



Module 2

BEING IN THE FLOW

Emotions. Motivation. Action.

The rhythm of Life

OHH YESSS... The deepening evolves the more we surrender...and the more we choose our path and take action!



Our Next Step Together...

We've established an understanding of spiritual awakening, now, we explore the concept of surrender and learning how to be 'in' the flow...

- ✓ We can live life according to our hopes that life will just 'happen' and 'fall into place' or we can step INTO the flow, surrender & embrace our desires for the path we're on!

Suggested Resources:

- 'Ask and It Is Given' by Esther & Jerry Hicks (Abraham Hicks)

Learning:

BEING IN THE 'FLOW'

Get it. Yep. I've done it too...Haven't we all just sat back and 'waited' for the Universe to 'speak' to us? Hoping that we'll experience some sort of *divine moment* or breakthrough that will launch us into success, happiness, freedom and a life full of purpose and flow?

From the perspective of our ego, we're either:

- Born with it or not
- 'Talented & Smart' or 'Struggling & Lost'
- 'Tapped-in & Effortless' or 'Clueless & Working Hard'

The 'hoping' is actually our Ego *resisting* trust and faith. Trust and faith feel like a lack of 'control' (we can't see the outcome!) – and Ego is *demanding* when it comes to control. So, ego tells us that we must wait for a 'sign' (that appears in a certain way...i.e. unbelievable opportunities, public recognition, divine visions, things that magically happen for us/to us, etc). And, when we don't get the expected sign, ego tells us that we're not worthy, good enough or that we don't have a Divine purpose in this life.

And so, we sit – *waiting and hoping*.

The Irony? Life waits for *us* to initiate. If we sit back and 'wait', hoping for something divine to happen – we'll wait a loooooong time. Life – the Divine – our Team – they drop hints & clues, they do their best to support us in awakening to our path (and actually stepping onto it!), but, in the end, WE hold all the keys! It is US that must initiate – to decide, to say, to ask and to take action towards what we desire.

Yes, our path or direction is already decided (we've established that as a part of our 'soul plan' before we came in); but, there are *unlimited ways* that we can choose to *experience* our path – and that is why we end up sitting, waiting and hoping...we know (or have an idea) of the path ahead but we insist on being 'told' what to do or how & when we should do it.

What and how we travel our path is a decision that lies within *our* hands. There are literally unlimited ways that we can experience the path forward...so Life waits for us to decide *HOW* it is that we intend to travel our path.

Once we initiate, holy shitballs, hold on tight – It's in this space of initiation, action & motivation that the Universe starts loading up the possibilities, opportunities & options for us. It's in this space that life starts to become synchronistic, effortless and *flowing*.

Synchronicity. Effortless. Flowing.

...all signs that we are fully in alignment and taking action towards our soul path

Tool #1:

REFLECT

1. Where have you been 'waiting and hoping' for divine intervention, guidance or signs to show you what to do next or to confirm your path?

****Check all that apply below**

- ☐ Money – hoping it'll just become abundant, the flood gates will open and I'll fall into financial wealth & abundance; waiting for a time when it'll be easier to save/be abundant
- ☐ Weight – hoping it'll just 'slide off', that I'll magically fall into loving, cherishing and taking care of my body consistently or that I'll find a 'product' to resolve my problem for me
- ☐ Health – hoping I'll just 'get better', I'll be divinely cured or I'll stumble across a 'elixir' that will resolve my 'issues'
- ☐ Career – waiting for a 'sign' that I'm ready, hoping for clear 'signs & synchronicities' to let me know which path I 'should' choose or what I 'should' do next
- ☐ Personal/Soul Growth – waiting for my curiosities, hopes & desires to just 'happen' when the time is 'right', waiting for a 'sign' that I'm 'meant' to experience something or asking for what I desire then waiting for it to happen
- ☐ Relationships – hoping things will 'get better', praying and asking for things to change, sitting, waiting and taking no action to create the change I desire

2. What action(s) have you avoided taking? What action(s) could you be taking?

GETTING INTO THE 'FLOW'

We're in one of four 'ways of being' in life at any given time:

1. 'Fighting' against life
2. Flowing 'with' life
3. 'Out' of the flow
4. 'In' the flow

None of us enjoy when we're fighting against life (let's be honest); so, our goal here is to help you not only understand what it *feels like* to be fighting against/flowing with/out of/ in the flow but also to learn *how to* get into and *stay in* the flow.

