



The Holy Flow

a return to source



The path of awakening is not about becoming who you are. Rather it is about unbecoming who you are not.

— *Albert Schweitzer* —

AZ QUOTES

I believe an inspired life reflects the invisible quality of *Being*.
The sense of *Being* is freely given to all who tap into
their higher power in answer to the inner call
to become their best version.



In spite of this option I notice that many people remain fearful and depressed.

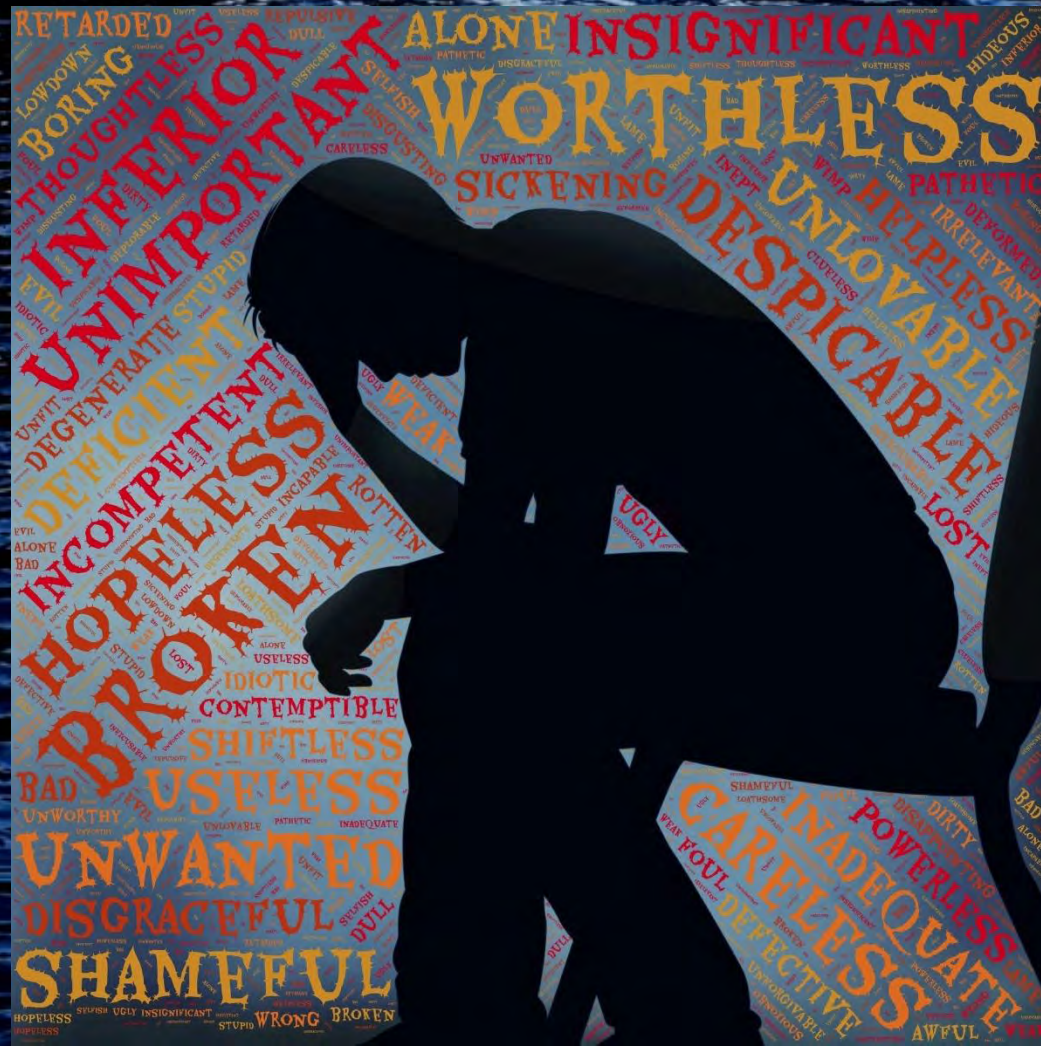


“Most of us are moving through such an undergrowth of excess
that we cannot sense the shape of ourselves any more.”

