

LIMITLESS LIVING

attracting what you want

The LIVING in the Flow Worksheet

Now all that remains is to live in flow as a daily practice. There are 3 daily practices: Gratitude, forgiveness and meditation.

Then on a weekly basis should a deeper clearing be needed, you can use the quickie steps process below.

Begin your Daily Living in Flow Practice by bringing into your awareness your Great flow Statement

Chant it out loud 3 times:

- Wouldn't it be great if ... I am/I have (phrased positively)
- Wouldn't it be great if ... I am/I have (phrased positively)
- Wouldn't it be great if ... I am/I have (phrased positively)

Daily Gratitude

- I am grateful for _____
- I am grateful for _____
- I am grateful for _____

LIMITLESS LIVING

attracting what you want

Daily forgiveness

Begin by either writing down or saying out loud or bringing into your awareness, what needs forgiving today (situations, people, thoughts, judgements and criticisms).

- I forgive myself for
- I forgive myself for
- I forgive myself for

Then once you have your list say out loud with attention and intention:

- I forgive you.
- Life forgives you
- All is forgiven
- I love you
- I am so sorry
- Thank you
- Please forgive me

LIMITLESS LIVING

attracting what you want

Daily Meditation

The daily meditation includes the following 5 stages:

1. Self-belief & love
2. Allowance of all & claim my power
3. Surrender as empty channel
4. Forgiveness of self & others
5. Grateful, Blessed & Supported

These five stages can be experienced in the living in flow meditation, which I recommend you listen to daily for 21 days and then extending to a total of 90 days.

LIMITLESS LIVING

attracting what you want

Quick Self Process

Repeat the below process weekly for 12 weeks and notice what unfolds

- Wouldn't it be great if I hadX.....
- BUTY.....
- This makes me feel
- I feel it in the
- I felt like this before when
- I allow this emotion of too
- I accept this too. It is welcome.
- I welcome X and the opposite of X
- If there is a charge of the opposite of X, then I welcome this emotion of too. I claim this to
- I forgive the others and myself
- I empty myself as a channel and allow myself to be used as a force for good
- I become the Universe and as the Universe my mission is so vast that I am here now with a knowingness of all that is
- Now check how you feel about the surface desire. Are you able to chant it out loud?
- Place your hand on your heart and say out loud, "Wouldn't be great if"
- Now whisper it, "Wouldn't be great if"

LIMITLESS LIVING

attracting what you want

- Now say it silently on the inside, “Wouldn’t be great if
- Breathe into this vibration, feel it and let it integrate fully and say, “It is so, so it is.”
- Imagine emptying yourself like a vessel becoming hollow and empty as an instrument
- Now feel yourself getting plugged into the Universe, as Universal energy, remembering your life’s mission, see, hear and feel and with a knowingness of what is, open your eyes now