It's when we're in the flow that we are actively creating, expanding and evolving with the Divine – and that's ½ the point of this life! (The other ½ is the enjoyment of our physical experience here.)

How to Know

We know what it feels like to be in alignment with ourselves and life - things seem more effortless, enjoyable and energized; but, I'd like to take us a step deeper into understanding the *flow of life*.

Life – beyond the physical realm – has a flow to it. It's like a river of consciousness that is weaved throughout Time and Space. Every single Being has access to this Consciousness (just most are currently unaware of it). It's like a river that contains all thought, all emotion and all desire that when we move into it's flow, our connection with the Divine pours inspiration, ideas and understanding *into* us.

It's from this 'connection' that we are ever creating, ever writing, ever re-inventing, ever evolving who we are, what we know, what we understand and what we experience. And, it's within this river of flowing consciousness that two people – worlds apart – unknown to one another – can (& do!) write similar passages, provide identical 'new' ideas and processes and gain access to similar thoughts, understandings or wisdom without even knowing it!

So, the question then becomes “How to access and stay in this
Universal flow of Consciousness?”

Before we can answer this question, let's first establish an understanding of the four different ways of 'Being' in life.

Fighting Against Life

It's a long, slow decline to get to the point where we are 'fighting against' life – but it does happen – much of today's society is actually 'stuck' in this karmic way of experiencing life – completely unaware of it.

Just like the upward spiral of positive feeling emotions, there is also a downward spiral of negative feeling emotions. And it is while we are on the downward spiral of these emotions that we find ourselves progressively moving deeper and deeper into a state of fighting against life.

Fighting 'against' life looks & feels like:

- Blaming others or our circumstances for our circumstances/emotions/experience of life
- Feeling sorry for our Self and telling our 'story' repeatedly
- Being wrapped up in (& addicted to) gossip, drama and negative news
- Aligning with & seeking to please others, society or external expectations
- Accepting life as it is and feeling helpless in it
- Negativity, low energy, negative view of life & self
- Frequent illness, exhaustion or lack of motivation/energy

When we're fighting against life it's like we are walking up stream – against the direction of flow. We are trying to get back to feeling & experiencing life like we did at an earlier point in our life. We believe in 'not changing' – that to change is bad – that we're 'supposed to' stay the same in order to be authentic. We cling to what was, accept that life is happening 'to us' and surrender to the negative perspective of life that we 'see' all around us.

Flowing 'with' Life

Flowing with life happens when we go through a spiritual awakening – when we awaken to the patterns of life – when we begin to take responsibility for what we experience and choose – when we seek to actively navigate our own life.

Flowing with life happens when we quit demanding that life look & feel a certain way and surrender to 'what is' – when we accept what is right in front of us (be it positive/negative,

good/bad, right/wrong) and choose to learn from it, grow through it and allow it to lead us forward as a soul.

Flowing 'with' life looks like:

- Accepting & taking responsibility for what we think, feel and do
- Holding compassion for our Self and our circumstances & seeking to love ourselves through the process of change, shifts, learning and adjustments
- Filling our life with positivity, inspiration and loving people who honour our journey & let us know our truth
- Aligning with our truth: who we are, personality, strengths, passions and desires (internal)
- Infrequent illness, flowing energy and motivation
- Positive, uplifting and hold a positive view of life

When we're 'in' the flow, life feels a lot more positive (compared to when we're fighting against it!); however, we can feel like we have no idea where we're going, struggle to take action on our path and/or still hold resistance to change.

Our primary challenge at this point centers around fully embracing 'faith and trust' in Life – of surrendering the final bits of our control, ego and fears – of completely letting go and stepping from the 'shoreline' and just following the flowing river, to stepping into the river and surrendering to the current.

Is it scary as hell to step in and fully surrender? You betcha!!

But then isn't that exactly what a Soul Fear feels like?! The 'scariness' is our ego screaming, clawing and revolting against our full and complete surrender to 'truth' – to accepting and living from oneness and connection with the Divine.

Being 'Out of the Flow' of Life

There's a phase that we often go through in between flowing with life and stepping *into* the flow. It's a journey of surrender, of trust and a learning to have faith in our path. This phase may be filled with increasing synchronicities but leads to a recognition of being just on the outside of something spectacular!

