

Flowdreaming

A RADICAL NEW TECHNIQUE FOR MANIFESTING
ANYTHING YOU WANT

~~~~ Summer McStravick ~~~~



**HAY HOUSE, INC.**

Carlsbad, California

LONDON • SYDNEY • JOHANNESBURG  
VANCOUVER • HONG KONG • MUMBAI

# Contents

|                                                      |     |
|------------------------------------------------------|-----|
| <i>INTRODUCTION</i>                                  | xi  |
| CHAPTER 1: <b>How I Found the Flow</b>               | 1   |
| CHAPTER 2: <b>What Is the Flow?</b>                  | 11  |
| CHAPTER 3: <b>Preparing to Flowdream</b>             | 27  |
| CHAPTER 4: <b>Flowdreaming Step-by-Step</b>          | 47  |
| CHAPTER 5: <b>Getting What You Want in the Flow</b>  | 61  |
| CHAPTER 6: <b>Flowdreaming Questions and Answers</b> | 79  |
| CHAPTER 7: <b>The Science Behind the Flow</b>        | 99  |
| <br>                                                 |     |
| <b>APPENDIX</b>                                      |     |
| <i>USING THE CD</i>                                  | 119 |
| <i>RESEARCH RESOURCES</i>                            | 122 |
| <i>ENDNOTES</i>                                      | 126 |
| <i>ABOUT THE AUTHOR</i>                              | 127 |



# Introduction

**W**e've always known that the Flow is all around us. On some intuitive level, we feel its presence and know when we're moving with life, just as we recognize when we're moving against it. And on rare occasions—though just often enough to shake us up each time it happens—when we look at a sunset or up at the stars, we can even sense that we're *part of the Flow*; that is, made from the stuff. The Flow is both the glue that holds the cosmos together *and* the cosmos itself.

If you have any doubt about this, just think of how often you've used the expression “Just go with the flow.”

Every time you've been moved to use that phrase, you've acknowledged, perhaps instinctually, that there is some life force—some peculiar essence—that we're caught up in and that is flowing forward into the future, and that, if we go with it, will ease our burdens and bring us to a better place. We intuit that this essence is good and pure, and we *want* to be flowing with it. In other words, when we're going with the Flow, we're saying that we are in fact on the right path . . . whatever that path may be.

The Flow can be understood as a great river, a coursing cosmic stream of creation that imbues everything it touches with life force. As the great American poet and thinker Ralph Waldo Emerson once observed: "Place yourself in the middle of the stream of power and wisdom which animates all whom it floats, and you are without effort impelled to truth, to right, and a perfect contentment."

Was Emerson referring to the Flow? Without a doubt.

Carl Jung, the preeminent psychologist and founder of Jungian therapy, also had a profound sense of the Flow. Consider this statement he once made: "At times I feel as if I am spread out over the landscape and inside things, and am myself living in every tree, in the splashing of the waves, in the clouds and the animals that

come and go, in the procession of the seasons.”

And certainly today, people continue to sense and write about the presence of the Flow. Some of us view the Flow from a spiritual vantage point as a great river of dynamic, creative universal energy, alive with consciousness and spirit (we may call it *tao*, *ki*, *prana*, *life essence*, and so forth), while others see it from a scientific perspective as a primordial energy field, one of infinite possibilities alive with quantum forces that are barely understood (the zero-point field, the elusive “theory of everything,” and so on).

Still others sense the Flow through a lens of personal intimacy, wherein it’s just another name for God: a sentient, compassionate, loving force that both permeates all things and is all things, for aren’t all things both *from* and *of* God? Does God ever work with materials that haven’t come from Itself? To say yes would mean that someone else created them . . . and we know that isn’t true. So everything we touch and experience is quite literally a piece of God energy, whether it’s the paper in this book you’re holding now or a beautiful mountain range seen outside your window. It’s all just a physical expression of a piece of God’s primordial energy—as remarkable as that is to think about. So when you purposefully and consciously make yourself aware of this energy (or

this energetic state), you're simply becoming aware of the flowing stream of God.

Contemporary novelist Joni Rodgers wrote this striking observation about prayer, which captures the essence of this understanding of the Flow: “Many people think they don't know how to pray. Just think of God as a great river that runs through the universe. The idea of prayer is not to pull God out of the stream but to put yourself into the stream with God.”

However we choose to understand it, let us say, then, that the Flow is *all* of these things. It wears a coat of many colors, so that each of us looking through the kaleidoscope sees it in a way that becomes meaningful to us. Even atheists who marvel at the beauty and complexity of our reality connect with the Flow where they place their faith at the scientific level—because the Flow is whatever we sense as being the underpinning for the life and beauty in our world and our galaxy. It's all the same thing, but seen through different lenses.

What I'm going to show you now is how you can start aligning yourself with this majesty, and in so doing discover the explosive, creative, manifestational power that is the Flow.

