

LIMITLESS LIVING

attracting what you want

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The INTUITIVE Flow Worksheet

The Intuitive Flow is about experiencing oneself as an instrument of Grace through which life happens.

If any incident, resistance, emotions or belief shows up, then place the hands on the heart and collar bone and complete the process below.

Begin by invoking the energy of healing by saying the following statement out loud, *“This healing is on behalf of all points of view, our ancestors and future generations and on completion is completely complete.”*

Say out loud each of the statements below one by one and sit with it for up to a minute and let the vibration of the statement filter in.

1. This happened, all that caused me to resonate, identify and connect with this. I welcome this too. I allow this too. It is welcome. Thank you for this happening.
2. This happened, it's over now. I can relax now.
3. All the places in my body, mind and life where this is stored is healing now. Thank you for healing all the places in my body, mind and life where this is stored. With my eternal thanks. Thank you.

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4. All the parts that got something from this are healing now. Thank you for healing all the parts that got something from this.

5. All the communications and connections related to this are completing now. Thank you for completing all the connections and communications related to this.

6. All the origins of this are healing now. Thank you for healing all the origins of this.

7. I forgive anyone I hurt related to this, including the Universe and myself. Thank you for forgiving anyone who I hurt related to this, including the Universe and myself.

8. I forgive anyone who hurt me related to this, including the Universe and myself. Thank you for forgiving anyone who hurt me related to this, including the Universe and myself.

9. I forgive anyone I blamed for this, including the Universe and myself. Thank you for forgiving anyone who I blamed for this, including the Universe and myself.

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10. I forgive anyone that blamed me for this, including the Universe and myself. Thank you for forgiving anyone that blamed me for this, including the Universe and myself.
11. I release any and all attachments connected to this. Thank you for releasing any and all attachments connected to this.
12. I choose _____. I choose to resonate, identify and connect with [ADD WHAT YOU CHOOSE].
13. Anything that remains about this healing is completing now. Thank you for completing anything that remains about this healing.
14. With my grateful thanks, this healing is completely complete.