, hold this book and let its sweetness flow to your expression in that area. Whether it be your relationship with the Divine, your relationship with other human beings, your relationship with yourself, with your material manifestation, with your body, your appearance, or any thing else, let it become sweetened by this vibration.

5. **Guidance**

*(This one involves a little reading.)*

Close your eyes, open the book, and place your finger where it is guided. Read the words near your finger. If so inclined, read that whole section

or chapter.

This gives you guidance about which axis to focus upon. It also tells you what aspect of that axis to contemplate.

People sometimes ask me whether I am working on a new book, but so far, I can find no situation, challenge, or aspiration that is not addressed in one way or another in *Rooted*. You can find *inner alignment guidance* for any question, problem, or dilemma, and for any mood, desire, or intention, in the message contained in this book.

This use of the book is not magic. All things vibrate and we either resonate with their vibration or we don't. This book was vibrationally constructed for you to resonate into alignment with your own essence. I believe that you are now well equipped to use *Rooted* either as a *book* or a vibrational *tool*.

In any case, I am taking the leap of revealing this intention of the book and I trust that it will inspire deeper insight and inner alignment in those who are receptive. As a gift to myself, I am speaking what I know to be true about this book. If this message does not resonate with you, that's fine. It is simply not for you. If this message touches your inner knowing, I invite you to use the methods I have suggested. It's so simple, especially if the book is already on your bookshelf. What do you have to lose by pulling it out, dusting it off, and spending some time in its concentrated vibratory field?

And by the way, without ever having told anyone about the "sweet" quality of this book, I received the following comments when the book was first released:

"I am going over [Rooted in the Infinite] very slowly, because to me it feels like something to be savored (like the very best chocolate truffle)."

"I love the book. Your prose is amazingly juicy and goes down like chocolate pudding, giving me shivers all the way. Mmmmmm. Thank you, Rebbie."

Interestingly, no one said the book was like a steak or a salad. Although I did get this comment:

“Your book is one that I am reading tastefully slow so as to devour every profound word that I can digest.”

**In a nutshell.**

Ok, so to be clear, do not eat the book. And to recap, here is what is new. To cultivate your inner alignment with your essence for the purpose of living a joyful and fulfilling life experience:

- Read *Rooted in the Infinite* and do the Inner Alignment Meditations.
- Hold the book, keep it near you, and let the vibration of inner alignment bring forward your connection to your own essence.

## YOFA Links

Look inside *Rooted in the Infinite* [www.yofa.net/rootedintheinfinite](http://www.yofa.net/rootedintheinfinite)

Get the *Rooted in the Infinite* Meditation Recordings  
[www.RootedintheInfinite.com](http://www.RootedintheInfinite.com)

Main YOFA website [www.YOFA.net](http://www.YOFA.net)

YOFA Blog [www.yogaofalignment.com](http://www.yogaofalignment.com)

YOFA jhe Sessions  
[www.BetheMagnet.com](http://www.BetheMagnet.com)  
[www.AlignmentforHealing.com](http://www.AlignmentforHealing.com)  
[www.AlignmentforProsperity.com](http://www.AlignmentforProsperity.com)  
[www.YOFA-Gold.com](http://www.YOFA-Gold.com)

YOFA jhe Sessions for Autism [www.UnconditionalLove.info](http://www.UnconditionalLove.info)

Articles [www.ArticlesbyRebbie.com](http://www.ArticlesbyRebbie.com)

Achieve Your Ideal Weight [www.LawofAttractionforWeightLoss.com](http://www.LawofAttractionforWeightLoss.com)

Learn Basic Energy Healing [www.HealWithYourHands.com](http://www.HealWithYourHands.com)

Facebook [www.facebook.com/yofa.training](http://www.facebook.com/yofa.training)

Twitter [www.twitter.com/rebbie](http://www.twitter.com/rebbie)

Affirmative Contemplation Recordings [www.AffirmativeContemplation.com](http://www.AffirmativeContemplation.com)

For Depression [www.yofa.net/getlight](http://www.yofa.net/getlight)

Podcast [www.yofa.net/podcast](http://www.yofa.net/podcast)

Bookstore [www.yofa.net/bookstore](http://www.yofa.net/bookstore)

## Free Stuff

Achieve a state of 100% Gratitude [www.UncommonGratitude.com](http://www.UncommonGratitude.com)

7 Secrets for Manifesting Your Heart's Desire [www.YOFA.net/7secret.html](http://www.YOFA.net/7secret.html)

How to Create (Attract) a Great Relationship [www.GreatRelationships.net](http://www.GreatRelationships.net)