



49 Days in the Flow

A Personal Workbook for the flow of Life

Welcome on a 49-day journey of self-exploration and creation, as we consciously move with the flow of Universal Life, guided through various short techniques.

Life is everywhere and in everything. It is the most undeniable truth, and at the same time the greatest unknown, the biggest mystery.

Life is ...

How we finish this sentence is in our hands, and our hands only. It is our personal responsibility to fill in that gap through our way of living. We are all individual creators, and each second of the day, we are filling in those three dots with meaning. That is our contribution to the flow.

Whether we are conscious of it or not, all of us are flowing together in a mysterious Universal dance of creation.

We hope that these 49 days will bring you joy, harmony and a clear awareness of who we truly are.

By consciously joining the flow of Life, we are able to create a masterpiece that is more beautiful and harmonious than the one we see right now in this world.

Also, please feel free to share your creations and inspire others through our FB group: <https://www.facebook.com/groups/49-daysintheflow>

Week 1

We are the Universe



We are the Universe

The universe is not only a physical space; it is also an infinitely spreading consciousness.

Everyone is aware of the Big Bang theory, which is considered to be the start of the physical universe. But there is no answer to what existed before that. Those who are searching have, in most cases, a materialistic approach. Very few consider the possibility that there was no matter at all, and maybe even no beginning. Just an infinitely spreading consciousness. Something that is limitless, that has no beginning and no end. Something that is unimaginable to the mind of a physical human being. Something that goes beyond any image, thought or emotion.

This first week, we would like to focus on this side of the Universe and its connection to our own role within the flow of Life.

Please enjoy the ride ahead in the infinitely spreading universal consciousness that you are.

Day 1

Reading for awesome people

Please read the following text and reflect on it. _____

With the passing of the centuries, the memory of the universal truth had faded from the hearts of human beings, being supplanted by ignorance and distorted beliefs. Also, the universal truth had for a long time been bent, twisted, and covered up by people who feared that it might rob them of their authority.

By 'universal truth,' I mean the truth about the hidden identity of each human being. Unseen by most, this truth had continued to twinkle like a universe filled with stars, until it would suddenly burst forth again. And just like the sea at full tide, the echo of truth rings forcefully, urging us toward our awakening.

From the beginning, we have been truth itself, divinity itself. All of humanity, without a single exception, is the very life-power of the limitless universe. We are the universe. And the universe is us-the real us.

No matter what kind of situation we might be in, and no matter how forcefully our emotions, miseries, and fears might seem to control us, none of them are us. They have nothing to do with the real us.

As we become more aware of this truth, something mysteriously wonderful happens. One by one, our doubts and confusions are swept away as we remember the truth that has been concealed within us. We will become conscious of the infinite divine life that flows within all human beings, and we will awaken to an inner certainty that, someday soon, the infiniteness of the universe will be clearly expressed through us.

We are the universe. Each human being is the universe. At long last, we have stepped into an age when humanity can come face to face with this truth.

Day 2

I am the universe the universe is me

To deepen our consciousness, let's create a written mandala using the words above, **I am the universe the universe is me.**

As you write, try to hold your breath. This way, the resonance of your thoughts fills your physical body on deeper levels, reaching even your DNA and thereby uplifting the vibrations of your physical body.

How to write:

- Write in a circle, starting in the center at the vertical line. When a circle is finished, continue the word or phrase in the next largest circle (moving outwards).
- Try to finish the last circle at the end of the phrase, if possible.
- If you make a mistake, just write over it.
- Have fun and be creative! Use colours that resonate with you the most.
- On the lines below the mandala, feel free to write your name, the date and a memo of what is written on this particular mandala.

Notes for inspiration:

- Feel free to display your mandala in your home, office or elsewhere. You can use it as a coaster or frame it if you wish.
- This way, the mandala and the written words can constantly radiate their energy in that location, making that place brighter.

Feel free to share and inspire



Day 3

Soak in the majesty of the physical universe

We are the cosmos made conscious and life is the means by which the universe understands itself. -- Brian Cox

We are each an infinitesimal part of a profoundly vast **universe**. Preoccupied with the day-to-day, we sometimes lose touch with the wondrous facts of our reality.

