

Being in the Flow

Surely you've experienced moments of being in the flow. Maybe it happened while you were in the middle of a sports competition, when every movement seemed to be orchestrated by the gods to make you unbeatable. Or perhaps you were playing a musical instrument and suddenly experienced having the most beautiful music play through you. You were doing it and not doing it at the same time.

Maybe you were sitting peacefully one day, enjoying the beauty of nature, when suddenly you were struck, through and through, with the perfection of it all — and the perfection of you, right where you were and just as you are. Or perhaps you remember a time when it seemed that nothing wrong could possibly come to or through you. These experiences are all signs of being in the flow.

Now imagine that you can be in that flow much more often, perhaps on a monthly, weekly, or even daily basis. What if you could intentionally tap into that flow? You can — by cultivating a whirlpool of present-moment awareness.