

LIMITLESS LIVING

attracting what you want

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The INTUITIVE Flow Worksheet – Freedom from Judgements & Expectations

1. Go ahead and take a long breath in and out, while placing your tongue on your upper palate. That's right. Breathe in and out again. Now take another long deep breath in and as you get ready to breathe out, imagine you are blowing out a candle.
2. Then allow yourself to bring your attention right here, right now. You can even focus your attention on 1 thing right in front of you. For example, you can touch your phone and feel the connection between your fingers and the phone. Or look at an object in the room you are in and focus solely on that and nothing else. Or hear the sound of my voice and feel the air in the room as you notice your mind winding down like a fan winding down into this moment, this millisecond. No thought of past, no thought of future, only this moment, this millisecond. Just allow yourself to close your eyes now, if they have not already. Pull the awareness inside yourself. Bring all your attention into this moment, this millisecond. That's right.
3. As you do that, bring into your awareness, what is it, that you want for yourself. Bring into your awareness your positive Great Flow statement, that begins with 'I'. Then bring into awareness the image of what you want. Imagine it and visualise it fully. See, hear, and feel it completely. Bring the image now of what you want into your heart and breathe into it and feel it in every cell in your body. As you that notice the image now allow it to

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transform into an energy or vibration, into a sense or a feeling. Notice the vibration of what you want fully, what your soul most wants for you. Feel it and notice yourself becoming it; as if it is happening through you. As if you are an empty vessel through which all that your soul wants most for you happens. Now as you notice the vibration again, ask yourself, *“Are there any judgments, criticisms or comparisons that prevent you from being in the flow of what you want, from being in an intuitive flow of what is?”*

For now, label any criticisms, judgments, or expectations as *“THIS”* and just car park them. You can even whisper them out loud and then, car park them aside. If there are no criticisms, judgments, or expectations that is ok, and we will just go ahead and move to the next step now.

4. Now, imagine stepping into the future and breathe how you are breathing and feel how you are feeling, staying connected to the vibration and the energy of what your soul wants for you. As you step into the future, step into a future time point when there might be sabotage or, perhaps, even an awareness of a past sabotage now. For example, you know what you want, and it feels free, but then you notice you sabotage yourself. You notice an unconscious block that stops you continuing in the flow of what you want. It can even make you feel disappointed, dejected, or make you want to give up. From now on, we will refer to any or all criticisms, expectations, judgements and sabotage as *“THIS”*. You can even let your unconscious know now to bring into the awareness unknown sabotages, resistances or hinderances from your past, present or future; anything that may, in anyway, prevent you from staying in the flow of what you want and

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allowing your intuition to guide you in each and every moment. If there is anything else that you would like to add at any moment, you can add it consciously or unconsciously to *“THIS”*.

5. So, we will begin by placing the hand on the heart and placing the other hand, either on top of the hand on the heart and placing the other hand either on the top of the hand or on the upper chest, wherever it feels right for you. Just make a connection with yourself first, and take another breath in, and blow it out as if blowing out a candle.
6. So, we will begin by invoking the energy of healing. You can either say this statement out loud with me, or you can whisper it. *““THIS” healing, is on behalf of all points of view, our ancestors and our future generations, and on completion, will be completely complete.”* And just sit with the vibration of *“THIS”* healing happening, of all the points of you healing, of the healing being complete with our ancestors and our future generations.
7. Now, as you bring into your awareness the energy of *“THIS”*, for example the judgements, criticisms, expectations, and sabotage; I am going to start by saying a statement out loud. All you need to do is sit with the statement, contemplate it, and allow any thoughts to be there. All you have to do is notice what is happening. As I say each statement out loud, you can either say it out loud after me or silently on the inside.

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After a few moments of sitting with the statement, I might ask you, *“What happened?”* When I ask you, *“What happened?”*, you can either share it out loud or keep it silent. Once we complete the process with one statement, we will move to the next until the last statement when the healing becomes completely complete.

8. So, we will begin now with the first statement. Noticing the connection between your hand, your heart and your collar bone, say out loud, *“THIS happened, all that caused me to resonate, identify and connect with THIS. Thank you for THIS happening. I welcome THIS too. I allow THIS too. THIS is welcome. I claim THIS too. Thank you for resonating, identifying, and connecting with THIS.”* And just sit with this vibration now while maintaining the connection between the heart and the hand. And you can even say on the inside, *“THIS happened, it's over now, I can relax.”* As you sit with it, just ask yourself, *“What happened?”* and as you bring into your awareness, *“What happened”,* you can either share it out loud or keep it on the inside.

9. Now take a breath in and blow it out as if blowing out a candle, and I will say the next statement now, *“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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10. Sit with this vibration of all the places in the body, mind, and life, where “THIS” may be stored. Just open into the energy of all those places, where “THIS” is stored. You can also imagine all the places in the body, mind, and life, where “THIS” is stored.

You can now imagine a magical cleaning instrument that you want to use to clean all the places where “THIS” is stored. With the cleaning instrument go ahead and clean all the places in the body, mind, and life, where “THIS” is stored.

11. Clean it completely, even all the little areas, even all the large areas, even all the spaces in between, clean everything, large or small or the spaces in between. Take your time, allowing the magical instrument, to do the cleaning at the deepest level. Cleaning the feet, the ankles, the legs, the hips, the belly, the torso, the neck, the head, the back, the arms, and the whole body. And when that's complete, you can just give me a signal by nodding your head and let me know the cleaning is completely complete. And if it isn't completely complete, just know that this process will continue.

