

## Finding Flow

I believe that being in a state of Flow is a desire of our Soul.

It is a desire for mastery, pleasure, single-mindedness, excitement, actualization and purpose. All the things our Soul calls us to, all in one ecstatic eternal moment. Also called “being in the zone”, Flow is a state of being where every decision and action flows seamlessly from one to the next. We are highly focused, single minded, experiencing pleasure, and achieving our goals. It feels flowy but is far from aimless.

The author and scientist who first began studying and writing about flow is Mihaly Csikszentmihalyi He writes:

“The best moments in our lives are not the passive, receptive, relaxing times... The best moments usually occur if a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”

Inviting the flow state while we’re doing the tasks for our businesses is an amazing opportunity to activate and harness our genius, our creativity and higher consciousness towards our goals and dreams.... Feel great and stretch the limits of what we thought possible-Yes!! It’s a total game changer!!

### **Flow State is characterized by**

- ~ *Feeling Really Good*
- ~ *Single Minded Focus*
- ~ *Creativity*
- ~ *Productiveness, Activity*
- ~ *Experience of Oneness*

**And here are some specific things or ‘triggers’** we can use to set ourselves up to get in the groove more easily. Yes, this is totally possible. It takes a little practice and consistency.

1. **Do this during your most awake, alert and energized time of day.**  
It just works better!

## Finding Flow

### 2. Set up your work time like a Sacred Ritual

Let this be just like your wealth ritual. Have a specific set of elements that you use and use them every time. We are setting up a consistent, repeatable, and easy ritual space to work on your stuff. Hold the absolute belief and expectation that you will drop into flow state easily. I like to have a candle, smudge, altar and sacred object that will help hold the vibration of my business. Say some sacred words to begin. Let this become a mantra that you use every time. We are going to create a body memory of dropping into flow. Do the same ritual every time.

### 3. Eliminate all distractions both external and internal

Turn off the phone, and anything else that can pull your attention away. Show up as 'empty' as possible but also energized. I like to do this after a walk. Do your spiritual practice first or emotional release; whatever you need so the inner world is peaceful.

### 4. Activate some pleasurable feelings

Think about how ah-may-zing it is to be doing work you LOVE. How grateful you are to be the messenger of this Sacred gift.... Have a yummy beverage to sip on, fruity water or warm cacao tonic. I don't recommend eating. You get it... Sit on a fave chair, wear a comfy garment that makes you happy. Activate happiness and feel good.

### 5. Play a thinking music soundtrack in the background.

Repetitive or drone-y work well. Nothing too melodic or loud but rather meditative. Pick something you love and play it every time. This helps with activating the body memory "we are dropping into flow to create from our genius!"

### 6. Have a Goal in mind

Ironically, flow is about single-mindedness not meandering. Pick an outcome that you want to achieve. The goal should be ambitious but not too challenging. Something that stretches, but doesn't snap you. Don't try to figure out technology, or anything that you'd be better off asking for help with. That's not what flow is about. This is so good for writing sales pages, blueprints, offers, promotions. Etc.

**Keep in mind this is not an all or nothing experience. It is a continuum of fluctuating moments. Be consistent, keep bringing your attention back and soon enough you will**

TRANSFORM YOUR SINGLE SESSIONS  
INTO ONGOING DEEP-DIVE CLIENTS

**forget everything except what's in front of you and you will be totally tapped in to inspiration and genius!**