

Embracing Flow: A Poetricity Roadmap to Potential

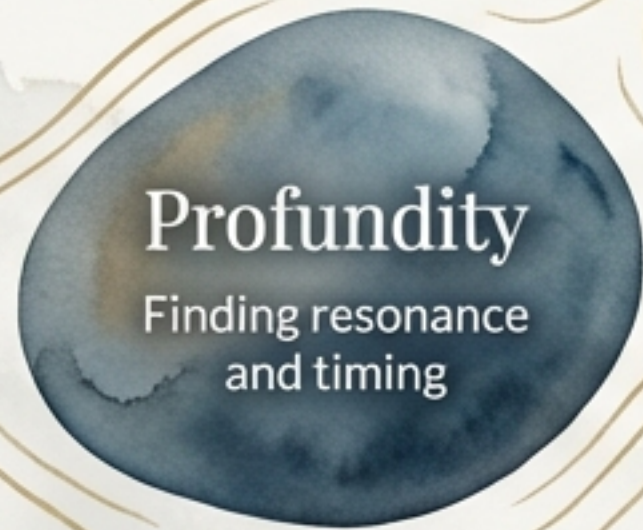
The 5 Stages of Awareness,
Intuition, and Trust

Poetricity Live Experience 2025



Unlocking potential requires a shift in perception

Based on the Poetricity Live 2025 dialogue, we explore how moving from external distraction to internal integration unlocks “Flow.”



A watercolor illustration of a human profile in shades of blue and brown, with a stylized, swirling eye drawn over it.

Stage 1: The Discipline of Robust Attention

May I have your **attention** please
That is the question asked of me...

No need to stand at attention
Just as long as there's **no distraction**
That undermines your **robust intention**...

I trust that you'll be filled with Elation
Your attention repaid by your **edification**.

Attention is a transaction repaid by growth

Edification

Defined as being “built up.” When you deposit attention, you gain a benefit that leaves you better than before.

Robustness

Attention must be “belts and braces”—resilient enough to withstand the pressure of automatic distractions.

Intentionality

Focus is not passive; it requires an active decision to battle distraction.

“Attention opens up the possibility of learning more.”

Stage 2: The Alignment of Frequency

Profundity... Amazing how profound this piece can be
Resonating in frequency / The closer it gets in proximity
To the experience of your current expediency.

The Connection Point.

Profundity is a collaboration between speaker and listener

Resonance: When frequencies align.



Proximity: The “Wow” moment of familiarity.

Expediency: Something relevant and needed right now.

The Shift: Profundity reflects our own readiness to hear.

Stage 3: The Voice of Intuition

**Nudging,
nagging,
prompting,
pointing**

Seeking my attention though so easily ignored...
Speaking without words
The voice of intuition
Bearing wisdom So Divine
Listen like life depends on it.



Wisdom often speaks in micro-cues



Reframing 'Nagging': It is not annoyance; it is persistence. Intuition nags because it refuses to let you miss the path.



Subtlety: It speaks “without words”—through feelings, nudges, and micro-cues.



The Stakes: “Listen like life depends on it.” This refers to the existential quality of your life.