As Carl Sagan reminds us, *“The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars. We are made of star-stuff.”*

Today is your day to contemplate the majesty and mystery of the cosmos. Make time in the wee hours of the morning or after nightfall to look up at the sky and all that gleams and winks at us from beyond. If you're lucky enough to catch the sunrise, reflect on how that great ball of fire has sustained life on our planet for millennia. If you're under a night sky, gaze up and think about how many generations of people all over the world have told each other stories about the moon, and tracked the silent, wheeling movement of the stars.

As you take in the grandeur and enigma of the universe, acknowledge the unbroken chain of elemental and ancestral conditions that brought you into being and are helping keep you alive. We are each a tiny thread in a tapestry of unfathomable depth and magnitude. As you look up, let your life and all that is in it, fall into greater perspective.

Zoom out and experience the magnificence of our universe.

Day 4

Our words –vibrations in the flow

Today, we will bring the universe within us to life by manifesting the vibrations of ***“I am the universe”, “You are the universe”*** or ***“We are the universe”*** in our daily life through spoken words.

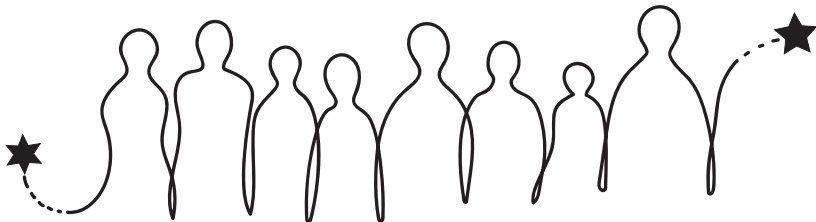
Words are living vibrations, living beings. By using words, we make them come alive.

You can do this by yourself. Or, if you have people around you who are happy to listen to your thoughts, why not share it with them too? There is no need to use these exact words if you do not feel that they are right for the moment. Instead, you can just say: ***“You are more. So much more.”***

These words are very true. And they can help many of us to get out of our limited mind.

Maybe today, you will have an opportunity to be a messenger of the flow of Life and help another fellow human being to get back into the flow of Life in harmony.

No need to be shy... You are the universe.



Day 5

Breath is Life

Take a moment to be still and listen to your breath.

Close your eyes.

Listen only to the sound of your breath.

Become nothing but breath.

Breathe in... breathe out... Just relax.

Empty your mind. No internal dialogue.

Simply pay attention to your breath and listen.

This is the sound of Life.

Ask yourself:

What did you discover when paying attention to your breath?

Day 6

Be different, be unique, be yourself

In your own unique creative way, express the infinity, harmony and peace of the **universe** that you embody.

Feel free to draw, write a song or poem, play an instrument, dance, or create a mathematical equation that resonates harmony. Use any method and medium that resonates with you—that connects the universe, your mind and your body in one flowing river.



BEE INFINITE

Feel free to share and inspire

Day 7

Reflections

Reflect on and give thanks for all that you discovered through this first week.

This is a special day. Find your own unique ritual that helps you to set your mind into a state of reflection on this week's topic:



“We are the universe”

Light a candle and reflect on the learning or insights that come while watching the candle. Go outside and walk or sit quietly in meditation. Or, if you enjoy cooking, you can cook with a feeling of gratitude. Just create your own ritual, your own way of reflecting. Hopefully, you will be able to use this ritual in your daily life to reflect on the happenings of each day.

Feel free to share and inspire

Week 2

The free-flowing mind
and Fading Away process



The free-flowing mind and Fading Away process

Our mind is free-flowing creative energy. It has no limits. We have infinite potential, infinite power, and infinite ability. Just like the consciousness of the Universe, the mind has no limits.

As we grow up, our parents, our schools, our society, our politics, and our religious beliefs mold our minds to fit the environment we are living in.

This, however, can create misunderstandings about our true self, separation among one another, and limits to our potential. We lose our awareness of the consciousness that is our true source, the core of our Life — the divine spark. Instead, our consciousness becomes small and stiff, rather than free flowing and infinite.

To uncover our true core—our divine spark—we need to clear our mind. This is done by letting go of the past, without any attachments. It takes courage, strength and patience to be able to live without any judgment or blame of ourselves, others or humanity. But it is definitely worth it.

Just letting go... no attachments... whatever appears... everything fades away...

Let's spend this week in a flow of reminding ourselves to let go, helping our consciousness to be without any attachments, so the clouds in our mind can naturally disappear, the divine spark can shine, and we can naturally flow infinitely in all directions.

