

Going With the Flow

Hello cherished friend

Have you ever noticed that when you are 'going with the flow', things in your life move and flow with ease? Our children, family, chores, our goals, and work life seem to proceed with a naturalness, an ease that doesn't leave us feeling drained.

The state of 'going with the flow' or 'living in the flow' is being happy and content in the present moment while having a positive attitude about your future forecast.

Going with the flow or when we live in the flow we are also practicing the 'Law of Attraction'.

We are happy in the present, we set goals for ourselves, yes, yet we enjoy the process, the journey. The unfolding of opportunities and so called 'coincidences' come our way, when we are not just focused and attached to the outcome.

We all need to have goals in our life, but it is important to enjoy the present moment. Dream, take action, then, let it unfold. Your vision of your future is strong, you can see it, taste it, visualize it, but you are grateful for the now. Our mind and heart are in the sweet spot, they are united. This is the law of attraction. When we are in the state of flow, things just seem to go right. The universe mirrors our state of mind and heart.

Do plan, do have BIG GOALS! But don't forget to live in the moment. Practice gratitude everyday even for the littlest of things.

Let the state of Flow become a part of your everyday life! And enjoy the magic that comes your way!!

Much love

Anna xxx

