

# The Flow Project

**The FREE five day process**  
to creating more energy, more joy and more flow in your life and business

## Day 1

Woo Hoo! It's here!

Welcome to day 1 of The Flow Project!

Are you ready for the journey?

You may have heard it said that "everything you want exists on the other side of fear". What that means is your beliefs, energetic blocks and conditioned responses stand like a barrier between you and your desires.

When you commit to going for a goal or desire it means stretching into unknown territory. The ego feels this as a threat and so resists going forward, creating tension within us. But resistance also occurs when you unconsciously let fear guide you off your true path and out of alignment.

Your feelings are your guidance system to taking you to where you most want to be. Sometimes it's really clear what our feelings are so we can examine them, follow them or release negativity. Other times, especially if we've been really busy or tied up in our heads we might not notice subtle feelings of guidance or dis-ease until suddenly you find yourself feeling miserable and stuck for no apparent reason, you get ill, or you react and get upset at the smallest thing.

As you slow down, relax and bring your focus inside you, you will start to increase your awareness of where you are holding resistance. Just observing this inner tension without trying to change it is often enough to release some layers of resistance or gain insight about the energetic blocks and patterns that have limited you.

So checking in with yourself on a regular basis so you know what your 'normal' is, is good, as is doing a body and energy scan to see if there are any areas of tension or stuck emotions that have slipped under the radar!

Before you begin the Flow Process™ meditation you'll be guided to scan through your body and observe the different areas where you might be holding tension, resistance, discomfort or pain, and further qualities that closer observation will reveal.

On the following page you can record your observations and awarenesses.

Awareness is the first step in the transformation process, and we'll be practicing conscious awareness throughout The 5-Day Flow Project as it will heighten your intuition and inner sensing, so you'll be able to catch yourself more easily when you make a decision that leads you out of alignment.

# YOUR ENERGY TODAY

## QUESTIONS:

What was your general energy or level of flow on a scale of 1-10 before you did the Flow Process™? Where were you at emotionally? ( 10=high – feeling positively charged, happy, enthusiastic, energised, raring to go, etc , 1=low – feeling heavy, lethargic, flat, negative emotions, unmotivated, etc).

In what parts of your body do you have tension, resistance, a sense of gripping, discomfort, pain, etc, and what is the level of intensity? (out of 10)

When you looked more deeply into those areas what thoughts, emotions or memories were you aware of, and what was the level of intensity (out of 10)?

For setting your intention, what's the single area of focus that you wish to work on during The Flow Project – what would bring you the most joy?

Write in the present tense of what you will be able to be, do and have as a result of manifesting this change in your life. What are you seeing, hearing, feeling, experiencing?

What is your intention for today? Imagine you are going to bed at the end of another day. How do you want your day to have gone? What do you want to have accomplished and how do you want to feel?

How is your general energy level of flow after completing the Flow Process™ on a scale of 1-10? What do you feel has changed?

What other insights or observations are you aware of?