



# How to Be in the Flow More Often Than Not

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## Introduction

What does it mean to be in the flow and why should you care? Simply put, life is better when you are in the flow. Whether or not you are in the flow affects your prosperity, how long it takes for your dreams to come true, and the enjoyment of your every day life. In a nutshell, when your energy is high, all of those things happen easier. Most people have experienced the flow as something that happens to you. In this mini-ebook, we will talk about how to consciously create more energy, flow and abundance in your own life.

Here are 7 tips you can start using now.

### Tip #1: Be a Clear Channel

One of the most important things to consider is the concept of being a clear channel. Think of it like a radio station. When you are in between radio stations, you cannot get reception. Even if you are slightly off the station, you will get static and interference and then you cannot hear what is being said clearly.

The same is true of your mind. If your mind is clogged with interference, i.e., lots of chatter, particularly of the negative kind, you are not a clear channel. Resistance of any kind will clog the flow. Resistance includes conflicting thoughts, lack of belief that what you want is possible, worrying (negative projection of your future) fear, anger, and subconscious thoughts and memories.

And when your channel is clogged, you cannot hear your higher voice, the voice of intuition and inspiration - both of which are necessary to be in the flow. Additionally, when you have interference in your mind and body, it is more difficult for the things you want to flow to and through you.

Now this does not mean that you should never feel these things. Exactly the opposite is true. As a human being, you will experience a myriad of feelings that will change from day to day and moment to moment. This is normal. When you allow your feelings, you are in a place of acceptance, which is a higher energy level or vibration. When you push your feelings down, you are in resistance, which is a lower energy level of vibration.

The trick is to have your feelings without drowning in them. You do not have to stay stuck in any place for any length of time. The main reason for being sad or angry for long periods of time, is when we go into a story about our feelings or poor me or victim mode. When in this place all we can think about is why things are so terrible and what we did wrong or bad me or bad them, etc. All of this is story. The story we as humans make up to explain and justify why we feel the way we do. Let go of the story and just feel the feeling and you will move through it much sooner.

On the other hand, when we are depressed, it is often a result of pushing feelings down; i.e. resisting them. (Note these are general guidelines and not a rule for every situation. Notice what resonates as true for you in a given situation.)

I teach many ways to clear your channel and mind. Many of the thoughts that clog our channel are at the subconscious level and we are not even aware of them.

Know that to be in the flow more often than not generally requires actively clearing your mind at least once a day. Most of us live with a low level of anxiety all the time and we have gotten so used to it we don't even know it is there.

I want you to become more aware of it so that you can release or clear it and spend more time in the flow.

## **Tip #2: Set the intention.**

Setting the intention for how you want your day to go or the next hour to go or next activity to go is very powerful. It is also simple to do. The key is remembering to do it. The simplest way to set an intention is simply to say, I intend to\_\_\_\_\_.

Generally, whenever I get in the car, I intend to arrive at my destination safely and on time. This works best when I am not rushed and already running behind which causes resistance and interferes with my intention.

Some time ago, I was heading to the airport. I intended to make my flight on time, make it through security without problem and get some breakfast before getting in the plane.

I was a bit apprehensive about security as they had recently passed the new regulations about bringing liquids on board and I had more liquid items in 3 oz containers than would fit in one-quart plastic bag. I set the intention that of course, I would get through security easily and also knew that if I didn't it would not be the end of the world. I could check my luggage if I had too.

And I raised my energy about it by playing the scene in my mind going so smoothly that people were offering me things such as free breakfast and such. The free breakfast didn't happen and that's okay, the idea of it served to raise my energy. But I did go through security with all my cosmetics and creams in tow. No one even questioned me.

(This was not the case for someone who sat near me on the plane, who had to give up his contact lens solution)

And while I was tight for time, I did manage to get some decent scrambled eggs for breakfast right before getting on the flight.

Now I am laughing to myself. Because that is where my intention ended. I forgot to intend for a plane that was mechanically sound and on time flights. So I made it through the airport on time only to end up sitting on the plane for 2 hours before it took off due mostly to mechanical problems.

I am glad I brought my laptop so I can be making good use of this time writing this. It keeps me from being too frustrated about the flight situation and the connecting flight I will miss.