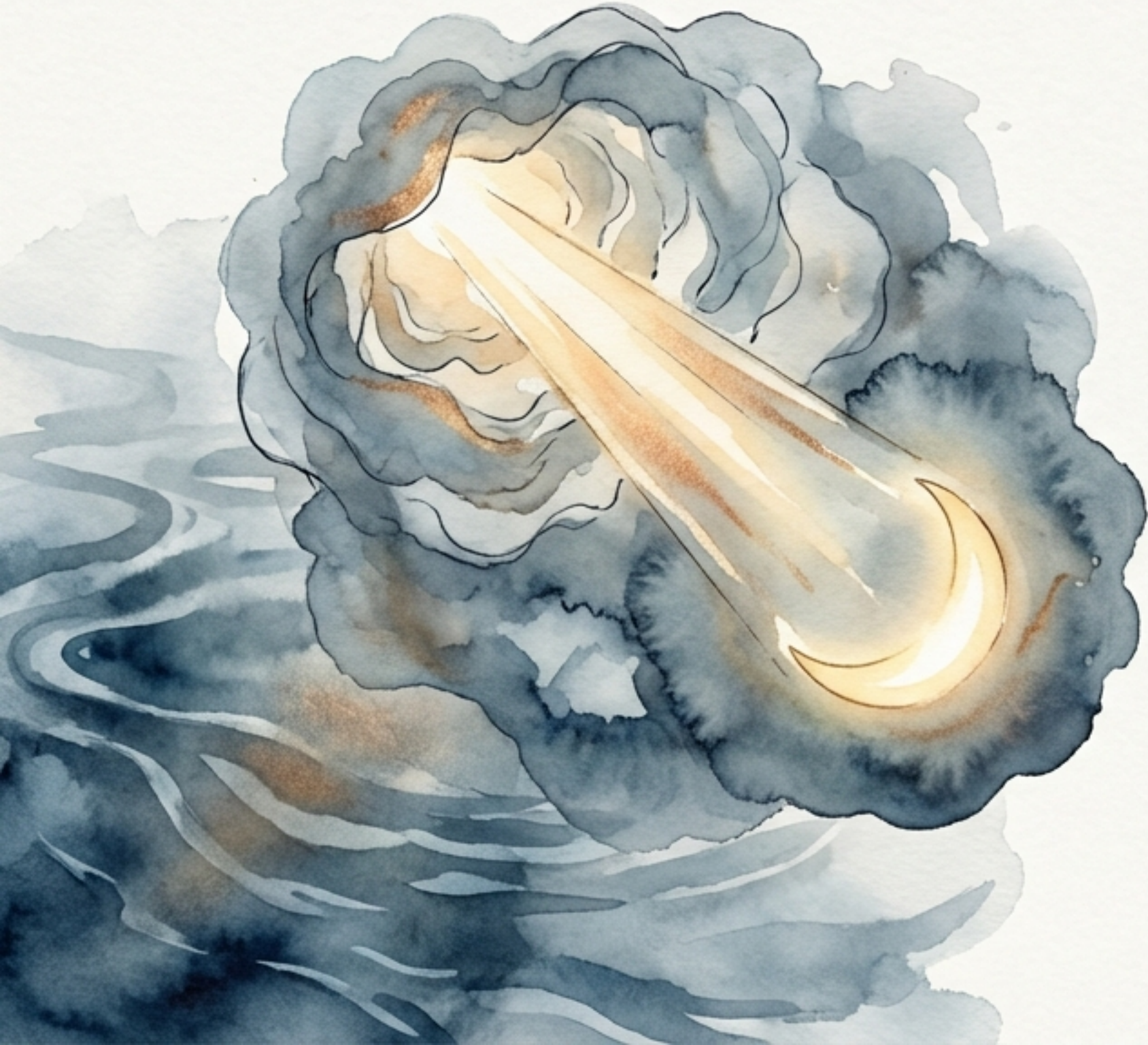
Stage 4: Surrendering to the Outcome

Contemplating my course of action
The voice of intuition said yes...

None the wiser what awaited me
Sweet Bliss of ignorance was my defense...

The universe delivered more than I could
have ever imagined

Winking at me with a knowing smile
In service of my highest good



The gap between what we want and what we need

The Illusion of Control:
We decide based on current beliefs, but we often don't know what awaits us.

The Outcome
(Highest Good)

My Plan
(What I Know)

The Knowing Smile:
Even through hardships, a higher force guides events toward our highest good.

“The ‘wink’ is the signal that despite the chaos, ‘I’ve got your back.’”

Stage 5: The Courage to Feel It All

Let it in

Notice the love, pain, and grief

Love

Pain

Grief

One Indivisible Set

Let it in, do not shrink

Expanding the connected you

Alive to all that is here for you

So you can feel it all too

You cannot selectively numb emotion

The Package Deal



Pain and grief are present because love is present. The depth of the grief proves the depth of the love.

Avoidance vs. Flow



“Shrinking” or using faith to deny pain (spiritual bypassing) blocks healing. Leaning into pain is the shortest route to processing it.

Integration



Acknowledging “what is” allows you to be alive to all that is here for you.

Collective Wisdom from the Room

“God has got your
back. (The Wink)
– Johnson



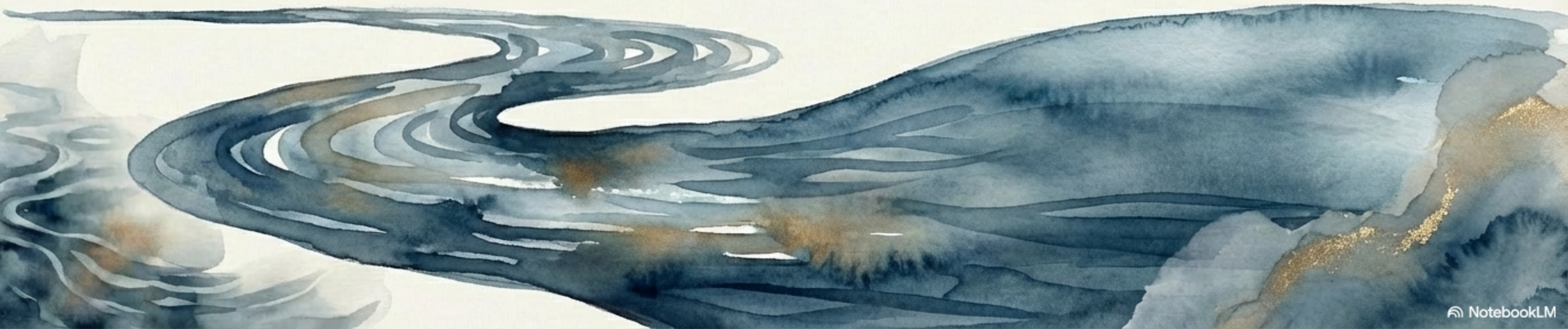
“Don’t take life
too seriously.”
– Muriel

“Acceptance is finding light
at the end of the tunnel.”
– Claudette

Flow is the presence of awareness, not the the absence of struggle

By paying robust Attention, listening to Intuition, trusting the Universal Wink, and
Letting In the full spectrum of emotion, we unlock our potential.

Which stage of the journey do you need to embrace today?





Source: Poetricity Live Experience

Session Date: January 2025

Poems & Context: Frank & The Poetricity Community