12. Once it has all been cleaned, you can place all that has been cleaned into a magical box and send it to the Universe. Let the Universe transmute it all to unconditional love. Just let it be free. As you allow it to transmute into love, notice for yourself, “*What happened?*” When that's complete, you can share out loud, “*What happened?*”. Just whisper it out loud.

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13. Take a breath in, and out, and we will focus on the next statement. You can say the statement out loud, with me or silently in your mind's eye, *"All the parts that got something from "THIS", are healing now. Thank you for healing all the parts that got something from "THIS"."*
14. As you sit with it now, explore the energy of all the different parts, who got something from this, imagine the different parts, healing now, integrating now and completing now. You can even ask yourself, *"What happened?"* and bring into your awareness, what happened. You can either keep it silent or share it out loud.
15. So, take another breath in, and out, we will begin with the next statement. Say out loud, *"All the connections and communications related to "THIS" are completing now. Thank you, for completing all the connections and communications related to "THIS"."*
16. Now, bring into your awareness, all the connections and communications related to *"THIS"*, whether they are with yourself, a Divine Power, or the Universe or whether the communications and connections are with other people, bring it all into your awareness now.

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17. If you need to have a conversation with someone related to this, it can be yourself, other people, or a Higher Power; let that conversation happen now. And if there's no conversation, we'll just sit silently for a bit. Allow yourself to express it fully, how you felt about "THIS" in connection to these people. Get whatever has to be communicated off your chest completely.
18. As you get it off your chest completely, let the other people involved, which can also be yourself, reply from a deeper place, not from the surface level, but reply from a level of understanding and wisdom. As they reply to you, notice how you feel about it, and if you feel the need to reply, go ahead and do that.
19. Keep communicating, till it feels empty and light. It's best to speak out loud. Get off your chest any disappointments, dejections, disapprovals; just give yourself a voice and get it out of the system. The reason to speak it out loud, is it frees the past energy from the nervous system and unlocks it from the mind. So, just speak freely.
20. So, I'll say the statement again, *"All the connections and communications related to "THIS" are completing now. Thank you, for completing all the connections and communications related to "THIS"."* Then ask yourself, *"What happened?"* And just sit with it, sit with the energy of what happened.

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21. Now, we will begin with the next statement. Go ahead and take a breath in and letting it out as if blowing out a candle. Bring into the awareness, the origins of *"THIS"* and say out loud, *"All the origins of "THIS" are healing now. Thank you, for healing all the origins of "THIS"."* Bring into your awareness all the origins of *"THIS"*." You can even say out loud with me, *"All the origins of "THIS" are healing now, thank you for healing all the origins of "THIS"."* You might even like to notice if there are any energetic cords or ties that connects you to the origins of *"THIS"*. Sometimes it can be a cord to a past relationship connected to judgement, a pattern connected to expectation, a past situation or a circumstance that is no longer needed. If there is any cord, then go ahead and invite a mentor and place in the mentors hand a magical cutting instrument; and go ahead and cut the cord to that past situation, to all expectations, to all judgements, to all separations, and to all comparisons. Freeing yourself completely from the origins of *"THIS"*."

22. Sit with the vibration of all the origins of *"THIS"*, healing now. Whether the origins are from this life, from the womb, from the time of conception, or even before that, allowing all the origins of *"THIS"* to heal. Ask yourself, *"What happened?"* When that's complete, just give me a signal or you can share with me what happened.

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23. As you breath in, and out, we are going to move to the next part of the process. Go ahead, and take another long deep breath in, and out. Bring into your awareness, anything and everything that needs forgiveness, keep your hand on your heart and collar bone, as you bring it into your awareness, go ahead and say, out loud with me, *“I forgive anyone I hurt related to “THIS”, including the Universe and myself. Thank you for forgiving anyone I hurt, related to “THIS”, including the Universe and myself. 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.”*

24. As you say it, with the energy of forgiveness, you can say out loud or silently, *“I forgive anyone I blamed for “THIS”, including the Universe and myself. Thank you, for forgiving anyone I blamed for “THIS”, including the Universe and myself. 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.”*

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25. As you take another breath in, and out, say out loud after me,

“I release myself, from any, and all attachment that keeps me from the truth of who I am. I claim me, I claim who I am. I claim what my soul wants for me. I claim my purpose consciously known and unknown fully in this lifetime. I accept everything and I allow myself to live as an expression of who I am, surrendering everything now. I bring the awareness back into this moment, back into this millisecond. I welcome this moment now. I allow this moment now.”

26. Now, imagine yourself like an empty vessel, through which all the gifts of the Universe flow, free from judgements, expectations, separations and sabotage; an empty vessel with the Universal energy, inside and outside, a container of all that is, and notice now, what do you choose for yourself?

Say out loud, *“I choose.”* End the statement with what your soul chooses for you. Then say out loud, *“I choose to resonate, identify and connect with...”* End the statement with what you choose. You can choose qualities like love, freedom, a specific desire or goal, anything, and everything that you are drawn to. You, can also choose to connect with this moment and being present in every moment, knowing yourself to be an instrument of channel of all that is.

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27. Now, say out loud, *“Anything that remains about “THIS” healing, is completing now. Thank you, for completing anything that remains about “THIS” healing.”* Open into the vibration of completion now, and say out loud, *““THIS” healing is completely complete, with my grateful thanks.”*

28. Knowing this process is now complete, knowing you’ll only be able to open your eyes, as soon as, all parts of you are fully integrated, ready to carry on the healing process, perfectly, automatically on its own, without you having to do a thing, just like the parts of you that make your eyes shine, and your hair grow and your heartbeat.

You may open your eyes now, taking another breath in and letting it out.