

LIMITLESS LIVING

Unleashing Abundance

THE LIVING IN FLOW MEDITATION - FACILITATING FOR OTHERS

This Living In Flow meditation is to transition from the present moment of awareness to compassion, gratitude, forgiveness, Higher Purpose and then the energy of the art of blessing.

The Living in Flow meditation moves the vibration from alpha to beta, theta, gamma, and delta waves and is powerful to live The Positive Great Flow.

The Living in Flow Meditation Summary Steps:

A. Present Moment:

- Come into this moment, take a breath in, and blow it out as if blowing a candle.
- Then take another breath in, sucking in the belly and blow out with an “Ahh sound” imagining you are going down a slide.
- Focus all the energy on this moment, this millisecond, with no thought of past, no thought of future, only this moment.

B. Compassion:

- Bring into your heart someone that you love or a situation or circumstance that you love. For example, it can be a person, animal, or nature.
- Feel that person in your heart and imagine sending them so much compassion.
- Send compassion to yourself too. A feeling of care and understanding.

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C. Gratitude:

- Bring into your awareness what you are grateful for and whisper it out loud.
- You can begin with what you feel grateful for in your personal life, then professional life, and with yourself.

D. Forgiveness:

- Bring your attention to anything and everything that needs forgiving.
- End this part by saying out loud, *"I forgive you. Life forgives you. The Universe forgives you. All forgiveness is here."*

E. Higher Purpose:

- Bring your positive Great Flow statement into your awareness.
- Notice it on the movie screen in front of you, in a circle on the ground, looking at the circle from above, inside the circle. through your own eyes, and then bringing the image from the circle into the heart.
- Now bring your attention to your Higher Purpose. The real reason you do what you do or want what you want.
- Feel that vibration in your heart and let it radiate out into the room that you are in. Into the house that you live in.
- Into all the houses in the world. The stars, galaxies, and cosmos.

F. Blessing:

- Finally focus on blessing yourself and all of humanity.

G. Integration:

- Open your eyes when fully integrated.
- It is so, so it is. So be it.

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Facilitating The Living in Flow Meditation for Others

A. Present Moment

1. So go ahead and take a long breath in through the nose, and out through the mouth. Now take another long breath in and sigh it out through the mouth. Just let the shoulders drop and the belly flop. Take another long breath in through the nose and sigh it out again through the mouth.
2. And as you take another breath in, this time blow it out through the mouth as if you are blowing out a candle. Pause.
3. Bring all your awareness to this moment. This millisecond. No thought of past, no thought of future, only this moment.

B. Compassion

4. Now place either hand on your heart or the heart area. As you take another breath in and out, go ahead and bring into your heart someone that you love. It can be a person, it can be nature, for example the oceans, flowers, or animals, or it can even be a situation. Go ahead and bring what you love in your heart now. Surround it with your love, understanding, and compassion.

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5. Feel that compassion growing and expanding. You might even like to experience this compassion in your heart as love and care and understanding, without any judgment. Allow this compassion in your heart. Let this compassion radiate out of your heart, into the room that you're in right now. Let it radiate out to the house that you live in. And let it radiate out to the country that you live in. To all the countries in the world. The stars, the galaxies, the cosmos. And let the sense of compassion, unconditional love, and care come back into your heart, as if giving the sense of compassion to yourself now.

C. Gratitude

6. Letting yourself know, *"I love you. I am grateful for you. How did I get so lucky to have you in my life?"* At this time, bring into your heart, what you are grateful for. What you are grateful for in your personal life, in your professional life, and what you are grateful for, for yourself. Bring it all in your heart now. Now take another breath in and out as you bring it all into your heart. [Optional, if needed: Take your time. Let me know when that's complete with a signal or nod.]