Day 8

Reading for awesome people

Please read the following text and reflect on it. _____

Everything that takes shape in the form of sickness, poverty, and so on is a manifestation of karma (thoughts, words, and actions from a past consciousness), appearing at the moment when it is supposed to vanish away. Therefore, when illness, financial problems, or other such circumstances arise in our life, there is no need to search for the hidden causes behind them by digging up the mistaken attitudes that we may have held in the past. Just thinking that all this suffering is occurring in the process of fading away, and that it will absolutely vanish into nothingness is enough. Then, once it has entirely disappeared, our original, infinite light will shine through, and a truly wonderful world will take shape around us.

So, all we need to do is to think, with our whole being, that all those unpleasant experiences are fading away, and feel gratitude toward the infinite love and protection that flows throughout the universe. If you continue to practice this method wholeheartedly, without giving up, you can rest assured that things will most definitely turn out well.

This is a practice of complete entrustment-absolute trust in the infinitely harmonious universe. It is a practice of unconditional love and forgiveness, recognizing not even one speck of evil in the true nature of a human being. If you want to offer people a sure, true practice on the perfect nature of a human being, tell them about this. This in itself is enough.

Day 9

Behind the clouds, the sun is always shining

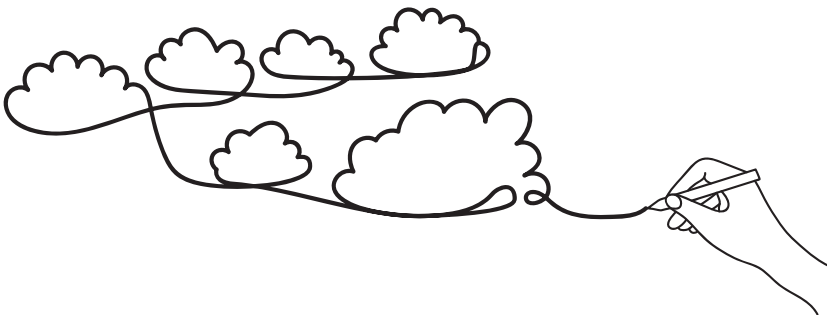
Take any piece of paper you have available and write down any thoughts that come into your mind, whether good or bad. They can be emotions, ideas, preoccupations, or anything that enters your mind at the present moment.

Take your time and write as much as you wish, until you feel that you have emptied yourself of thoughts.

The words you write do not need to make much sense. They do not need to connect. Just write things down as they appear in your mind.

You can even draw lines, circles or scribbles, if that feels natural to you and helps you to express your emotions.

There is no need to control what you write. Just let it happen, let it flow on its own... until your mind is empty of thoughts and emotions—the clouds that cover your inner sun.



Day 10

Our words –vibrations in the flow

Today, let's manifest the recognition of the fading away process in our words.

Whenever you find yourself in a disharmonious situation, try saying or thinking:

"It is fading away ... Everything is perfect, nothing is lacking!"

And if you see a friend in worries or troubles, you can say to him or her:

"I am sure it will all pass, and things will turn out well. Please do not worry. Worrying will not help anyone. I am sure it is going to be fine!"

Our words are very powerful tools in helping ourselves and others to get back in the flow of Life.



Day 11

Recognize the spark where it is hard to see

Forgiveness is the fragrance that the violet sheds on the heel that has crushed it. - Mark Twain

The '**fading away process**' is happening every single moment. In many cases, it is brought to our attention through incidents and experiences involving other people.

A divine spark resides within each and every human being, including those who we identify as being unpleasant, troublesome, or hurtful.

Choose someone who is a source of irritation or resentment for you. Silently send them as many blessings, well wishes, or prayers for their happiness as you can throughout the day. Notice how your heart softens. You may even be surprised to see some changes in the other person.

With forgiveness and love it will all definitely fade away...



Day 12

Words and the spaces in between

Whenever you have the chance today, try focusing on the sound of your words.

Just listen and see how they flow and how they fade away. Listen and see the gaps between them, too. These gaps are the most important spaces. In these gaps, you can hear the flow of the universe and your own true self – your “inner voice”.

The truth is not in the words, but in between them.

When you are with others, listen to their words, and to the spaces between their words. You might be able to spot the silent inner beauty of that person. There is no need to react to other people’s words — just listening is enough.