~ John O'Donohue, *Walking in Wonder: Eternal Wisdom for a Modern World*



I wonder about how some people of sound mind have fallen prey to the intensity of non-stop media output. Their innate sense of inner-guidance has gone missing.



What is the elephant in the room? For me it is being stuck in a culturally and media-generated reality: an invisible matrix of negative beliefs and feelings.



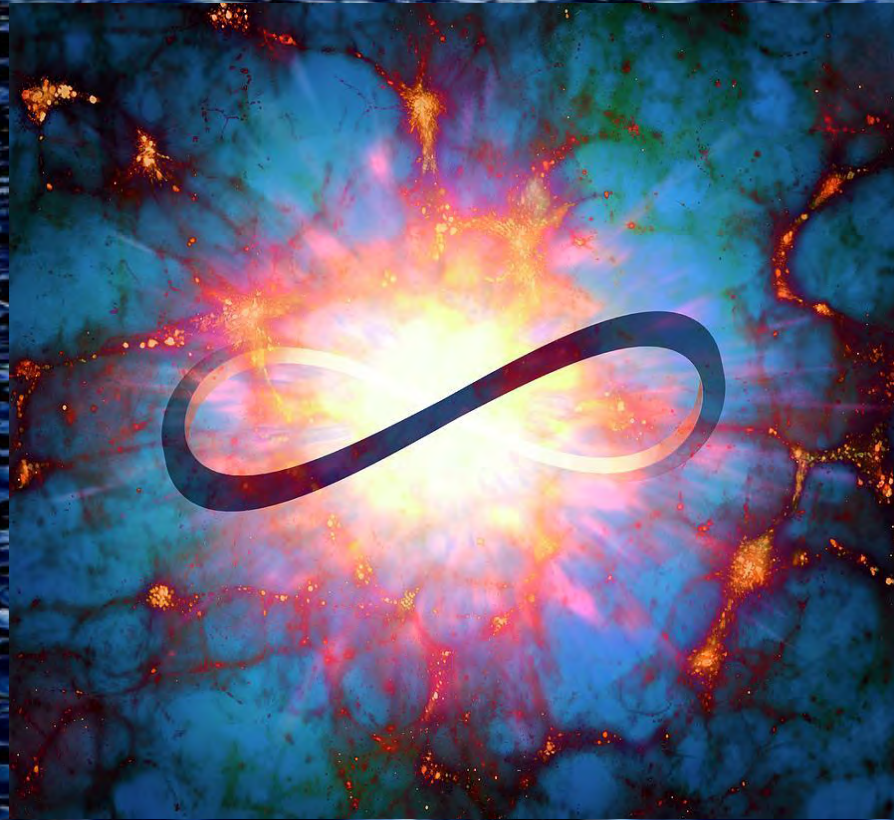
In my view it takes ruthless self-honesty
and a leap of faith to see and exit this matrix
because, ultimately, it is self-imposed.



What happens, and
seemingly happens only with this leap of faith?



