

The Energy of Flow

Your favorite recipe probably requires particular ingredients to ensure the taste and texture that you like so much. Similarly, **Flow** is an energetic state that also requires specific “ingredients” that are necessary to ensure the ease and enjoyment of **Flow**. Below are some elements that allow you to recognize when you’re in **Flow** and when you’ve fallen out and moved into Force energy.

Fun – You know you’re in **Flow** when you’re having so much fun you don’t want to stop. There’s passion and drive for what you’re doing and who you’re with. You look forward to things, prioritize them, and feel happy when you partake.

Focus – Have you ever been so lost in something that you lose track of time? You forget to look at the clock because you just love what you’re doing and feel so good doing it? That’s the focus associated with **Flow**. You become absorbed and concentrated in your task that other things don’t matter. There’s passion and enthusiasm with what you’re doing, and you’d love to do it all day long. Your conversations and thoughts continue to drift back to the topic, and it’s top of mind.

Flexibility – Imagine water hitting an obstacle and the way it naturally adjusts itself to glide its way around. There’s a natural movement of ease and productivity that goes along with **Flow**. There is grace, smoothness, and variation that ensure steady progress and drive. Obstacles, roadblocks, and challenges don’t have to be the end of the road for you. They’re simply pieces of information to pay attention to. Are you being called to move differently, go in another direction, wait a while longer, go left when you were heading right? Readjusting and realigning yourself, your thoughts, or your actions will be critical to stay in **Flow**. Life will direct you to specific things and any type of hindrance is offering you guidance. Stay flexible without losing your passion and focus.

Forward Motion – **Flow** produces momentum and movement. You don’t stay still for long unless you’re in a waiting season and even still, there’s excitement, passion, and alignment. You’re paying attention to the coincidences and synchronicities that guide and direct you along the way. Someone you thought about last week will suddenly call, a “chance” meeting in the hallway with the exact contact you’re looking for, or their will be a conversation that sparks a flood of ideas and inspiration. Forward motion is magnetizing and energetic. You’re mindful of goals and timeframes without getting rigid and locked in.

Faith – This is the single most important factor in allowing **Flow**. Faith supports your passion beyond logic, frustration, or criticism. It’s complete trust and a “knowing” that you’re on the right path, that you have purpose in life, and you’re being guided even when things are taking a long time or have resulted in numerous detours. There’s confidence and assurance that go beyond proof and facts. You just *know* and you act accordingly, trusting that you’re working in perfect alignment with a deeper purpose and plan.

Here are a few more factors that will help you recognize **Flow**:

Ease	Joy	Alignment	Passion
Satisfaction	Endless Ideas	Productivity	Spontaneity
Appreciation	Gratitude	Service	Generosity
Transparency	Authenticity	Humor	Fun
Creativity	Concentration	Rewarding	Motivation
Exhilaration	Enjoyment	Clarity	Epiphany

These are high flying vibes that will support you as you move gently down the stream. You can't go wrong with incorporating any of these principles into your daily life.