When we find ourselves flowing with life but somehow still on the outskirts, not quite getting it, we are 'out of the flow' of Life.

Being 'Out of the Flow' looks like:

- ✓ Clarity, focus and going with where life takes us
- ✓ *Hoping & waiting* for Life to give us direction but not taking direct action
- ✓ A sense of falling into and out of a stream of consciousness – but struggling to tap in effortlessly & consistently
- ✓ Increasing presence of synchronicity – but lacking consistency

Being 'In' the Flow of Life

Our ultimate state of Being in life is to be 'in' the flow of life – to have taken the plunge and surrendered to wherever and whatever Life holds for us.

When we're in the flow, we not only go with life but we take action towards the life we desire. Our intuition, signs, synchronicities become ever-present – ideas, motivation and growth overflow from our life.

We are in direct, consistent, constant connection with the Divine in actively creating our desires.

Being 'In the Flow' looks like:

- ✓ Fully surrendered control
- ✓ Trusting & holding faith in the flow & direction of life
- ✓ Clear desires and taking consistent action towards them
- ✓ Seeking the presence of & celebrating our desires consistently
- ✓ Overflowing abundance, synchronicities & opportunities
- ✓ Vibrancy of life on every level (physical, mental, emotional, spiritual)

Regardless of where we're at or what phase of life we're in, the simplest way to stay conscious of our 'flow' is self reflection, consistent practices and meditation. These must become 'habits' as it's much easier to 'tweak & adjust' things than it is to make massive changes and shifts.

Tool #2:

SELF REFLECTION

*Are you in the flow or out of the flow? Let's identify where you're at so we can clarify how to get or stay in!

1. Right now, life feels...

**Circle the number that best represents how strongly you agree with the 'feeling' word above each line (10/10, 3/10...) then use the space below each line to explain your answer.

Effortless, Clear, Focused

0 1 2 3 4 5 6 7 8 9 10

Organized, Consistent

0 1 2 3 4 5 6 7 8 9 10

Synchronistic & Flowing

0 1 2 3 4 5 6 7 8 9 10

Deepen Your Intuitive Connection Mentoring with Jackie Harray
Fulfilling, Delightful, Purposeful

0 1 2 3 4 5 6 7 8 9 10

Free, Abundant and Full of Wonder

0 1 2 3 4 5 6 7 8 9 10

Uncertain/Resisted/Blocked

0 1 2 3 4 5 6 7 8 9 10

2. Would you say you are 1) fighting against life 2) flowing with life 3) 'out' of the flow OR 4) in the flow right now? Please explain.

3. What are you doing/not doing to contribute to this?

Learning:

Getting in the Flow

The excitement as we're preparing to step into the flow is electric!! I'm telling you, the level of knowing (of the excitement & relief that's to come!), support and encouragement (from Spirit & our loved ones) that surrounds us at this point in our journey is unreal. Literally, it's like watching a Gold medal race in the Olympics – THIS IS what we've come here for! This moment – of stepping into full Consciousness – is another ShiftPoint, a marker in our Soul Journey. It's the real deal. This is what we've been working towards!

So the question then arises – how to do it?!

On the following pages, we'll explore just what it might look like to make our way from where we are, through the transition (being 'out' of the flow) and into the flow of Life. Getting into and staying in the flow is a 4-part process:

1. Remove the blocks, restrictions & resistance
2. Use our emotions as a compass
3. Take consistent action towards our desires
4. Self reflect to stay aware

Buckle up, get your pen ready, we're going to dive in and figure out how to get YOU into the flow!

Step 1: Remove the Blocks

The number one 'thing' that keeps us stuck in limbo between flowing with life and being in the flow is resistance. Resistance, blocks & restrictions stem from preconceived notions, old limiting beliefs, fears, insecurities, past experiences, uncertainty and unknowing.

Resistance is a tricky thing – it often evades our attention for weeks if not months, unwittingly hiding itself amidst current activities, circumstances or viewpoints.

For me personally, resistance was hidden amidst a pre-Christmas hustle, my judgements over a psychic development program that I was a part of (#notmeetingmystandards... sheepish grin) and weeks full of sickness in my family.

Yes, all standard, relatively good reasons (ok – maybe not the judgement part!).