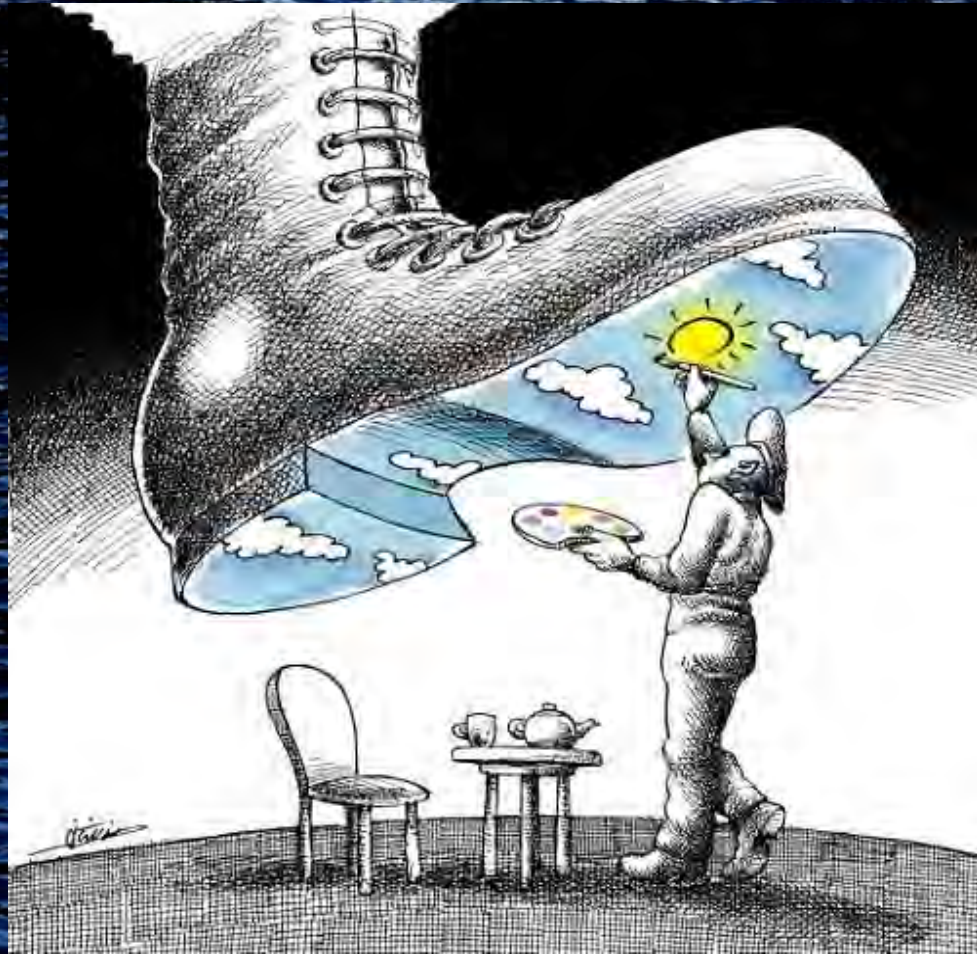
I experience a spontaneous remembrance of my Higher Self; one equal to my commitment to 'unbecome who I am not'. My alignment with the power that creates worlds (God, Intelligent Design, Self, Source, etc.) changes everything.



The more I release who I thought I was
the more my consciousness expands.
Now I can see behind the matrix curtain.



I can see the many ways in
which I have been in denial.



The more I transform these beliefs and feelings
buried deep inside, the more the matrix
narrative loses its grip on me.



