

Inspired Life Formula with Nina Lockwood

Module 6: Find Your Flow

10 Simple Steps to Flow

This is Nina Lockwood, welcome to 10 Simple Steps to Flow, for Module 6 of the Inspired Life Formula. The following is a list of the steps you can take to invite the flow of life into your life:

10 Simple Steps to Flow

1. Start by having a clear intention for something you believe would enhance your life or the lives of others. You can more than one intention but for the purpose of explaining the process and then tracking how your intention is being supported by the Universe, let's start with just one. You don't have to do this at the beginning of your day, but that might be a convenient time if you are setting other intentions or doing self care. Actually, you can be thinking about this intention at any time of the day.
2. Use the skills you've been developing throughout the ILF program to allow you to become that wordless presence where all possibilities exist.
3. Once you recognize this state of quiet and peace within yourself, create a vision of how you'd like to see your intention being manifest: imagine with as much detail as possible and using all your inner and outer senses everything that you'd be doing, saying, or experiencing, including things like what you'd be wearing, your facial expression, any other people that might be involved and what they're wearing, how they are speaking or reacting, all the details of your surroundings, daytime, night time, as well as any other activities or things that would appear as your intention would show up.
4. If you notice any thoughts that would sabotage your efforts, acknowledge them by either questioning their truth or letting them go.
5. Let go of your attachments to any kind of results. Allow the Universe or Spirit to support you in ways you may not have even thought of.

6. Notice what's happening around you as you go through your day. Without efforting or struggling, let your senses take in as much detail as possible, gently being on the lookout for signs or messages that refer to your intention.
7. Acknowledge those times when what you need comes your way without your specifically making it happen - whether it's the timing of an event or receiving information or getting something.
8. Notice when your expectations about what should happen or assumptions about why they're not happening (in the way you expect) get in your way, and use your tools to question your thoughts and let them go to return to an allow mode where you rest in the awareness that everything comes to you when you need it in the way you need it.
9. Give yourself time to adjust to this new way of navigating your life. There is an ebb and flow to everything, including your life, and there is a process that naturally unfolds as you become more aware of habits that keep you from being in the flow.
10. Have fun with this! Play it as a game, find ways to enjoy yourself and make it an adventure.