

Allowing the Flow of Well Being

designed by

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Catalyst for Personal Growth & Spiritual Evolution

Welcome to the 8 day course to allow more well being to flow into your life.

You can spend as much or as little time as you like on each aspect .

Day One

Take a few moments to think about what is/is not flowing in your life right now.

Just acknowledge this rather than judging the situation to be wrong in some way, for what we resist persists and also drains our energy.

You may want to keep a journal of your experiences over the next 8 days.

Hold today's affirmation in your heart chakra.

'I invite and allow good to flow into my life

Set your intention to allow more flow by speaking it out loud.

Write 10 things that you appreciate about your life .

At the end of your day, add 10 things you appreciate about your day.

How about making this a daily practice?

It might be 10 little things...a smile, the way the sun slants...anything ...

Point to Ponder

"Imagination is more important than knowledge"

- Albert Einstein

You are invited to journal for 5 minutes on the point to ponder

Day 2

Yesterday you invited and allowed more good to flow into your life.
Intend for this to be the case daily

Hold today's affirmation in your crown chakra

**'I radiate peace & serenity no matter
what is going on around me'**

Continue with your daily practice of listing 10 appreciations
Feel your sense of appreciation expanding

Check out your music collection.

Play some peaceful and serene music, preferably at the start of
the day, although that is not crucial if your mornings are hectic
eg getting family to school

Which track do you most associate with flow

How about making time to listen to this track , eyes closed,
uninterrupted by outside distractions

During the day, notice how sound is flowing all around you

Point to Ponder

*"I merely took the energy it takes to pout and wrote some
blues"*

Duke Ellington

Day 3

Well, you have spent 2 days allowing more flow....how is it going?
Will you be playing some flowing music again today?

Hold today's affirmation in your brow chakra

'I am always being guided to the higher solution'

Exercise

Release 10 items that are no longer a match with who you are now.

Let go of the stuck energy they hold.
It could be books, photos, clothes, gifts from ex partners,
Letting go creates more flow and allows in the new

Tip to De-Cluttering

Clutter drains your energy - and you don't realize it till it's gone.

Every item in your home has an energy to it.

When items go a long time unused, unloved and uncared for, they become stuck,
stagnant energy that actually physically drains you of your energy.

Your energy (chi) has trouble moving freely if there is a lot of clutter.

Feng Shui (the ancient Chinese art of creating a harmonious environment by
positioning objects and using space to
allow chi to flow) teaches that clutter represents stagnant energy.

In order for energy (chi) to flow freely, the clutter must be cleared

Start small....maybe the stack of papers on your desk or the mound of clothes on your
floor.

Pick up each piece and decide then and there if

- (a) it stays right where it is,
- (b) it is put away some place else,
- c) it is thrown or given away.

As you open up the energy of the place by cleaning up and clearing out, you also open
up your own energy

What new qualities would you enjoy flowing into your life now?
Notice these essences around you.

Maybe a new kind of book catches your eye or you are drawn to a different kind of texture in
clothes when you go window shopping

Point to Ponder

All you need to do to receive guidance is to ask for it and then listen

Sanaya Roman

Day 4

How have you got on with releasing your items that are holding stagnant energy?

Noticing the shift already?

Things like books that no longer inspire you, clothes you no longer feel good in. Wave goodbye!

No need to do it all at once and no need to limit it to 10..and it really is worth the effort as it will bring you and your energy more fully into NOW, which is your point of power

Hold today's affirmation in your crown chakra

"I add light to situations and thus transform them

Set aside 5 minutes to consider a situation in your life that is 'not flowing'

Ask your higher self for a symbol of this

Take the first thing that arises, and send light to it for a few minutes, then let it go, let it flow
Ponder Point

*Not only are you the shadow that is dancing on the wall,
but you are the hand that makes the shadow and you are the light
Emmanuel*

DAY 5

Hold today's affirmation in your crown chakra

'I choose peaceful thoughts about every situation in my life'

Continue with your appreciation list

What colour do you associate with peace

Do you have an item of clothing in that colour?

Each time you see that colour today, check your thoughts .