It's never too late. I can now set the intention to easily get a new wonderful connecting flight in Salt Lake after they feed me a free lunch in the airport. And I arrive at the Reno airport in just the right amount of time to walk to the transportation area and hop on the next shuttle to Lake Tahoe. The shuttle ride is smooth and easy and I meet some wonderful people that make the 90-minute ride seem like half of that. For the rest of the day and the week all transportation that I am scheduled to embark on is mechanically safe, sound, and luxurious, with great customer service and arrives and leaves at the perfect time.

Ah, I feel better already. My laptop battery is saying it needs a rest and so do I. So I will take the time to watch a movie and as they say, enjoy the flight.

### **Tip #3: Ease Trumps Force**

At first glance, things are not always as they appear to be. While on my flight to Reno, I was offered peanuts as a snack. It seemed like the healthiest choice (which says something about the choices) and it was past lunchtime, so I took it.

Upon glancing at the packet, I saw an image of a pair of scissors and a dashed line and I proceeded to attempt to open the package at scissor mark. I tried several times, got frustrated, and then tried to open it by pulling the seams apart but to no avail.

So I stopped, turned the package around and looked at it again. This time I noticed the words "open here" with a tear line clearly marked. And of course, when I tried to open it, it opened easily with no pulling or frustration on my part.

When I looked at the package again, I noticed that the scissors and dashed line represented a coupon that was nearly the size of the entire front of the package and part of the back. My mind had assumed the scissors meant open here. I was not used to seeing a coupon on the front of the package.

This is a small demonstration of what we often do in life. We go down a path thinking, this is THE way, pushing and pulling to force it to work. When if we would just stop, step back and look at things from a different vantage, we would see there is an easier or better way. And the likelihood is, it was in front of our eyes the whole time.

One of my clients had an aha like this just recently. She had been frustrated about how to have access to her accounting data for her and her accountant at the same time. Only upon her accountant quitting, did she revisit things and realized the answer had been in front of her the whole time.

Where are you trying to force something to happen and it just is not happening? Stop forcing and take a step back and get quiet to see what else is possible. It may come to you immediately or make take a little time, but if you are open to seeing it, you will and it is likely to be a very pleasant surprise.

### **Tip #4: When things don't appear to be flowing, take a second look.**

On this same flight, I sat next to a woman, Margaret, who had missed her last connecting flight due to some airline delays and had to spend the night in Atlanta. As a result, she was

going to miss a bike tour of the Napa Wine Valley, which she had already paid for. Needless to say, she wasn't happy about it as she would not get her money back and had fretted about it a great deal the night before. Today, however, she had let go, having realized that much worse things could happen.

She was reading a book about college loans. It turned out that the person to her right was an expert on college loans and he consulted with her for about an hour on how to find the best college loan for her daughter.

I was sitting on her left and coached her around her business and gave her a good idea for her business that would probably make her a lot of money.

After having both of these conversations, she said, "I guess the universe did me a favor by putting me on this flight and here I was kicking and screaming about it last night."

Indeed, while the bike trip was not refundable, she got her money back in the form of free consulting and coaching that was probably worth more than the cost of the bike tour of the Napa Valley.

We put out in the universe what we need and it will do what it takes to give us that. Often it will come in a form that is totally unexpected and not at all like you would have planned.

If Margaret had not let go and allowed herself to be in acceptance about the situation, she might not have engaged in either conversation or learned so much in such a short time.

I, on the other hand, have benefited from this extended trip (which was delayed by 2 hours) as I have realized that I know so much about this subject, it will likely turn into a whole book with very little effort.)

## **Tip #5: Patience grasshopper**

As people, we often have expectations for our lives, for how our day will go, for how a conversation will go. Much of the time, these expectations reside at a subconscious level.

For example, when I send out an email to my list with what I consider a good offer, I expect people to jump on it. It's almost as if I expect them to be sitting at their computers waiting for an email from me, then open it and respond immediately. It is rather humorous to step back and see how silly my expectation is. And yet, when this does not happen, I feel disappointed.