Words and thoughts flow, appearing and disappearing, whether they are good or bad, positive or negative. There is no need to judge the words or the people we listen to. The words and thoughts just come and go.

On the other hand, the silence—the quiet spaces between—are always here. They never leave.

The silent gaps between the words and thoughts speak of infinity.

For reflection:

By listening to our words and thoughts we are also able to see what we usually pay attention to, what kind of words we are unconsciously attracted to, and how the world around us takes control of our thinking.

Day 13

Be different, be unique, be yourself

Give expression to the **fading away process** in your own unique and creative way.

Feel free to draw, write a song or poem, play an instrument, dance, or create a mathematical equation that resonates harmony. Use any method or medium that resonates with you—Anything that connects the universe, your mind and your body.



Feel free to share and inspire

Day 14

Reflections

Reflect on and give thanks for all that you discovered through the week.

As with Day 7 of the first week, this day is dedicated to your own reflections on this week's topic:



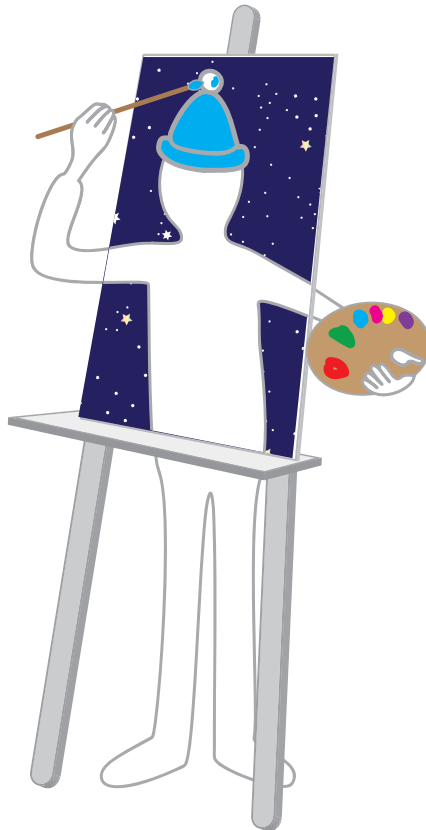
*The free-flowing mind
and the fading away process*

Go back to your unique ritual that helps you to set your mind in a state of reflection. What treasures did you discover throughout this week?

Feel free to share and inspire

Week 3

The free-flowing mind
and the Creation of the self



The free-flowing mind and the Creation of the self

As things disappear in the fading away process, it is important for us to be aware of how we think and act. Of greatest concern is where we direct our thoughts after something unexpected manifests in our lives. The future is waiting to be created. Judgments are not much of a help here—they just bring us back to our old mental habits.

We need to be more aware of our thoughts and create new directions for the flow of our mind. This new flow will create the future.

The mind is pure and free flowing. What thoughts will you add to that flow?

The thoughts we send out are an enormous responsibility. Each of us has to become an independent and responsible being, aware of the creative powers of the free-flowing mind... This is why, no matter what appears in our lives, many wise people recommend positive thinking and positive visualisation of the self, our environment, and the world.

This is the meaning of *“Be the change you wish to see in the world.”* Create and Be! Your mind is pure, with an infinitely creative power and infinite possibilities. There is no need to limit yourself.

We hope you enjoy the creative process and see a clear vision of your future self.

Day 15

Reading for awesome people

Please read the following text and reflect on it. _____

Each human being is constantly receiving an abundant supply of creative energy, flowing to us from our universal source. We assign forms and shape to this energy using the decisive power of consciousness. By means of our words, thoughts, and emotions, we determine our own future and the future of our family, our nation, and the planet Earth. Indeed, from moment to moment, each of us is wielding an influence on the vast universe.

Because we have been in ignorance of this, we human beings have been living a life of dependence, never believing in ourselves, always trusting in what others said or did. And in handing over our inherent authority to others, we have been neglecting our inborn responsibilities as citizens of Earth.

At present, the Earth is in deep danger of losing its existence. If the planet is to survive, each of us must free ourselves from our past thought-habits and make a fresh start. We must seek a totally new awareness—a rebirth in consciousness. Only when each individual has done this will the Earth be able to move forward on its evolutionary path.

What is the self? What is consciousness? What is the relationship between us, others, and the universe? In reflecting upon these questions, each person may live with confidence along his or her own chosen path and know the incomparable joy of evolving with the universe.

Day 16

Infinite ...