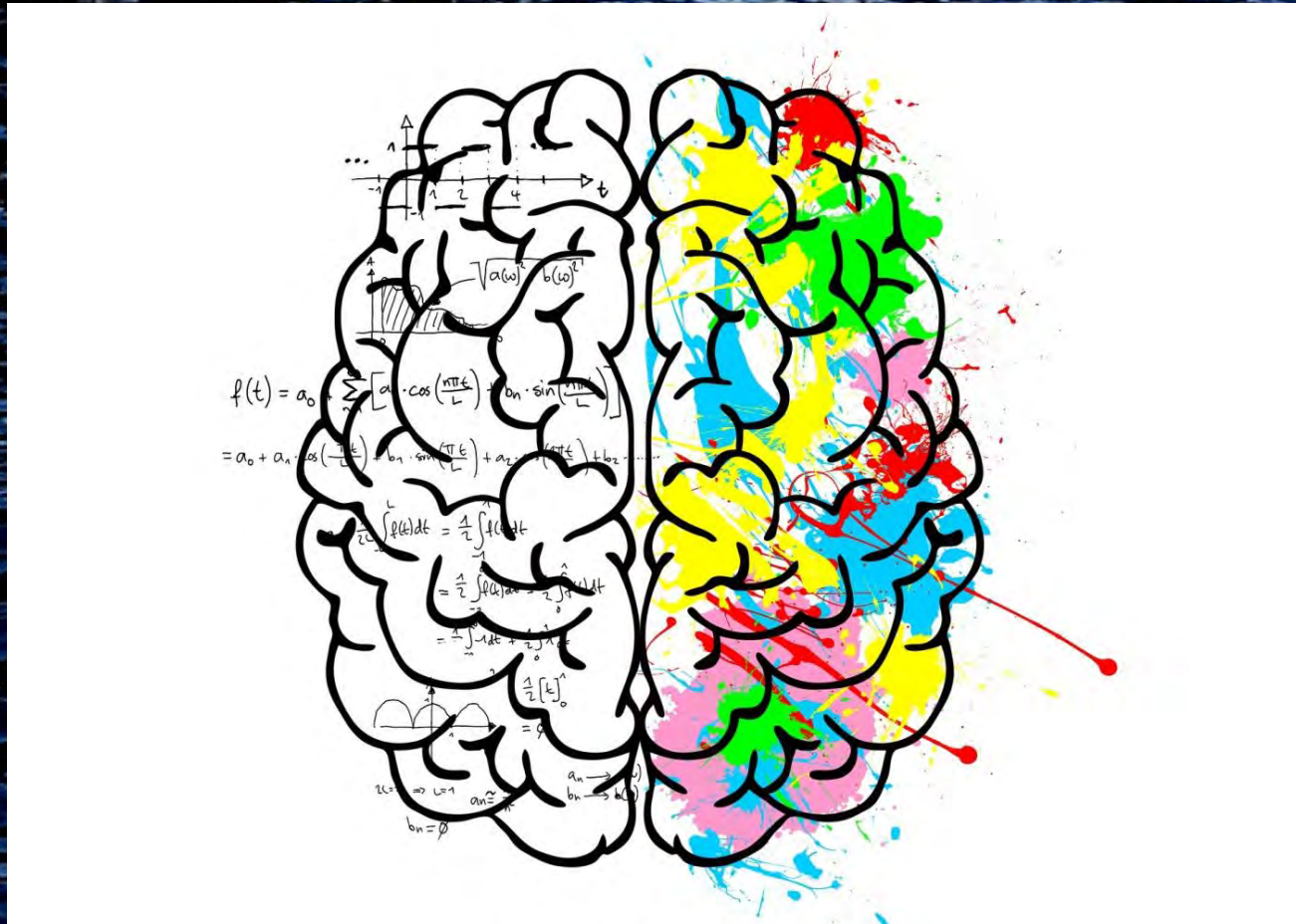
My internal war between right and wrong and victim mentality fades with the new possibility of connection to an expanded dimension of life and new way of living.



Experiences of indescribable peace
teach me to trust something larger.



These experiences of peace light up my right brain as Source's way to share my already existing wholeness and capacity for universal love.



Step one to true inner peace: Discovery of the true Self

Without it, personal changes are cosmetic at best. Yet by the grace of a felt sense of connection with my Higher Self, I navigate new pathways of love, compassion and personal integrity.

This is the **HOLY FLOW**: where I find myself standing outside the matrix of control while trusting something larger.





Given the foundation of
knowing who we are,
one-by-one, we can build
bonds of trust
and empower others.

Next step?

A world that works for
everyone, one that is
co-created by those who
share this same vision.

“It is only with the heart that one can see rightly; what
is essential is invisible to the eye.”

~ Antoine de Saint-Exupéry, *The Little Prince*





Does your soul suffer?

Find the Holy Flow for yourself.

Feel free to be in touch.