

# LIMITLESS LIVING

## *attracting what you want*

### **The NOW Flow Worksheet**

The Now flow is about calling in what is already mine. Claiming it.

*“The metaphor is if someone owed you some money and they had not paid you yet and it was making you feel worried and anxious and then one day they called up and they said, “Hey the cheque is in the post”. You might notice you get an immediate sense of relief. The cheque has not yet been credited in the bank account, yet it’s on its way. Just the thought that It is on its way is a different vibration, to the worry and anxiety about, will it come or not.”*

### **The Claiming Part is the Change in Vibration.**

*“Similarly, if you wanted to lose weight and one of the ways you felt, that the weight loss was happening is when you stepped on the scales and see the weight number coming down. So you would imagine stepping on the scales and the weight coming down. There is a vibration that is created when the weight number comes down. This vibration calls the weight loss in. Now the important thing is to call it in as if its already happening.”*

1. *“So imagine that which you want, call it in and notice how you feel about it. Does it feel free or is there an emotion there? Notice if there is any fear there. How does it make you feel?”* If there is any emotional hook

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proceed to the next step, if not just stay with visualizing that which you want.

2. Bring into the awareness the emotion associated with it. Really welcome it and allow it fully. Place your hands on your heart and collarbone say, *“I welcome this too. I allow this too. This is welcome. You are welcome.”*
3. Keep welcoming the emotion till it feels like it’s no longer there. Then bring up the image, sense or sound what you want and ask yourself how does it feel now?
4. If there is any remaining resistance or emotions where it feels like it cannot be claimed, welcome that too and if not go to the next step.
5. Imagine the image or sense or sound of what you want again. Bring it into your heart and say out loud, *“I claim you too. You are welcome. You are mine. We are each-others. I claim you too.”*