



## **Journaling Guide #1: Riding the Wave, Living in the Flow**

- 1) Remember a time in your life when everything was flowing effortlessly; you felt calm and centered even if you were excited or exhilarated. You were in the zone as if something wonderfully powerful had taken you over. What were you doing? (ex: athletics, music, painting, dance, in nature, making love, etc)
  
- 2) Can you remember one or two more times that felt similar? What were you doing and how were you feeling? Describe the sensations through your body of being in the flow.
  
- 3) Name a quality of energy that is present these scenarios have in common. (Ex; vitally alive, centered, peaceful, uplifted, focused, grounded, open, expanded, lit up!)
  
- 4) What part of Nature has this quality in abundance?