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How's Your Alignment?

By Claudette Rowley

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Thanks,
Claudette Rowley
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"Your sense of boredom, contraction, or resentment is your soul's way of letting you know that you are settling for less."

– Alan Cohen

I love going to see my chiropractor for spinal adjustments. After each visit, I notice that I walk more easily. With my spine properly aligned, it takes far less energy for me to move with ease and comfort. Sometimes I don't even realize how out of alignment I am until after the adjustment.

When your life is in alignment with who you are and what you want, it feels much like the sensation you have when your spine is aligned. As your life synchronizes with what you want, energy

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flows toward those desires, opportunities open up and life and work require less effort. Mental and emotional alignment is just as efficient as physical alignment.

During a recent coaching session, a client (she's an entrepreneur, coach and author) expressed that she had a case of the "blahs" professionally and wasn't sure why. After digging beneath the surface, she discovered her desire to shift most of her focus to the book she's writing. She also wanted enough income from her coaching practice to support herself and her writing. In order to support this desire, she decided to coach only two days per week and rescheduled her clients accordingly.

Once she refocused her time and energy in a way that was aligned with what she wanted, other unexpected opportunities dropped in her lap. For example, she was asked to submit an article to an e-newsletter with one million subscribers. Overnight, the hits on her website multiplied many times over, she had new coaching clients and several potential clients in the wings. These clients were the ones she needed to fulfill her second desire: coaching income that supports her writing.

Let's review the steps this client took.

* She noted her boredom, and took the time to examine what was underneath the surface. In my experience, boredom is most often a sign of a deeper desire or impulse that wants to be acted on or expressed.

* Not only did she identify what she wanted (to focus on her book and the income to support that focus), she took action by rescheduling her clients and turning her focus toward the book. She stopped short of telling herself that she couldn't have what she wanted.

* When an unexpected opportunity presented itself (the request to submit an article to an e-newsletter), she polished an existing article and submitted it. Again, she took action that was in alignment with her desires.

* Although she had no idea what the opportunities might be, she waited for them to come to her. When an opportunity did present itself, she used her intuition to determine whether it was the right one for her. She also checked in with her energy level. If her energy had plummeted at the thought of submitting

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her article, that would have been a signal that the opportunity wasn't right for her.

Alignment requires trust, being aware of self-sabotage, and giving yourself permission to have what you want. When unexpected opportunities present themselves, use your intuition or "gut" feeling to determine whether they're in line with your vision or goal.

Allow your entrepreneurship to be easier. Get clear about what you want, and move your business into alignment with it. You'll be working less and reaping more. Who doesn't want that?

Claudette Rowley, coach and author, helps professionals identify and pursue their true purpose and calling in life.

Contact her today for a complimentary consultation at 781-676-5633 or claudette@metavoice.org. Sign up for her free newsletter "Insights for the Savvy" at <http://www.metavoice.org>.

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How to Align Your Shafts

By Thomas Yoon

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In the last issue, we discuss about shaft seals and how liquid is prevented from coming out from the pump housing even though the shaft is rotating.

Some mechanical seals are made to very fine tolerances. Damage to mechanical seals and bearings can sometimes be caused by the misalignment of pump shaft with the motor shaft.

Whenever some of the motors or driven machinery is dismantled or even when the machines are not running smoothly, alignment has to be done.

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The purpose of alignment is to ensure that the centerline of the motor rotor shaft coincides exactly with the centerline of the driven machinery. Alignment is essential to ensure that the machine runs smoothly with minimum vibration.

Provided the two shafts are not bent crooked, the two alignments to be checked and adjusted are: Offset alignment and Angular alignment.

Most alignments are rough alignment that can be done using straight edge ruler and feeler gages. However for precision alignment, the use of dial gauges with magnetic bases can be used.

Offset Alignment

The radial alignment is checked using a straight edge ruler. By placing the ruler across the coupling halves at the top, bottom and both sides any gaps between the 2 coupling halves will indicate that the shaft is offset slightly. The misalignment can be corrected by shifting the motor or by putting shims to raise up the motor or driven machine.

Angular alignment

By inserting a feeler gauge between the coupling faces and rotate both coupling halves simultaneously we can check whether the shafts have any angular displacement between them. The feeler

gauge readings are checked at four points on the shaft coupling. Again the alignment is corrected by shimming or shifting the machinery.

The motor and the driven machine should be bolted solidly to the base after finalizing the alignment positions of the equipment.

For more information on alignment and the different tolerances click on the following link:

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Many years of working experience in Marine, Facilities, Construction has given the author material for writing e-books and articles related to engineering, and management.

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