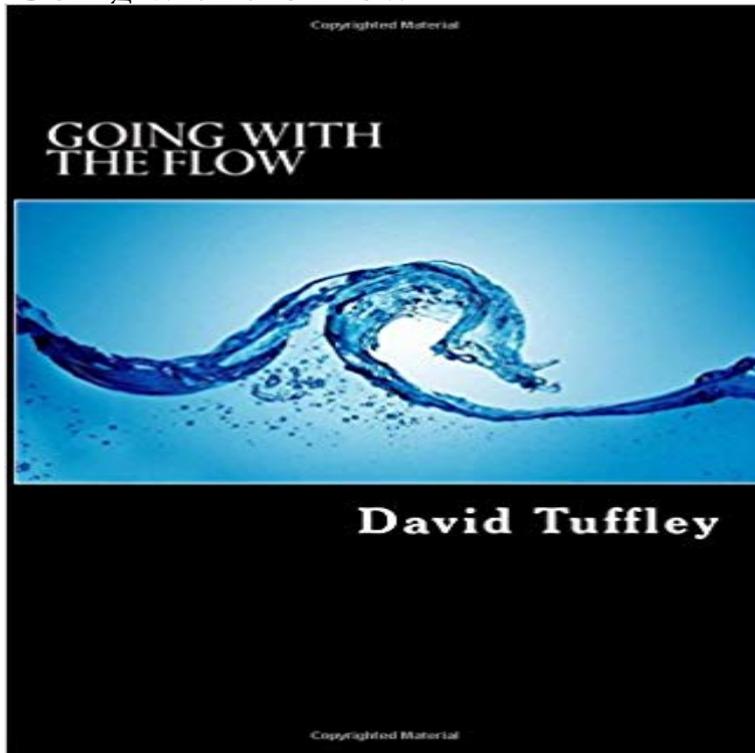


## Going with the Flow



Going with the Flow is a how-to guide for creating harmony in your life by bringing yourself into alignment with the larger laws of Nature that governs the world. It's a good idea to know about them, because you can no more escape their influence than a swimmer in the ocean can avoid getting wet. And once you know, you can choose to harmonise your life with them, or not, it will still be up to you. Going with the flow is recognizing that a vast river of energy flows through life. Learning to swim with the energy is the key to creating a happier, more harmonious life. The river does not care if you choose to swim against it, becoming exhausted while making no progress. Aligning your efforts with the larger flow endows you with intuitive insight into the deeper nature of the world. These insights would have been obscured by the stresses and strains of the unexamined life that so many of us lead, preoccupied as we are with the world of appearances. This little book may be modest in numbers of words, but it is large on underlying meaning and potential to make your world a better place. It teaches you how to raise your awareness of the patterns of Nature that can be observed in the world around you, and to sense the world with immediacy and impact, to contemplate your impressions without judgement. What is stopping us from living this way? Perhaps the tendency in us all to settle into orthodox ways of thinking that your social group believes is right. Venturing outside of these conventional ways of thinking is to risk being ridiculed by the group. Are you brave enough to think for yourself, and perhaps resist the need to tell everyone your newfound wisdom? Going with the flow is like a woodworker understanding that he must work with the grain not across it. It is to understand that everything in the world is subject to change; often gradual, sometimes sudden. We need to know how

to move with the changes and not resist them, not be too attached to anything, since nothing lasts forever. Our willingness to put ourselves into alignment with the flow of Nature puts us into harmony with it, and gives us the momentum of those larger evolutionary forces. We become the kind of person that others might describe as a force of nature.

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