ONLINE RETREAT

Flow, Inner Peace & Stability

Week Three

- Savita

FLOW

We will be inquiring into what ‘Flow’ is in terms of spiritual awakening?

What is ‘Flow’ in our day to day lives?

When we bring up the topic of flow most people instantly think of things going smoothly, of feeling really good, getting what we want etc.

Things feeling good can be the experience of our essence that then flows into and informs our day to day lives, but it is not always experienced as feeling good and therefore can cause people to get ‘stuck’ due to their idea that it must always feel this way.

FLOW

We can't talk about flow without bringing up resistance!

Like a kink in the hose our ideas, wounds, traumas, beliefs and stuck emotions and maybe more importantly our RESISTANCE to these things can impede the flow of awakening and the flow of how that wants to manifest through our humanness and life.

FLOW

- When we surrender to the flow of our essence, it knows what is best for our human life.
- This flow will lead us directly to where there are unconscious blocks to the full and clearest expression of our essence.
- Embodiment of our deepest realisations will in fact lead us there if we are allowing true flow.
- Resistance arises in the body, emotions and mind when what we want to be happening is in conflict with what is happening.
- It also arises due to fear of surrendering to the flow of our deepest essence.

FLOW

- Our true essence is not in conflict with life as it is unfolding.
- When we have an intention to open to what it is trying to show us this can be the beginning seed to entering the flow.
- At its deepest level it is complete surrender to Divine will as opposed to the personal will that gets fused with a separate self identity and moves through life from this divided state.

FLOW INQUIRY

If you were to offer your life up to Divine will what are the greatest fears that arise?

Where do you feel that held in the body?

FLOW INQUIRY

What contraction or wound is the flow wanting to unwind but where you experience the greatest resistance?

FLOW INQUIRY

If my idea of myself, including my ideas and feelings about wounds within me and what is still unconscious, was put aside for a moment what would be true?

How would that truth navigate this life?

FLOW MEDITATION

Meditation ~ Receptivity to divine flow

END OF WEEK THREE