Today, let's create a written mandala of **infinite words**.

We will write a mandala using positive words preceded by the word infinite.

Simply by adding the word infinite, all the positive words are infused with the resonance of the eternal flow.

Here are some sample phrases to help get you started.

You can write all of them or just one, or use any other words of your choice. Choose words that resonate with you the most.

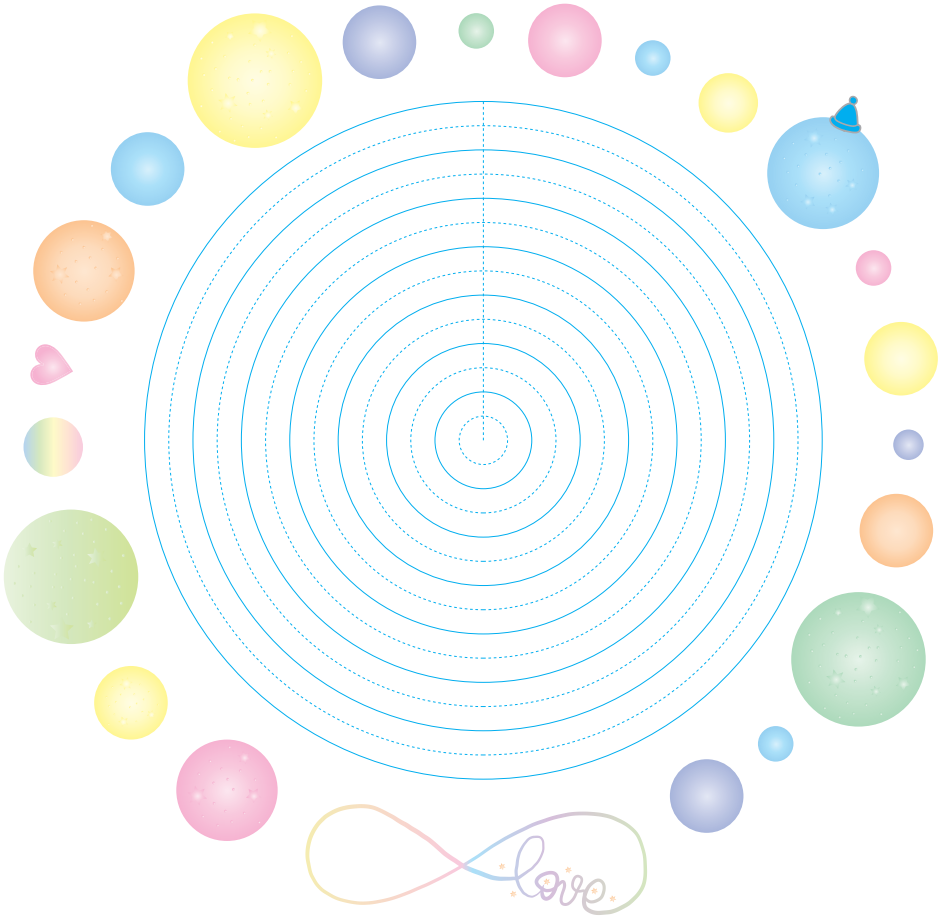
Sample phrases: _____

***infinite happiness, infinite freedom, infinite talent, infinite potential,
infinite harmony, infinite abundance, infinite love, infinite health,
infinite wisdom, infinite power, infinite light...***

For guidance on how to write and use a mandala, please refer to the entry for Day 2.

Please enjoy this beautiful, creative activity.

Feel free to share and inspire



Day 17

Forming the "I" not by the eye

Visualize yourself and shape your own future.

Find a quiet space, play some nice, relaxing music, and spend some time visualizing your future self. Concretely visualize what you want to manifest in your future. Be very specific and detailed. Vague images create only vague outcomes.

Consciously create a clear image of your future self, just the way you want it. Do not be shy... do not hold back... do not limit yourself. You are the universe. You can create anything you want.



Note:

To truly manifest what we envision, we need to practice this continuously for a period of time. Feel free to do this activity every day until your vision clearly manifests in this physical world.

Patience is necessary, but it will definitely manifest. Make it your long-term experiment.

Be free... be responsible and clear... be a true creator.

Day 18

Let your intuition spark you

Intuition is seeing with the soul. - Dean Koontz

Intuition can become a wonderful guide for our self-creation process.

