

# LIMITLESS LIVING

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Day 5: Attract what you seek

# 1. The GREAT FLOW

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## 2. The NOW FLOW

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# 3. INTUITIVE FLOW

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# 4. LIMITLESS FLOW

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# 5. LIVING IN FLOW

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# Beta

## The Waking Consciousness & Reasoning Wave

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# Alpha

# The Deep Relaxation Wave

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# Theta

## The Light Meditation & Sleeping Wave

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# Delta

# The Deep Sleep Wave

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# Gamma The Insight Wave

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Self-belief & love  
Allowance of all & claim my power  
Surrender as empty channel  
Forgiveness of self & others  
Grateful & Supported

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Daily gratitude  
Daily forgiveness  
Daily meditation

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Self-belief & love  
Allowance of all & claim my power  
Surrender as empty channel  
Forgiveness of self & others  
Grateful & Supported

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EFT Practitioner Training  
Soul to Soul Business & Marketing  
Limitless Living Facebook Page

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# LIMITLESS LIVING

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Audio Meditation Slides



# LIMITLESS LIVING

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Intuitive Decision  
Making Meditation

*Bring into your awareness an indecision you are faced with and notice how you feel about the different options one by one.*

# LIMITLESS LIVING

## The Now Flow Life's Purpose Manifestation Meditation

*Place the hand on the the heart and  
upper chest welcome all emotion.  
Really welcome it. Say to yourself out loud:  
I welcome this too.  
I accept this too.  
I claim this too.*

# LIMITLESS LIVING

## The Now Flow *Freedom From Emotional Stress* Meditation

*Place the hand on the the heart and  
upper chest welcome all emotion.  
Really welcome it. Say to yourself out loud:  
I welcome this too.  
I accept this too.  
I claim this too.*

# LIMITLESS LIVING

## The Now Flow *Freedom From Body Tension* Meditation

*Place the hand on the the heart and  
upper chest welcome all emotion.  
Really welcome it. Say to yourself out loud:  
I welcome this too.  
I accept this too.  
I claim this too.*

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## The Empty Vessel Meditation

*Become hollow and empty  
like a channel, an instrument  
of the divine.*

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## The Now Flow General Meditation

*Place the hand on the the heart and  
upper chest welcome all emotion.  
Really welcome it. Say to yourself out loud:  
I welcome this too.  
I accept this too.*

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## The Intuitive Flow Healing Process

*For Judgments, Criticisms  
& Expectations*

# LIMITLESS LIVING

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## The Intuitive Flow Healing Process

*For anything and everything from physical,  
emotional & spiritual challenges to manifesting  
the hearts desire.*



# LIMITLESS LIVING

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## Living in Flow

*Self love & Acceptance*

*Allowance of what is*

*Surrender & trust*

*Forgiveness*

*Gratitude & blessings*

# LIMITLESS LIVING

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## The LIMITLESS Flow Meditation

*Place the hand on the the heart and  
upper chest welcome all emotion.  
Really welcome it. Say to yourself out loud:  
I welcome this too.  
I accept this too.*