

FLOW METHOD

To raise your frequency and stay in a state of ease and flow, follow these 4 easy steps to help you shift your negativity to positive FLOW and attract what you desire.

When you notice you have negative thoughts or feel low, ask yourself these questions.

F – What is my current frequency?

L – How can I shift into the LOVE operating system?

O – What are my options to make this shift mentally/physically/emotionally?

W – Where will I put my attention NOW?

Here is a sample of using this FLOW Method:

F – I feel angry, blah, negative.

L – I have to change my environment, move my body, change the thoughts I am thinking.

O – Take a walk outside, put on my favorite song and dance, listen to something inspirational, close my eyes, breath deep & long or journal all I am grateful for.

W – I am going to step away from my computer and take a 10-minute walk outside, breathe long and deep, and only focus my thoughts on the good in my life.

Find a friend that will practice with you. When you are off your game, have them ask you the FLOW Method questions and see how the support of another and speaking it out loud helps anchor in this new way of BEING.

Leverage the energy of LOVE and spread more of your sparkle to those around you.

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