

LIMITLESS LIVING

Unleashing Abundance

The Advanced Great Flow Process Sheet - Facilitating for Others

The Advanced 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.

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Then, the next step is to write it down in the present tense or as if it has already happened.

“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.”*

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- *“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

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The Advanced Great Flow Process Sheet Summary Steps:

- A. Uncovering the limiting belief.
- Wouldn't it be great if I were to .. but ...
 - Say the belief out loud and number.
- B. Welcome the emotions associated with the belief.
- Where in the body?
 - Welcome the emotion.
 - Place hand on body part or heart.
- C. Uncovering the memories associated with the beliefs.
- When have you felt the feeling associated with the belief before?
 - When have you felt the belief before?
 - How old were you when you learnt the old belief?
 - Place the memories on a screen and let it go blank.
- D. Change memory.
- Let the past you sit next to you.
 - Positive resources in the hand of the past you and breathe them in.
 - Notice how it's different now.
- E. Deleting the beliefs in the cells.
- In all the cells or one representative cells.
- F. Illicit the timeline.
- Past and future (waking up in the morning the day before and next day).

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- A straight line and place it on the ground.
- G. Uncovering the origin of the belief on the timeline.
- Step on the timeline in the present.
 - Float up nice and high.
 - Origin of belief.
- H. Magical tree conversation and forgiveness.
- Invite the people associated with the belief to a magical tree.
 - Have a truthful conversation with the people involved with the belief.
 - Forgiveness of self and others.
 - Close with, *“I forgive you; Life forgives you, the Universe forgives you; all forgiveness is here.”*
- I. Cut the cords and delete the origin of the belief on the timeline.
- Cutting the cords to the origin of the belief.
 - Delete the belief on the timeline.
- J. Install the new belief on the timeline.
- Install the new belief on the timeline.
 - Install in every cell in the body.
- K. Future pace.
- 1 week
 - 1 month
 - 6 months – 70% new
 - 1 year – all cells are new
 - 5 years – conceive of the consciousness

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L. Integration.

- Open your eyes when fully integrated
- Great Flow Statement test and/or Positive Great Flow statement
- It is so, so it is.

Facilitating The Advanced Great Flow 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:

A. Uncovering the limiting belief.

1. Begin by asking your partner, “What do you want? Or “What do you want to manifest or attract into your life?” Pause, let them respond.
2. Then ask your partner to, “Repeat what you want in the statement, “Wouldn’t it be great if I were to .. and end it with what you want, for example, “Wouldn’t it be great I were to be size 10” or “Wouldn’t it be great if I had \$10000 in my bank account every month.”” Pause, let them respond. Help your partner to phrase what they want positively and towards what they want versus away from it.
3. Then ask your partner to, “Now we are going to uncover if there are any limits preventing you from what you want. At times there can be limiting beliefs, for example, “I can’t do it.” So, in the moment I am going to ask

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you to say your Great Flow statement again and then I will say the word BUT and I want you to let me know the thought that follows the word BUT. For example, *“Wouldn’t it be great if I were to be size 10 but it’s too hard.”* The statement, it’s too hard is known as a limiting belief. So, I want to uncover that.” Pause and let them respond.

4. Once you uncover the limiting belief, make a note of it, and repeat the belief to them and ask them to say it out loud:

“So go ahead and say the belief out loud.” Pause give them time to respond. *Then ask, “On a scale of 1 to 10 how true is this belief? (10 is true and 1 is not true at all.)”*

5. 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?
How does it make you feel?”*

B. Welcome the emotions associated with the belief.

6. 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*

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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."

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

C. Uncovering the memories associated with the beliefs.

7. 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 you were 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."*

Be really encouraging and create a space for allowance. You can also 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 this old feeling before. Just get a sense or knowing - you do not need to get it right or perfect. Let me know how old you were and what was happening."*

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Pause and let them share. No need to push them to share more. Make a note of the old memories and one word to represent the memory, which can also be the emotion.

Note: 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. So, after reassuring and letting them know, that they only need to bring up what they remember.

8. Then ask your partner to, *“Bring the belief back into your awareness and ask yourself how old you were when you learnt this old belief. Did you learn it from someone else or is it your own belief? Check in with yourself if it’s the same memory associated with the old feeling or are there different memories associated with it. Describe what happened when you learnt the old belief.”*

Pause and let them share. Make a note of the memories and an associated keyword or feeling. If they are feeling a strong emotion then you can say, *“Where in the body is the emotion.”*

Let them reply. Then say, *“That’s ok. It’s ok. You can just welcome this emotion now. Really welcome it and say to your emotion. You are*

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welcome.” Once that is complete, go to the next step.

D. Change memory

9. Now, tell your partner to:

“Place the old memories or series of memories from the old emotion or beliefs on a movie screen and play the scenes from start to finish. Once you have done that let me know and let the movie screen go blank for now.”

Note: 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.

10. Then ask, *“Bring the past yous 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.”*

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NOTE: 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 bring up a thought you can ask what is the emotional quality that they needed at the time to complete that particular task or behaviour-. For example, if they say that the younger you needed to study, you can ask: “What is the feeling they needed to feel in order to study?”

If they are stuck, you can invite the mentor to brainstorm positive qualities or resources that would have been helpful in that past memory or experience.

11. Once they uncover positive qualities or resources, get them to breathe in the positive qualities, *“Place in the hand of all the past yous, the positive qualities.”*

You can even repeat the names of the qualities back to them, *“Let the present day you, squeeze the hand of the past you, and get them to breathe in all those qualities.”*

Note: 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.