Now the truth is, I have a pretty good relationship with the people who subscribe to my newsletter, Living Your Dreams. People tell me they look forward to receiving it and are upset when they don't receive it for some reason. They like the articles I write and are generally excited about the programs and products I offer because they find the tools and information very helpful. But my expectations for myself are even higher. Now that in itself is not a bad thing. It is when we get attached to that outcome that one starts to feel bad.

So what is the balancing point? How do you balance high expectations with detachment?

Several things have occurred to me over time and I generally find these to be helpful

1. Step away. After I put something out there, it is best to step away - go focus on something else, take a walk, go for a latte, engage with someone on a totally different project, do something fun, take a nap, breathe.
2. Have a plan.
3. Have a back up plan to the plan. Not everything flies. So it is good to have a folder or journal where I store my many ideas, so that I know if one idea doesn't fly, it is not the end of the world, I have many others.
4. Have a system in place to take care of the details.

The other key is to keep the mind quiet enough so that I can shift when I realize that I am doing it again. More on that in a bit.

### **Tip #6: Letting go of what you know**

Most of us would like to be able to control how everything in our life goes. And the truth is we are not in control of anything except ourselves. And sometimes our responses are so automatic, we don't feel like we are in control of ourselves either.

The fact that we are not in control is actually a good thing. Really. This is true. You see we place limitations on how things can happen based on what we have experienced in the past or just based on what options we can think of. Luckily, those are not all the options there are.

Where are you thinking there is only one way that things can go? Try letting go of that and be open to all the options.

### **Tip #7: Relax into the Flow**

Relaxing is one of the most important things you can do to allow things to flow through and to you.

When I first started my business, I used to take naps in the middle of the day. Often times I would awake from those naps to the sound of the phone ringing with business from potential clients. Similarly, I noticed that when I would go out and just have fun in the middle of the day, I would often come back to find new business awaiting me.

So once you determine what is it you want - that's the easy part. It is important to relax. I had a client in one of my coaching groups interpret this to mean sit on the couch and eat bonbons. That is not what I mean by relax.

In the cases above the phone rang because I had already been visible in numerous ways. I had put energy into what I desired and when you do this the energy and momentum builds. As the accumulated energy builds, the resonance of that particular energy increases in the universe. It is on its way to you and then when you relax you allow it to come in.

These days I don't take naps as much anymore, simply because my energy is normally pretty high throughout the day. However, I do my best to get into a relaxed state before I ever begin

my day. That way my actions throughout the day are coming from this positive relaxed energy allowing for more continuous flow.

I teach several ways to get into a relaxed state. One of them is called The One Minute Meditation.

If you would like to download this audio and system to support you in being more relaxed throughout the day, you can do that now for free at [www.TheOneMinuteMeditation.com](http://www.TheOneMinuteMeditation.com)

Wishing you all the best in living out your dreams.

A handwritten signature in cursive script that reads "Stacey". The signature is written in a dark ink and has a fluid, elegant style.

Stacey Mayo, The Dream Queen

Creator of  
[The Dream Movie](#)

Author of the award-winning book

[I Can't Believe I Get Paid To Do This](#)

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## Stacey Mayo

A well-known coach with a wide following, Stacey Mayo, was a pioneer in the now-booming coaching industry. Stacey established the Center for Balanced Living 1995 as a vehicle to carry out her life's work. As director of the Center, she and a team of powerful coaches have assisted thousands of people across the nation in living out their dreams with amazing results!

Stacey was profiled on television in the CBS Evening News segment, “Confident Women”. She has appeared in Forbes, Newsday, the Wall St. Journal, Atlanta Business Chronicle, Atlanta Woman and Woman’s Day. She has been featured a number of times in the Atlanta Journal-Constitution, including the piece, “Midlife,” which engages women in considering how they can stop deferring their dreams.

She is author of the [“I Can’t Believe I Get Paid To Do This!: Remarkable People Reveal 26 Proven Strategies for Making Your Dreams a Reality”](#) which was named Best Book by USA Book News . She was also named Georgia Author of the Year for Best Self-Help Book. And is ranked among the top 9% of coaches in terms of revenue.

Stacey loves to [help people get out of their own way to make their dreams come true](#), integrate and balance their personal and business lives, and create wealth while doing something they love.

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