

LIMITLESS LIVING

attracting what you want

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The GREAT Flow Worksheet

The Great Flow begins with discovering what is it, that is really desired. It begins with answering the question:

“Wouldn’t it be great if I were to ... ”

For example:

- *“Wouldn’t it be great if I were to ... be size 10?”*
- *“Wouldn’t it be great if I were to ... have \$XXX in my bank account every month?”*
- *“Wouldn’t it be great if I were to have met the partner of my dreams?”*
- *“Wouldn’t it be great if I were to ... have reached more people in my business?”*
- *“Wouldn’t it be great if I were to ... have clarity about what I want in life?”*
- *“Wouldn’t it be great if I were to ... have my health improved?”*

This question is deliberately phrased, to uncover the heart’s innermost desire. So, be as wild as possible.

LIMITLESS LIVING

attracting what you want

Then, the next step is to write it down in the present tense.

“Wouldn’t it be great if... I am / I have / I met...”

For example:

- *“Wouldn’t it be great if ... I am size 10.”*
- *“Wouldn’t it be great if ... I have \$XXX in my bank account every month.”*
- *“Wouldn’t it be great if ... I have met the partner of my dreams.”*
- *“Wouldn’t it be great if ... I have reached more people in my business.”*
- *“Wouldn’t it be great if ... I have clarity about what I want in life.”*
- *“Wouldn’t it be great if ... my health’s improved.”*

Please phrase it positively ... for example,

“Wouldn’t it be great if I am a size 10?” instead of “Wouldn’t it be great if I lost 15 kgs?”.

Then, repeat the question and add the word BUT, at the end and explore if there are any limiting beliefs.

For Example,

- *“Wouldn’t it be great if ... I am a size 10 BUT it’s too much hard work.”*

LIMITLESS LIVING

attracting what you want

- *“Wouldn’t it be great if ... I have \$XXX in my bank account BUT it has not happened.”*
- *“Wouldn’t it be great if ... I have met the partner of my dreams BUT I am scared of rejection.”*
- *“Wouldn’t it be great if ... I have reached more people in my business BUT I am scared of failing.”*
- *“Wouldn’t it be great if ... I had clarity about what I want in life BUT I doubt myself.”*
- *“Wouldn’t it be great if ... my health’s improved BUT it’s not possible.”*

If what you are seeking in life has not been realized, there is always a “BUT”.

So be encouraging.

The statement at the end of the BUT is known as the Limiting Belief:

- It’s too hard
- I cannot do it
- I do not have time
- I am a failure
- Success equals death

LIMITLESS LIVING

attracting what you want

Facilitating A Session For Another Person:

Once you uncover the limiting belief, make a note of it and follow the below steps, when facilitating it with another person:

1. Repeat the belief to them and ask them to say it out loud, *“On a scale of 1 to 10 how true is this belief, where 10 is true and 1 is not true at all.”*
2. Once a number has been established, make a quick note of it, and ask, *“Where in the body do you perceive or feel this belief?”* Make a note of the body part and then ask, *“How does it make you feel?”*
3. Once they have a sense or knowing of what the emotion is, and where in the body it is, repeat it back to them, *“So the belief is ... and you perceive it in the ... and it makes you feel...”*

Then, say to them, *“Feel the emotion fully and truly welcome it. Allow it. Just welcome it fully. Hold it in your hand and embrace it fully. Embrace this feeling fully. Really allow it. Keep welcoming it, and let it know it is welcome. It is a feeling that is waiting to be accepted and embraced. Just welcome it fully. Keep surrounding it with your love. You can even place your other hand on the feeling and love it.”* (If the person you are working with is uncomfortable with the idea of self-love, then you can explore acceptance or allowance of the emotion. The concept is to allow the emotion and let it be present, versus pushing it away or resisting it,

LIMITLESS LIVING

attracting what you want

as resistance causes it to remain, versus acceptance allows a space for freedom.)