D. Forgiveness

7. Now bring into your awareness anything and everything that needs forgiving. Perhaps it's a thought, or an emotion, or even how you might have got triggered. It might be a situation, a person, or

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yourself. Just whisper out loud what needs forgiving using the statement, *"I forgive...."* Pause, let them respond. Just say out loud, *"I forgive..."* and end the statement with whatever needs forgiving. Pause, let them respond.

8. Once you have forgiven all that needs forgiving, just let me know with a signal or nod. Now say out loud, *"I forgive you, life forgives you, the Universe forgives you, all forgiveness is here, all is forgiven."*

E. Higher Purpose

9. Now take another breath in and out, and bring into your awareness, your positive Great Flow statement. Notice how you feel about it. And as you notice how you feel about it, you can even go ahead and whisper your Positive Great Flow statement or whisper what you want positively phrased out loud. Pause, let them respond.
10. You might even like to say to yourself, *"I welcome you, I allow you, and I claim you,"* feeling so grateful for this awareness about your Positive Great Flow statement. And you can even say, *"I am yours; you are mine. We belong to each other."*
11. And as you do that, go ahead and place your Positive Great Flow statement on the movie screen in front of you. And as you place it on the movie screen, go ahead and see, and hear, and feel everything.

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Every single thing. The images, the sounds, and the feelings. Notice what you are wearing, or not wearing, how you are speaking, behaving, and interacting. And now place this image from the movie screen in front of you into an imaginary circle on the ground in front of your feet. See everything, hear everything, and feel everything. Pause, let them respond.

12. Now float above the circle and notice the image from above, from a high level. Notice everything about it. See, hear, and feel everything. Now step inside the circle looking through your eyes and breathe like you are breathing and feel like you are feeling. You are living the dream now.
13. Now step out of the circle, pick up the circle from the ground with your hands, put it in your heart and breathe into the vibration of it. Breathe into the energy of it. Feel it as energy and vibration. All of energy and vibration.
14. And as you notice that now, connect with your Higher Purpose. Notice how your Higher Purpose and how your positive Great Flow statement are connected. And as you notice your Higher Purpose. Notice your reasons for being on Earth this time.
15. Knowing when you sit in your place of patience, all that your soul wants for you, flows in its own time. And notice how it feels to be

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living your Higher Purpose. Notice how it feels to be happy in the now with a vision of the future, with a sense of total connectedness, of who you are, and the reason you are here. And as you stay connected to your Higher Purpose, see, hear, and feel it fully.

16. Notice each day and how you are living that Higher Purpose in each moment, with every breath you take. Feeling so grateful that you get to live this Higher Purpose with a sense of compassion and gratitude. Knowing your Higher Purpose is to serve you and others, to make a difference. Free from judgment and attachment. It is beyond anything you could ever conceive or imagine. It is so vast, boundless like the skies, and infinite like the ocean.

F. Blessing

17. And as you notice how you make a difference to yourself and the lives of others...Go ahead and bring into your awareness the art of blessing. Blessing yourself. Blessing all who come on your path allowing those blessings to multiply and expand and amplify throughout all humanity. Throughout all time and space, plugging into the Universal energy and the Universal flow of life, merging with all that is. As you merge now, know that you are completely connected, and life just flows just as the Universe flows.

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18. As you bring into your awareness, yourself as the Universe, allow yourself to focus now on your vision for yourself today. Knowing all the Universe is inside you and all of the Universe is outside you. Allow yourself to focus on your intention for your day today. Notice how your intention is connected to your Higher Purpose.
19. Notice all the actions you take in your day and all the ways in which you are present in each and every moment. Present to the now and present to yourself.

G. Integration

20. Knowing you will only be able to open your eyes when all parts of you are fully integrated, ready to begin living your life, just like your hair grows and your heart beats. And as you open your eyes now, it's like you open them into your day. And you open into the energy and the experience of all that your day has to offer. Thanking yourself for having given yourself the gift of your daily practice now. And when that feels complete, if you haven't already opened your eyes, go ahead, and open them now.