



**When you feel stuck, or the people around you are, practice Flow .**

Flow is essential to life, and we can all feel when it isn't happening. Flow is often directed by intention, and it is unreasonably upsetting to let go of our intentions, even for a moment. If you can imagine what you and others care about is also essential and not going anywhere, you can engage Flow and feel safe with the way you balance pragmatic reality and any desired possibility.

**How to practice Flow:**

**Silence**

**Acceptance**

**Possibility**

Explanation of the Practices:

**Silence – When you find internal silence you can hear and see with more clarity. Listen deeply.**

**Acceptance – Part of navigating a river is avoiding the rocks. Don't make rocks bad, accept them.**

**Possibility – So much of 'what's stuck' is about what we are already 100% certain of, not a possibility.**

**Flow Mantra:**

**“Seemingly Counter-Intuitive, Simply Stop.”**