

How to Get Into the Flow of Life

I know you've experienced this before.

It seemed like the world was your oyster. You could do no wrong. People were charmed with your presence. Great things happened to you. You felt like you could just sing and dance in the streets because of how great your life was going. It seemed like you were unstoppable. Everything went your way. Coincidences came out of nowhere. It felt like the world was laying down the red carpet for you. You couldn't believe your good luck.

And then it sort of slowly started to fade away and when you tried to grab at it, it was like grabbing at fog.

What is that?

How did you get into it?

How can you STAY in it?

Some great questions that we will explore in this essay.

This intriguing experience was definitely a topic frequently brought up with members of my mastermind group.

We each talked about our own experiences with it and the name we gave it was simply "the flow of life".

We concluded that when you get the ball rolling, "it" takes over, but of course, the million dollar question is - how do you get the ball rolling?

We all looked back, compared notes, shared our experiences and we came up with a handful of "ball rollers" if you will, that we'll outline in this issue.

By far, the most poignant "spark" that we all shared was drawing a line in the sand to do something. Committing. Vowing to make a true change.

Why is this so crucial?

I think it's because *it creates emotional intensity within you.*

Before, you were all "blah" in terms of polarity.

There was no "fire" within you, no "magnet" full of charge, so nothing really happened.

When you get that fire in your belly, when you make a vow, commit to doing something, all of a sudden, you get that emotional intensity. You charge up a magnet within you.

Some examples might be to stop smoking, to look for a new job, or lose a substantial amount of weight.

Now, to "certify" that this was NOT one of those "pump yourself up but fall flat on your face" type things, we need to honor the commitment by shedding the old.

The shedding of the old is a symbolic gesture that's ingrained in our human psyche. A lot of rituals about big changes in our lives come from this act.

Some ways might be to clean out the kitchen of junk food, trash all cigarettes, clean out the house, etc. Shed away all evidence of the old you to make space for the new you.

It's a nice symbolic gesture to your mind and to the world that you mean business.

Then we obviously take action toward our commitment, but when we do, we FINISH.

This is VERY important to get the ball rolling.

Just take the next obvious actions, but FINISH.

When we don't finish, we leave things "open" and when things are open, it starts to siphon off our emotional intensity.

We can use an example of a messy desk to logically explain this.

All those files, folders, and loose papers on your desk represent unfinished business and whenever you look at all that, it weighs down on your mind.

And when your mind is weighed down, you're stressed and you take less action so the ball never gets rolling.

You reinforce that you're an "unfinished" person so that becomes your self image and you fulfill that by not finishing.

FINISH to preserve that intense emotional reservoir within you and to get a great self image of a finisher.

Now, an easy way to "boost" your emotional intensity is to exercise. It always seems to amplify it. It helps you establish the habit of finishing, you have more energy, you can FEEL the ball of energy growing inside of you and creating this aura around you.

You'll find that you'll become very sensitive to your surroundings. You'll notice things you haven't noticed before - signs, ads on the radio, conversations around you, sentences in the newspaper, that seem to trigger ideas within you related to what you're committed to doing.

Before, you didn't even notice and even if you did, you didn't follow through on them because you lacked that emotional intensity and the habit of finishing, but now you follow through on those opportunities because you have both.

Refrain from analyzing too much when you get into this situation of following through on an idea because if you do, then you get too much into your head and don't take enough action.

Keep the ball rolling.

Don't discount those new ideas.

Don't judge them.

Finish.

Look at it this way.

The "old you", the "prior to the flow of life" you, would have judged those ideas and said - "this is stupid, it'll never work", but here, in flow, that voice tends not to be as loud, so it's easier to go for it.

If you keep doing what you're doing, you'll always get what you're getting so if things must change, you MUST do different things and following through on these types of opportunities definitely help with that.

You're flexible to the ways it can work rather than insisting it must be done this way or that way, because if you're insisting on it being done a certain way, that's a very LIMITED way of thinking and a sign that you're not in "the flow of life".

Another way to amplify the flow of life is to learn as much as you can from every resource imaginable related to your commitment - books, magazines, people, etc.

All that knowledge will simmer in your mind and mix with that emotional intensity within you to create great ideas.

When you're in flow, you have a sense that things will turn out good over the long haul.

You don't know why. You just do.

Now here's what begins to happen when you do all this and the ball gets rolling and "it" takes over.

You have this aura around you of strength. It influences everyone you come in contact with. It gives your voice a much deeper resonance. You're much bolder than you were before. If a waiter screwed up your order a little bit, before you might've let it go and rationalized it, but now you find yourself speaking up and getting what you want.

People respond to your ideas. They really listen to you. They want to be around you. They treat you with more respect than before.

People want to help you. It's as if they feel your aura and know you're a doer, so they know their help isn't going to waste.

The energy ball is growing inside of you and the more it grows and becomes stronger, the stronger the aura is around you.

You FINISH things.

Before, you would sit around and do something for a couple minutes and then take a break but now, you sit until you finish.

You become this planet like mass that has its own gravity and things just gravitate toward you - people, ideas, opportunities.

You're grateful for all the things that happen to you and therein lies the power of gratitude because when you're grateful for all those opportunities, it reinforces the belief that good things always happen to you so they will CONTINUE to happen to you.

But then it starts to wane.

Why?

Sometimes, people begin to think this is all too good to be true. It has to end somehow so they begin looking for the bad and of course, when they look hard enough, they find it.

When you start to become fearful and doubtful, you tend to want to control everything. Your thinking becomes very limited. You start judging.

And flow diminishes because of all that.

You stop doing. You stop finishing. You stop following up on opportunities. Less opportunities come. That energy ball within you starts to wane. You lose that aura. That influence.

You stop trusting in the process. You stop letting it roll.

But the other way that stops most people is that they get complacent.

They stop doing the very things got the ball rolling in the first place.

They stop finishing things because things are going so well.

They get soft on their commitments.

They no longer follow opportunities because life is good.

They no longer finish because it can wait a couple days.

Why bother?

And "the flow of life" starts to dissipate and becomes fog like and by the time they realize it and try to grab onto it, it's too late.

It's gone.

So how do you keep the flow going?

Simple.

Keep doing the same things you've been doing.

Commit. Finish. Exercise. Be open. Follow up on opportunities. Don't judge them. Learn. Be grateful.

Keep track of all the benefits you've been experiencing so you'll keep on going.

Now, a lot of this flow phenomena can be explained logically.

When you do all this "ball rolling", you feel good about yourself. You're more self confident. The more actions you take, the more possibilities come up to help you with your goal. People respond to you because they sense your high self esteem and self confidence. They in turn, naturally feel the need to seek your approval so they feel compelled to help you with what you need.

But some things, like really big coincidences that you never would've expected in a million years, logic can't explain and for those, we leave it up to the mysteries of life and the mysteries of flow and just roll with it.

Just trust and roll with it.

Keep doing what we're doing.

Don't let fear and doubt and the need to control everything creep in.

Keep the flow of life going.

And hopefully, it doesn't just become a way of life for us anymore.

It becomes life itself.

And what an awesome life that would truly be indeed!