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12. Then, ask them to, *“Send the past yous back onto the movie screen with all the positive qualities, and notice how you are handling things differently.”*

13. 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?”*

E. Deleting the beliefs in the cells

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

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F. Illicit the timeline

15. Then, go ahead and elicit the timeline. Ask them, *“So, what I am going to do right now is, I am going to elicit your timeline, so that we can find the origin of the old belief. So, go ahead and, 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.”*

Give them time and let them respond.

Once they respond, say to them, *“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 it is 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. Pause*

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and wait for them.

G. Uncover the origin of the belief on the timeline.

16. When it feels right, say to your partner, *“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.”* Pause and let them integrate with what they are experiencing.

H. Magical tree conversation and forgiveness.

17. Then say to your partner:

“Now that you have located the origin of the belief, get a sense or knowing of the people involved with the origin of the belief. Who did you learn it from or what happened to put the old belief in place? Invite the

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people involved with that old belief from the memory associated with the origin of the belief or even from the previous memories, to come and sit by a magical tree. You might even need to invite yourself or people who should have been there and were not there. A magical tree that represents safety and the ability to speak the truth of what was felt back then. So, who is here today? Who else needs to be here? Go ahead and give a voice to the past you and let them speak out loud to all the people present. Really share how you felt at the time from the energy of the past belief. Keep sharing till it feels empty.”

Pause and give them time, be encouraging, *“Then share with the other people present what you wanted from them at the time.”*

Pause and give them time, *“Then share with yourself what you wanted from yourself at the time.”*

Pause and give them time. Once they share their response, you can even play it back to them.

18. Then ask your partner to, *“Now step into the energy of the other people present. Breathe how they are breathing and feel how they are feeling. Really feel what the other people were feeling that caused them to make you take on the old belief or inherit it from them. Give them a voice too and let them reply how they felt about what happened.”* Pause and let

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them reply.

19. Once the emptying out process is complete then say:

“Check in with yourself if anything needs to be forgiven to set yourself free from the old belief.”

Pause and wait for an answer.

“If someone needs forgiving, go ahead and complete that out loud.”

If they feel uncomfortable speaking out loud, then give them space. You can even explain to them that sharing it out loud accelerates forgiveness. Pause and give them time. Continue by saying, *“Then ask your past self, what do you need to be forgiven for in relationship to this belief and what you want. What else do you need to be forgiven for in connection to this belief? What else?”* Be really encouraging and create a space for allowance.

20. Once they share everything they need to be forgiven for, then say to them, to say out loud, *“I forgive you; Life forgives you; the Universe forgives you; all forgiveness is here.”*

Check in with them how it feels. If it feels like there is something that cannot be forgiven or there is too much to forgive, then ask them to empty out further from the past experience. Usually, forgiveness gets

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stuck if there is something left to express. Once they empty out fully, then you can check in with them about forgiveness and repeat it again.

I. Cut the cords and delete the origin of the belief on the timeline.

21. Once the forgiveness process is complete say to your partner, *“Now bring your awareness back to the magical tree. Now notice if there are any negative cords between you and the other people or yourself. Sometimes there can be cords where a belief may have been inherited from others or with ourselves from a past life. Now go ahead and invite a mentor here and place in the mentor’s hands a magical cutting instrument and cut those past cords to the belief. Now notice the timeline again and float high above the timeline and notice the belief from above. Now that you have a sense of the belief from above, 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.”*

J. Installing new belief

22. Once you and your partner feel that the process is complete, just take a gentle breath in, and out with them. Then say to your partner:
“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

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new belief. A mentor is a guardian angel or someone, whose wisdom you trust.

23. 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.”

24. Once the new belief has been installed in the timeline, ask them:

“Now install the new belief 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.”

25. Then say, *“You can now bring your awareness back to the magical tree and say goodbye to all the people that showed up today from those past memories associated with the beliefs. Thank them for the role they played in your life.”*

K. Future pace

26. Now tell your partner to, *“Step into the future, a day from now, breathe how you are breathing, feel how are you feeling. How are you feeling about yourself, and about life?”*.

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Let them answer, *“How does it feel, to live life from this new awareness and belief?”* Let them answer and be encouraging.

27. Once they respond, ask them to, *“Step into the future, a day from now, breathe how you are breathing, feel how you are feeling. How are you feeling about yourself and about life?”* Let them answer and be encouraging.
28. Once they respond, ask them to, *“Step into the future, a week from now breathe how you are breathing, feel how you are feeling. How are you feeling about yourself and about life?”* Let them answer and be encouraging.
29. Now say to your partner, *“Step into the future, a month from now, breathe how you are breathing, feel how you are feeling. How are you feeling about yourself and about life?”* Let them answer and be encouraging.
30. After they answer, tell your partner to, *“Step into the future, 6 months from now, breathe how you are breathing, 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.

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31. Give a slight pause, and then say to them, *“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, feel; how you are feeling. How are you feeling about your Great Flow statement now?”* Let them answer and be encouraging.
32. Now tell them to, *“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.
33. Then say to your partner, *“The fact that you can conceive this Consciousness, means that you can start living life from this new awareness, starting now. How are you feeling about yourself, and about life? If you were to give yourself some practical day to day advice on how to live your life in connection to your Great Flow statement what would it be?”* Let them answer and be encouraging.

L. Integration

34. Then say, in case they have their eyes closed, *“Once that is complete, come back to the present, bringing with you all the learnings from the future. 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*

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expression of this new belief, consciousness, and awareness. You may open your eyes now.”

35. When they open their eyes, congratulate, and reassure them.

36. 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 it 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?”*

37. 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 Flow 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.”*

38. 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.”*

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39. Then share, *“You can chant your “Wouldn’t it be great ...” statement daily for 21 days and notice what transforms for the better.”*