Satsang Month 8: Using Your Flow

Journaling Prompts . . .

What does it mean to me to be in flow? What does it feel like?

What encourages and supports me to be in flow?

What keeps me from being in (or attuned to) flow?

What natural cycle(s) resonate with me the most?

Do I have resistance to surrendering to the natural cycle of things? What is it? Why do I think that is? What do I think would help me move through resistance?

Track your energy this month. What days is your energy high, focused, productive, light, joyful, etc.? What days is your energy low, scattered, negative, sluggish, etc? What activities are you doing during these periods?

Track your schedule. What does my schedule actually look like? What demands my availability? Is that demand real?

What do I want my schedule to be? How do I want to feel in it?

What prevents me from having my ideal schedule right now?

Related to this (and it is related), I (Rebecca) would like to know (even if you think I know): How do you earn your money? (How many clients/projects? How & how much do you charge them? What does it require of you?)