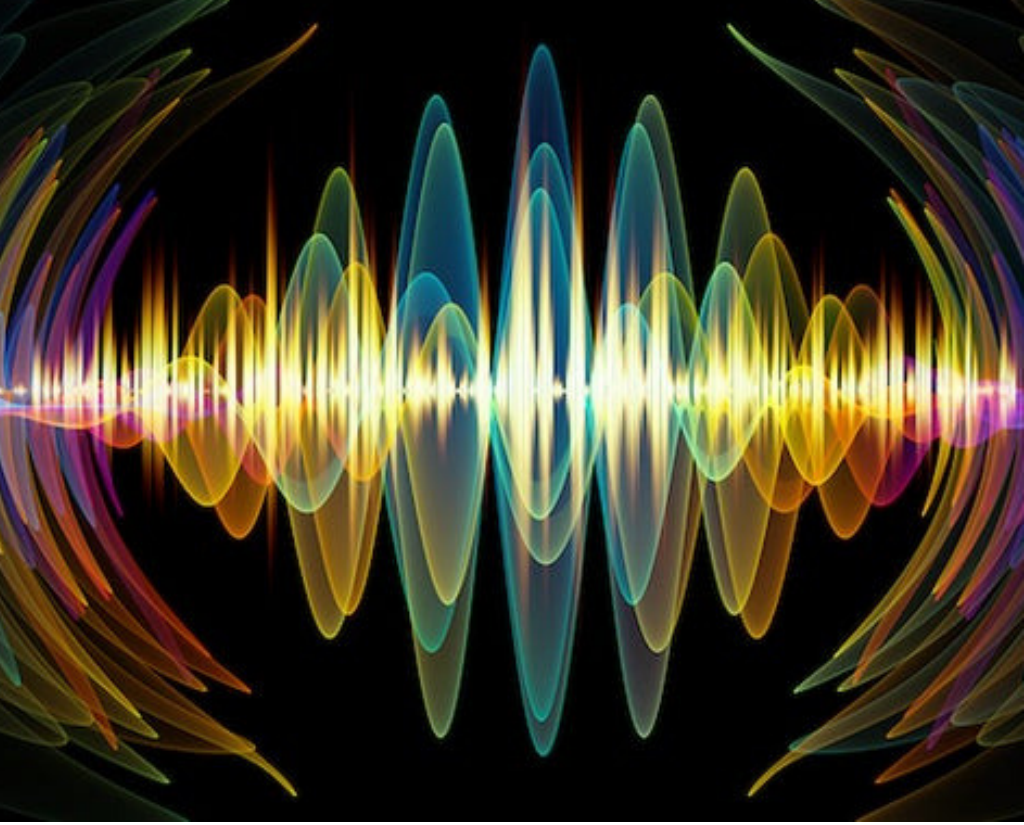
A POWERFUL PROCESS THAT WILL HELP YOU ALIGN WITH YOUR DREAMS.
"Go Beyond Your Best"
FLOW STATE
FOUR STEPS
Excellence on Call
CREATED BY
LAURA M WILDE



FLOW - THE F

The F stands for Frequency.
Shift your frequency to be ready to access the zone aka the flow state. Your frequency will change most quickly by receiving a deep breath. Receive the inhale and allow the exhale. One breath is the beginning of leaving the state of fight or flight. A shift in your frequency is a shift in your energy field.

FLOW - THE L

The L stands for Lose Your Mind.
Here, allow your mind to let go of the thoughts you no longer need that constantly replay in your mind. The fastest way to let go of the monkey mind? Fill your mind with vibrant visions & colors. Remember your mind isn't just visual - it processes ALL the senses. Hear beautiful music (even if it's from your blueberries at breakfast singing you a lovely melody, experience new textures on your skin (I have a throw rug I slide my feet along for this), smell the aromas (essential oils or imagine smelling them), Often, we can leave behind our old tired out inner dialogue and upgrade our thoughts by using our imagination. Imagination is like a muscle just like anything else in your body. In other words - visualize your happy place.

FLOW - THE O

The O stands for Open the Cosmic Door.
Use your imagination to create a Cosmic Space.
Create the Cosmic Space most suitable for you.
Will yours be a cosmic arena? Or a Cosmic Writing Corner? Cosmic Sales Office? Cosmic Store? Cosmic Lab? Cosmic Operating Room? Cosmic Field? Cosmic Classroom? Cosmic Stage?

Your cosmic space has a cosmic door. Once you open it - it's a portal to your Higher Self. Here, you are in touch with the collective unconscious. Enter at your own risk! Greatness is Within!

FLOW - THE O - CONT'D

What will you be doing in your cosmic space? You will use the cosmic space to practice your craft. (*Collective Unconscious: The part of the unconscious mind which is derived from ancestral memory and experience and is common to all humankind, as distinct from the individual's unconscious.*)

FLOW - THE W

The W stands for Win. In other words, begin to be excellent at your craft.Visualize yourself experiencing the greatness. Once inside your cosmic space, I want you to win. Be the best at whatever you are practicing. Here, use superhuman mental reps to outrageously imagine being great.

Laura M Wilde

GETTING YOU IN THE ZONE

WHAT'S NEXT?

If you'd like to learn how to get into the FLOW state everytime and add it to your personal list of Superpowers, join me for an in-depth training program.

I will hold your hand through the process in the Zone Formula Academy. In the Academy, you will:

*Create a clear path to the FLOW State.
*Create your Cosmic Space in the flow state, so that it becomes a vivid reality for you.
*Create a healing zone
*Create a money zone
*Become a yearlong member of the FLOW State Guild.

As a bonus, you'll learn to get into the flow state **on command**, and learn many other skills to add to your repertoire.

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