Are they peaceful

If something is stressful remember

'I could choose peace instead of this'

Point to Ponder

"How often, even before we have begun, have we declared a task impossible. and how often have we construed a picture of ourselves as being inadequate?"

A great deal depends on the thought patterns we choose & the persistence with which we affirm them" -

Pierro Ferrucci

Day 6

Hold today's affirmation in your base chakra

I honour my aliveness in everything I do '

Stand with your feet shoulder width apart, hands on hips.

Imagine a sun in your solar plexus

This bright yellow light beams down to the floor

Circle your hips 10 times each way, drawing a circle on the floor

Now repeat, this time drawing a figure of 8

What makes you feel most alive?

When are you going to do it again?

"No longer conscious of my movement, I discovered a new unity with Nature. I had found a new source of power and beauty, a source I never dreamed existed" -

R. Banister on breaking the 4 min mile

Day 7

Hold today's affirmation in your sacral centre

I trust that the universe is always working for me and with me'

Make a list of 8 wishes

Which one holds the most energy

What is the essence of that wish, how will you feel when it has come true?

What can you be or do today to align with the essence of that wish to help that wish come true?

You could explore this with each of the other wishes over the next week

That would be allowing more fun!!!

Point to Ponder

Adventures don't begin until you get into the forest. That first step is an act of faith"

Mickey Hart (Drummer)

Day 8

What needs to happen for you to bring about change ... when making a change can begin right now....?

Hold today's affirmation in your heart centre once again

'I open to love'

If you had a flower in your heart, what flower blossoms there now

How open are the petals?

As the petals open a little more, what perfume do you smell?

Unlimited Thinking

I take a deep breath in, drawing in light
from everywhere in the universe as I do.

I link my mind with my higher mind
simply by having the intention to do so.

I call my higher self to me,
feeling its light all around me.
I begin to expand into the light of my higher self,
filling myself with light and love.

I think of an area of my life I would like to change
such as a situation, relationship, career, or a money issue.

I start to change this area by changing the way
I think about it, and by using my imagination
in positive ways.

As I hold this area in my mind,
I imagine how I would like this area to be.

I picture even more and better
than I originally imagined in this area.
Using my imagination I expand the possibilities
for this area of my life.

If any thought comes up that says I can't have this,
I surround it with the light of my higher self
until it dissolves.

I create several positive thoughts
about why I may have this in my life.

I now experience some of the future feelings
of expansion, growth, and joy that I will feel as what
I am creating in my mind becomes my reality.

As I imagine this area in my life,
I sense the light of my higher self
all around me, adding light to this area.

I open to receive
my higher good in this area.
I trust in the universe to bring me the best and highest in exactly the right form
and timing.

I am an unlimited being.
I know I can have anything I want.
My choices and possibilities
are expanding every day.
My dreams come true.

I think of one small, positive step
I can take today to create what I want in this area of my life.

I now take this step.
I allow this or even better to come into my life.
I deserve to have it and I open my heart and I receive it

(Orin and DaBen)

*I believe the lasting revolution comes from deep changes in ourselves which influence our
collective life*

- Anais Nin

This e-book has been designed by Zannie Rose
Catalyst for personal growth & spiritual evolution.

You are very welcome to share it with friends, clients and family.

Testimonials

'Zannie is a wonderful spiritual facilitator of the highest calibre. She combines the highest levels of integrity and discretion in dealing with issues that are sometimes very personal and of a sensitive nature with a very high level of psychic/intuitive openness.

I recommend her very, very highly
Brenda Barnes, Kensington

I visited Zannie for a session on reprogramming of core beliefs: patterns of negative belief that were buried deep and affecting my personal progress and healing practice. Zannie is such a gifted and intuitive healer. She facilitated many shifts that day, in a totally safe and supported environment, and gave me very high level feedback. I treasure the session

Chris Guest
Reiki Practitioner and Holistic Massage Therapist
Surrey

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To arrange a free 20 minute consultation to explore how Zannie can catalyze your personal growth and spiritual evolution, email zannierose@aol.com to arrange set up an appointment