After 3 months of ‘trying’ to deepen my psychic abilities and growth with very little progress (and denying my own resistance to it), I found myself sick for the first time in 2 years. And, it STILL took me 5 days of feeling awful to ‘wake up’ to the fact that I was resisting something.

Now, let me be clear – every emotion, feeling and experience we have is purposeful – so let go of the thought of holding yourself guilty or lacking when you find yourself resisting! We all find ourselves in places of resistance from time to time on our journeys, this is perfectly normal, good and right.

Allow your resistance to serve you – allow it to teach you about where growth hides in waiting, allow it to nurture self compassion and awareness around the things you ‘thought’ you’d previously dealt with and released, allow resistance to act as a Guide for your growth and mastery.

The point here? Just allow it.

Tool #3:

REMOVE THE BLOCKS

*Let's figure out where you're holding resistance to your path so we can resolve it, heal it and make space for your unrestricted entry into the flow of Life!

1. What about letting go of control OR not having control scares you or leaves you feeling unsettled (in regards to your spiritual, psychic, intuitive growth)?

2. Think back to the physical symptoms of your spiritual awakening (module 1), what experiences or symptoms have you gone through that were unpleasant, left you feeling insecure, frightened or uncertain? Do you hold resistance to the possibility of re-experiencing these?

3. What about developing or experiencing psychic abilities at a deeper level:
 - a. Frightens or concerns you?

 - b. Confuses you?

 - c. Leaves you feeling vulnerable or helpless?

Step 2: Use Your Emotions as a Compass

Once we've acknowledged & released the restrictions, blocks and resistance, the path into Life's flow is really all about learning to observe, trust and work with our emotions – to begin using them as a compass to figure where we're at! Being in the flow is a 'feeling'. We feel our way 'there'.

Before the 'shift' (awakening), humanity is in a state of avoiding, denying and numbing our emotions – for decades (if not centuries) our emotions have been viewed as wrong, bad or...weak – it's understandable that we'd avoid them. And, it's this outdated perspective that limits our ability to step *into* the flow of Consciousness and Life.

Our emotions literally point the way
– much like a compass –
to what level of consciousness, manifestation and
flow we are functioning from.

Emotions and the way we 'feel' are the 'keycode' – the golden key – the compass that guides us between the physical and the spiritual realms. When we are fully in the physical, our emotions are of a lower vibration – more negative on the spectrum. When we are functioning in the spiritual – from a state of being in the flow – our emotions are of a higher vibration – more positive on the spectrum.

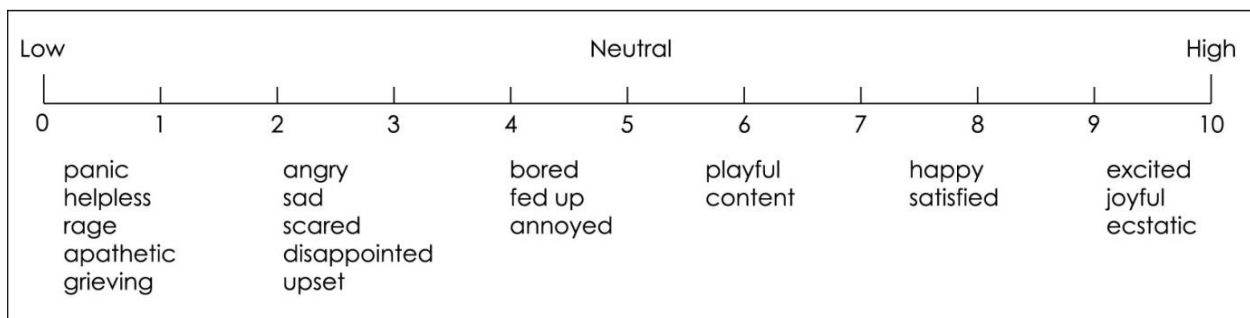


Figure 1.0 Emotions chart displaying the relative vibrational frequency of different emotions.
Credit: Anna Sayce

Step 3: Take Action Towards Our Desires

Taking action towards our desires is often confused with <goals>. Well, let me tell you, goals often stem from expectations & beliefs – and our expectations and beliefs are often clouded with judgements, ‘shoulds’ and society’s standards.

