

In the Flow

“Everything in the Universe has a purpose. Indeed, the invisible intelligence that flows through everything in a purposeful fashion is also flowing through you.” Wayne Dyer

There is a flow to life that is always available to us. It's like a river that weaves its way through our timeline, bringing forward exactly the right people and situations for our learning. We can open to this flow and go through life with grace and ease, or resist it and feel as though life is too hard and always a struggle. The energy inside of us that connects us to this flow is our Soul. The Soul is aware of this matrix of perfection and sees life as a great adventure. When we ride the wave of being in this divine energy we can relax and trust that everything is unfolding exactly the way it is supposed to.

Have you ever had those days or periods of time in your life when everything just seemed to fall into place? When your loving comes forward, even to those who haven't "earned it." Or, maybe you've experienced a sense of peace even when things don't go as expected. And you have a feeling of trust, even during very difficult times, knowing that you'll be able to handle what comes your way. Many people would define being in the flow in different ways, but most understand what that feeling is.

Or, maybe you're more familiar with those times when life just seems like a struggle. When it's one thing after another, and nothing ever goes your way. The day starts off bad and continues to go downhill, and if anything can go wrong it will. It feels as though you're walking around with a black cloud over your head. Most of us also know what it feels like when we're not in the flow.

Being in the flow is our natural state. It comes from trusting our instincts, honoring our body's natural rhythms, knowing there's a force greater than ourselves at work in our lives. It happens when we go through our day with our heart open and tuning into our Soul's energy. Going against the flow happens when we go on autopilot and are guided by past conditioning, other people's opinions, or our own fears and insecurities, living in the past or the future.

Being in the flow means being in a place of acceptance. Acceptance of change, of loss, of people doing things differently than us. Acceptance of who we are and the choices we've made in life, knowing we did the best that we could at the time. We go against this flow when we get into judgment, negativity or impatience. Each of us has our own ways of trying to control circumstances and people in our lives, or of staying stuck in the past through our resentment, blame and guilt.

Being in the flow is not necessarily about doing. Sometimes being in the flow is the absence of doing. Sometimes it's just being. Of allowing space for stillness and being in that sacred space of no time or expectations. Just stepping forward into what our heart and soul has placed in front of us.

We cling to the safety and security of the moment, not wanting to move on to the next. We cling to our current set of circumstances and people, even while we judge them. All the while trying to block the perfection of how life is set up.

Each day needs to involve a little bit of letting go and a little bit of opening up to receive. Learn to cooperate with this Divine flow. Let go of the struggle. Let go of the hold you have on how you think

things should be. We have learned to resist what doesn't fit into our perception of what is supposed to be present. We blame situations and people if we're not at peace or feeling fulfilled. We disconnect from our own flow of life, looking from the outside, waiting for someone or something to make it right.

People who are in the flow consistently have some characteristics in common, although they express who they are in various ways:

- *They feel a sense of purpose to their days. They have a higher intention for their lives and make that their priority, sacrificing the negativity throughout the day to live their intention*
- *They feel a part of something greater than themselves.*
- *They see change as a challenge rather than a threat. They don't get caught up in "This isn't fair", or looking for someone to blame. They ask themselves what they need in order to deal with it.*

"Life is a series of natural and spontaneous changes. Don't resist them – that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like." - Lao-Tzu

To consistently be in the flow of life means surrendering to what is, taking action when needed, listening to what your body is telling you and living in the moment. Bring loving into what you do instead of waiting for something you love to do to just show up. If you feel stuck, ask yourself some of the following questions to help you:

What am I resisting?

What am I judging?

What am I trying to control?

What am I afraid of here?

What am I trying to defend, prove or justify?

What am I making more important than my soul?

Am I willing to sacrifice this negativity in order to be in the flow?

Our lower nature reacts, rejects and resists. Our Soul relaxes into the perfection of what is.

May we all walk in the Light with our heart open, loving what is.

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