

ALIGNISM™ – The Official Guide

1. THE ALIGNISM MANIFESTO™

Live Aligned. Live Conscious. Live Free.

We live in a world full of noise — expectations, comparisons, pressure, speed. A world that constantly pulls us away from ourselves.

Alignism is the choice to return home.

It is the decision to live in harmony with your inner truth — not with trends, not with noise, not with the demands of others. To build a life that is coherent, calm, intentional, and free.

We choose clarity over confusion.
Presence over distraction.
Quality over quantity.
Freedom over approval.
Peace over performance.

We believe that real luxury is peace of mind.
That a meaningful life is not something you chase — it is something you live. That freedom begins inside the body, expands through the mind, and expresses itself in the way we move through the world.

We believe in relationships that breathe,
in work that makes sense,
in money as a tool — not an identity,
in technology that serves us — not replaces us.

We believe in the courage to simplify,
in the strength of emotional clarity,
in the intelligence of instinct,
in the power of global mobility.

We refuse to let our lives be defined by fear,
by pressure,
by random expectations,
by the limitations of one country, one system, one narrative.

We choose to be conscious citizens of a larger world.
To have options.
To remain free.

Alignism is not a theory.
It is a practice.
A daily commitment to coherence, calm, courage, and truth.

We are not seeking perfection.
We are seeking alignment.

We are Alignists.
We live aligned.
We live conscious.
We live free.

2. THE 12 ALIGNISM PRINCIPLES™

1. Peace of mind is a priority, not a luxury.
2. Quality of life matters more than quantity of possessions.
3. Clarity beats noise.
4. Your body knows before your mind understands.
5. Love with lucidity, not illusion.
6. Money is a tool, not an identity.
7. Work with intelligence, not exhaustion.
8. Simplicity is strength.
9. Technology must serve your humanity — not replace it.
10. Mobility is freedom.
11. Comparison kills alignment.
12. Alignment is a daily practice.

3. WHAT IS AN ALIGNIST?™

An Alignist is not someone who seeks perfection — but someone who seeks truth, coherence, and peace of mind.

An Alignist is a person who chooses to live consciously: with clarity, intention, and emotional honesty.
Someone who refuses to be shaped by noise, pressure, or comparison.

An Alignist listens to their instinct.

They know that the body speaks before the mind understands.
They trust inner signals more than external expectations.

An Alignist values quality of life over quantity of possessions.
They simplify what stresses them.
They remove what drains them.
They prioritize health, calm, sleep, depth, and freedom.

An Alignist loves lucidly.
They stay open without dissolving into others.
They care without losing themselves.
They build relationships that breathe.

An Alignist uses money consciously — as a tool, not an identity.
They work intelligently, not endlessly.
They choose freedom over performance, alignment over burnout.

An Alignist embraces technology with awareness.
They use AI to assist, not to replace their judgment, presence, or humanity.

An Alignist is not attached to one country, one system, or one passport.
They understand that mobility is protection.
That freedom is the ability to choose where and how to live.

Above all, an Alignist is someone who returns to themselves — again and again — until life feels coherent, calm, true, and free.

An Alignist doesn't chase life.
They build it.
They live aligned.

Sébastien Studer

Founder of the Alignism Movement™