My own <painful> personal experience with goals has taught me that goals without *Soul* produce mediocre results. Recall – from Step 2 – that our feelings are the magnets for our desires. When we get clear on the feelings that we crave and we tap into our true (core) desires, we strengthen our attraction.

To step into the flow, we align ourselves with the feeling of our desires and take action towards that

When was the last time you sat down and actually acknowledged what you craved to feel in life? I’m not talking – I want to feel ‘abundantly wealthy’ or ‘I crave to feel at ease and comfortable in my body’ (these are surface level desires). When I say what feeling is it that your Soul craves? I’m referring to that feeling right down at the core of you – that feeling that:

- If the world went to hell in a handbasket and you still felt this way, you’d feel delighted and at a peace.
- If your projected outcomes totally changed but the core feeling you craved still came into being, you’d be delighted!
- Your soul has craved since you were young...that somehow you wind up seeking it in every relationship, job, commitment or activity.

Core desired feelings are feelings that we often ignore, deny or push aside. They’re feelings that seem frivolous or unimportant. They are feelings that seem so irrelevant to our surface level goals that we don’t see the value in them.

But, it’s our core desired feelings that ignite a JOY in us that lasts for days...brings a smile to our face instantly and lights a warmth in our heart that burns long and strong. Core desired feelings are different for each person. They are things like:

- ✓ To feel delight!
- ✓ To feel nourished and cherished
- ✓ To feel juicy pleasure

Tool #4:

STEP INTO THE FLOW

*Let's take a few moments to learn what actions you can use to 'shift' or 'adjust' your emotional/vibrational state. This is all about taking you from being an observer of your emotions to the commander & navigator of your emotions!

1. Recall the last time you found yourself negative, emotional or frustrated. With the vision of 20/20 hindsight, what actions could you have taken to release and/or raise the quality of your emotional state? *Circle all that apply

Journaling	Meditation	Yoga	Walk in Nature
Listen to music	Singing Bowl	Affirmations	Listen to a Tedtalk
Read my Vision	Review my focus	Take a break	Take a nap
Call a friend/mentor	Read a book	Deep breathing	Grounding
Other: _____			

2. If we acknowledge that you're already ON your soul path, there's just the choosing of how you'd like to experience it left to figure out, identify the emotions/feelings that you crave for each level of being from the list provided (or choose your own).

Joy	Delight	Fulfillment	Connection
Freedom	Abundance	Confidence	Cherished
Nourished	Belonging	Soulful	Juicy Pleasure
Worthy	Valued	Alignment	Comfortable
Thriving	Ecstatic	Fun & Adventure	Peace & Acceptance

Surface Level: _____

Underneath: _____

Even Deeper: _____

Deeper Still: _____

At the Core: _____

*Try this: At the surface level, I am craving to feel freedom. Once I feel freedom, my soul craves to feel abundance. Beneath freedom and abundance, I am craving a sense of belonging. Etc. (insert the various words until a word feels right/resonates for you.)

Step 4: Self Reflect to Stay Aware

You already practice self reflection and journaling, so this step may just fit right into your current practice. As with any part of self awareness, staying in the flow simply requires that we regularly check in with where we're at, what we're experiencing and then make the necessary tweaks and adjustments to get back on track!

Moving towards or being 'in' the flow of Consciousness is an ongoing practice. So, don't beat yourself up if you're 'not there yet' or if you find you've fallen out of the flow (again). Instead offer yourself the space and freedom to regularly reflect, re-adjust and to keep re-aligning and centering yourself in your surrender, faith and trust.

Suggestions:

- Check-in with yourself daily or weekly as a part of your current journaling practice
- Ask:
 - Where am I at (today)? How have I been feeling on the emotional scale?
 - What steps have I taken (no matter how small) to align with and take steps towards my desired feelings?
 - What does my body & soul need in order to feel (cherished & nourished) today/this week?
 - What actions have I been avoiding that would create feelings of being (cherished & nourished) today?

Tool #5:

RECONNECT

After learning about connecting with and stepping into the flow of Consciousness and Life, I'm feeling:

****Circle all of the words that apply to you**

Relieved

Excited

Surprised

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Fascinated

As a result of understanding more clearly about flow, I am:

****Fill in the blanks**

Curious to learn more about _____

Excited to implement _____

Going to change this _____

This Week's Daily Affirmation:

I am learning to honor my _____ and let go of _____ so that I may
experience _____.