4. Then ask, *“So go ahead and close your eyes and take a gentle breath in and out. Allow yourself to feel this feeling of ... in your ... fully. Just get a sense or knowing of how old you were when you felt this old feeling, who was there, what age were you and what were you wearing or not wearing. Just get a sense or knowing of how old you were, when you felt this old feeling before.”*

5. *“Place the old memory or series of memories on a movie screen, and let it go blank for now. You can just get a sense of it. You do not need to see it perfectly. Just a sense of knowing that past incident or series of incidents.”* (Be really encouraging and create a space for allowance. You can say, *“It's ok, take your time. It can just be a sense or knowing. The memory can also be of now, as you just felt the feeling associated with the belief. So, check-in with yourself when you felt that old belief before. Just get a sense of knowing - you do not need to get it right or perfectly”).*

If the memory is a traumatic memory, ask them to, *“Move the memory far away, distance yourself from it, make it even further away till it feels safe.”* Check that they feel ok to proceed.

LIMITLESS LIVING

attracting what you want

6. Then ask, *“Bring the past you from that past memory, to come and sit next to you and hold their hand. Ask them what positive qualities or resources they needed, in that old memory that would have helped them handle the situation better.”*

Give them time and be encouraging. You can also add, *“Examples of positive qualities include, courage, strength, self-love, you are safe, self-acceptance, self-respect.”* In case, they come up with a resource that is not in their control, like the other person saying sorry, ask, *“If they were to say sorry, what would it make you feel?”* If they are stuck, you can invite the mentor to brainstorm positive qualities or resources that would have been helpful in that past experience.

After encouraging, if memories still do not show up, it's ok. This can happen because, they might be wanting the details of the memory, or the memory has been blocked, or they have already cleared the past memory. If the belief is showing up, it means there is something there though. So, after reassuring and letting them know, that they only need to bring up what they remember; if there is still nothing showing up, you can move to the NOW FLOW (taught on Day 2) and revisit memories as and when they show up later in the process.

7. Once they uncover positive qualities or resources, get them to breathe in the positive qualities, *“Place in the hand of the past you, the positive*

LIMITLESS LIVING

attracting what you want

qualities. Let the present day you, squeeze the hand of the past you, and get them to breathe in all those qualities.”

If needed, you can be encouraging, by saying, *“Great, beautiful, just breathe that in”* or *“That’s right”* or *“That’s wonderful”* or *“Yes, just keep going”* or *“How lovely”* or *“You are doing great”*, as they breathe in those qualities.

8. Then, ask them to, *“Send the past you back onto the movie screen with all the positive qualities, and notice how you are handling things differently.”*
9. Notice their facial expressions and body language, and notice how it starts to change or relax. Ask them, *“How are you feeling?”*. Let them share their thoughts and insights. Be really encouraging. Let all the thoughts be welcomed. Ask them, *“How do you feel about that old belief now?”*
10. Once the old belief seems distant or no longer true, ask them, *“Now that the old belief is no longer true or needed, go ahead and imagine going into every cell in the body, and pressing a delete button, that on pressing removes the belief, removes the consciousness of the belief, as well as the energetic imprint of the belief. You can also just imagine one cell that is a representative cell for the whole body, going right into the*

LIMITLESS LIVING

attracting what you want

DNA, and imagine pressing the delete button, so that old belief is erased forever.”

11. Then, go ahead and illicit the timeline. Ask them, “So, what I am going to do right now is, I am going to illicit your timeline, so that we can find the origin of the old belief. So, go ahead and close your eyes right now, and as you close your eyes right now, cast your mind’s eye back to yesterday’s morning, when you woke up and notice, where is that past memory stored? Is it behind you? Is it in front of you? Is it above you? Is it beneath you? Is it to the sides of you? Go ahead, and use your finger to point in that direction of, where that old memory, of waking up yesterday is stored. This is known as your Past. Great. Now, come to neutral. So, as you come to neutral, go ahead and keep your eyes closed and imagine stepping to the future, to tomorrow. And, as you step to the future, to tomorrow, go ahead and notice yourself waking up in the morning, tomorrow. Now that you can imagine yourself waking up in the morning, tomorrow, just notice where is it in relation to you. Is it above you? Is it beneath you? Is it to the side of you? Is it in front of you or behind you? Once you know where your future is, go ahead and use your finger to point in that direction. Now, draw a line from your past to your future. This is known as your Timeline. And, as you know what your timeline is, place that timeline on the ground now, so that it is a straight line, and you know where your past is, and you know where your future is.

