
FLOW FORMULA



Simplify your life and deepen your self-trust with our 5-step Flow Formula. Designed for the busy, spiritually-minded woman, this guide helps you reduce stress, make decisions more effortlessly, and enhance your personal and professional relationships.

Create a calming space. Whether it's through deep breathing, a short dance, or a walk, find what relaxes you. Ensure your physical space is quiet and free of interruptions. Remember to stay hydrated – a pinch of sea salt in your water can do wonders!

Visualize your energy connecting with higher wisdom. Embrace positivity and love in your space.





Ask yourself clear, concise questions. Focus on one thing at a time. Start with simple questions and gradually move to deeper ones as you gain confidence.

Phrase your questions in statements, like 'It is beneficial for me to...?



Use these tools to explore deeper aspects of your main question.

Connection Tools

1.Muscle Testing: Discover your body's subtle responses with the 'OK sign' technique. Simply form an 'OK' sign by touching your thumb and index finger, creating a circle, use the pointer finger on your other hand inside the circle, tune into your body's intuitive 'yes' or 'no' responses to questions.

2. Sway Testing: Engage in sway testing to access deeper intuition. Stand upright and relax your body. As you pose a question, notice if your body sways forward for 'yes' or backward for 'no'. This technique allows your body's natural movement to guide you towards answers.

3. Automatic Writing: Explore subconscious insights through automatic writing. Position a pen on a line-divided paper with yes and no. Without consciously directing the movement, let your hand write or draw in response to your questions. This method can reveal deeper wisdom and guidance from within.

Document your thoughts and insights. If you wish to change an outcome, simply rewrite it.



Writing helps clarify and solidify your thoughts and decisions.





Focus on your heart, think of something or someone you love. Read your decisions aloud three times. Feel gratitude and visualize your desired outcome.

Repeat this step for major decisions or when you feel particularly connected to the outcome.

This guide is your pathway to trusting yourself and leading a life aligned with your highest truth. When you're in tune with yourself, you're capable of creating wonders.



“Always make decisions from a place of Power, never from fear. Your life is to be uniquely lived, fully as you.”

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