



Flow – your Consciousness is constructing your reality with intelligent creativity based on your emotional ‘filter’, your subconscious mind. Are your emotions hindering the flow?

Your next step:

There is only one direction for the flow of consciousness – expansion. Consciousness is flowing, except when you hold it at bay, when you block the flow. To block the flow of consciousness requires energy, this is known as resistance and it requires the re-distribution of your consciousness/energy to do so.

The moment resistance is removed, consciousness flows again, immediately. Most resistance is habitual. A coping mechanism designed to stop an experience from continuing due to an emotional response/reaction to it. An infant allows all experiences, but as they collect more information from their environment, they start making decisions about what to allow, and what to block. Yet, in a nurtured situation, before they found reason to block the flow of their consciousness they were safe, and they knew it –

Allow the flow of Consciousness again so you
can intelligently create your reality.

Marianne Thorne
CreativeGoalSetting.com