LIMITLESS LIVING

attracting what you want

Go ahead and imagine stepping on your timeline in the present. As you step on your timeline in the present, just imagine now, floating nice and high, above your timeline. As you float, nice and high, above your timeline, go ahead and float to the past. And float to the past, where that old belief that you just uncovered is. Look at yourself from above, you just need to get a sense of yourself from above. You don't need to see it perfectly. Now ask yourself, is there a time even before this, the origin of the belief. This instance, might be the origin, and just check-in with yourself, if there is a time even before this, that was the origin of that old belief. It can be in this lifetime, it can be in the womb, it can be at the time of conception, and it can be even before that. If you believe in past life, it can even be in the past life. Go ahead, and notice yourself floating, to the origin of that belief right now. And, if it's where you are right now, you can just stay here right now. Now that you have located the origin of the belief, go ahead and press the delete button." Let them answer, be encouraging. "Now that you have a sense of it, go ahead and imagine pressing the delete button, and deleting that old belief from your past, and from your timeline, such that it can no longer influence your present. Yes, that's right, just delete that belief now."

12. *"Now that the old belief has been deleted, what is your new belief?". If needed, ask your mentor to help you, and to brainstorm with them the new belief. A mentor is a guardian angel or someone, whose wisdom you trust.*

LIMITLESS LIVING

attracting what you want

13. Once they have the new belief, ask them, *“Go ahead and place the new belief on your timeline, where the old one was just deleted. Just imagine it being installed in your timeline now, and as you install it, imagine it lighting up your whole timeline. Every single moment from the past, till now, is being programmed, with this new awareness.”*

14. Once the new belief has been installed in the timeline, ask them, *“Now install the new belief, also in every single cell in the body, the space between the cells, and the consciousness in the body-mind. That’s right. Breathe into it, and feel into it.”*

15. *“Step into the future, a day from now, breathe; how you are breathing and feel; how you are feeling. How are you feeling about yourself, and about life?”*. Let them answer, *“How does it feel, to live life from this new awareness and belief?”* Let them answer and be encouraging.

16. *“Step into the future, a week from now, breathe; how you are breathing and feel; how you are feeling. How are you feeling about yourself and about life?”* Let them answer and be encouraging.

17. *“Step into the future, a month from now, breathe how you are breathing and feel how you are feeling. How are you feeling about yourself and about life?”* Let them answer and be encouraging.

LIMITLESS LIVING

attracting what you want

18. *“Step into the future, 6 months from now, breathe; how you are breathing and feel; how you are feeling. How are you feeling about yourself and about life? Seventy percent of you is already new. How are you feeling in yourself, and about life?”* Let them answer and be encouraging.
19. *“Step into the future, one year from now, not a single cell from today is present 1 year from now. Breathe; how you are breathing and feel; how you are feeling. How are you feeling about your Great Flow statement now?”* Let them answer and be encouraging.
20. *“Step into the future, 5 years from now. Staying connected to the consciousness of YOU, 5 years from now. How are you feeling about yourself and about life?”* Let them answer and be encouraging. *“The fact that you can conceive of this Consciousness, means that you can start living life from this new awareness, starting now. How are you feeling about yourself, and about life?”* Let them answer and be encouraging.
21. Then say, in case they have their eyes closed, *“You will find that you will be able to open your eyes, as soon as all parts of you are fully integrated, ready to live your life from the expression of this new belief, consciousness and awareness. You may open your eyes now.”*
22. When they open their eyes, congratulate and reassure them.

LIMITLESS LIVING

attracting what you want

Then test their Great Flow statement, by asking them, *“How do you feel about your Great Flow statement now? Let’s test it. Wouldn’t be great if ... Go ahead and say the statement and add your ending?”*. Pause, give them time. Then ask, *“How does that make you feel?”*

23. Bring your hand on your heart and say out loud, *“Would it be great if ... and add your ending.”* Let them keep saying it out aloud. Then say to them, *“Now keep the hand on the heart, and whisper it. That’s right, just whisper it softly, as if the Universe were speaking to you.”* Then say to them, *“Now chant your great statement silently on the inside. That’s right. Feel the vibration on the inside. Feel the heart beating, and feel this vibration. Notice it happening now. Feel it and breathe into it.”*
24. Close by asking them to repeat, *“It is so, so it is. It is so, so it is. It is so, so it is. So be it.”*
25. Ask them to chant, *“Wouldn’t it be great ...”*, statement daily for 21 days and notice what transforms for the better.