We sometimes have the experience where a thought flashes through our mind, seemingly out of nowhere. We might think, “*I should call up that friend,*” or “*Perhaps I should try out this idea*”. But often, we quickly dismiss these thoughts, thinking to ourselves, “*Maybe another time*”. In doing so, we might miss some interesting opportunities.

Today, be mindful of your sparks of intuition, and try following through on them. Very often, that intuition, or inner spark, is your best guide. See what happens when you listen to it!



Day 19

The song of the flow

There are times in our lives when we feel confused or do not really know what we want. We do not know what we should create, and where we should focus our energy. Maybe we feel even empty and with very little joy or enthusiasm for life.

In many cases, this is the time when our inner voice is calling for our attention. It has something to say.

Create a quiet space where you can listen to your own inner voice. Just listen to your heartbeat, the drumbeat of your body. You might also hear the silent witness, your true self, singing along.

Maybe it is time to relax between creations. Maybe an intuitive idea will arise, and new possibilities will open up in front of you. Just listen ... and enjoy the song of the flow ...



Day 20

Be different, be unique, be yourself

In your own unique, creative way, express your **future self**.

Feel free to draw, write a song or poem, play an instrument, dance, or create a mathematical equation that resonates harmony. Use any method or medium that resonates with you—anything that connects the universe, your mind, and your body.



Feel free to share and inspire

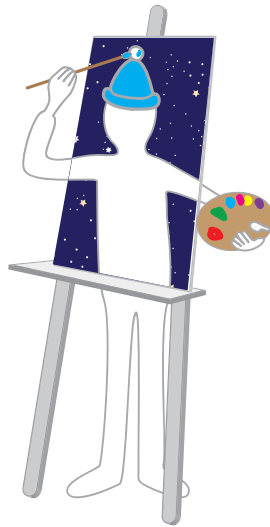
Day 21

Reflections

Today, reflect on and give thanks for all that you discovered through the week.

This day is dedicated to your own reflections on this week's topic:

*The free-flowing mind
and the creation of the self*



Go back to your unique ritual that helps you to set your mind in a state of reflection.

What treasures did you discover throughout this week?

Feel free to share and inspire

Week 4

The free-flowing mind
and the Creation of the world



The free-flowing mind and the Creation of the world

An important part of our work on Earth is to manifest the Universal flow of Life, which is the balance and harmony we can see everywhere in the Universe.

Our most important mission is to complete the creation and manifestation of peace and harmony on this planet, including our own society.

While we create ourselves, we also create the state of humanity and the world at the same time.

This is why it is recommended to consciously visualise and create a peaceful world through affirmations like ***May Peace Prevail on Earth*** in our daily lives. This affirmation, or prayer, is a vibration resonating out from the very core of our being. The desire for peace and harmony comes right from the centre of our being, because this is the very first desire of the Universe, from the very first moment of creation.

The affirmation ***May Peace Prevail on Earth*** helps us to align ourselves on the Universal path, and at the same time, to create a peaceful society, harmony with nature, and a balanced Earth.

Let's flow for a few days with this affirmation, contribute to the creation of peace on earth, and see what kind of self we discover.

Day 22

Reading for awesome people

Please read the following text and reflect on it. _____

Our present life entails closely-knit relationships between the individual, the nation, and humanity. In this sense, an individual is not just a mere individual anymore, but is one participant in a large group.

Just as the water of the oceans links each country together, the world is, in the same way, completely linked together via the air and also in the world of thought vibrations.

The various kinds of thought waves generated by humanity cover the earth, forming infinite layers, like waves of air. Among those vibrations, some are filled with strife, some with envy, illness, poverty or anger. At the same time, others are not dark but filled with brightly shining love and good intentions. These, whether dark or bright, become the swirls of thought vibrations affecting the course of our world. These swirls cause a person to act in a way that corresponds with those thought waves.

All the various thought vibrations emitted by the whole of humanity, from all social strata and all walks of life, are constantly merging with corresponding kinds of thought vibrations. Here we can see the importance of our thoughts. They cannot be neglected. It is also important to understand that unless peace prevails on earth, there can be no peace for any individual either.

***“May peace prevail on earth”** is a method through which individual serenity and complete peace on earth can be linked together and achieved at the same time.*

With this thought vibration, people are able to set aside their differences and fully immerse all their thoughts and circumstances in the vibrations of perfect harmony of the universe.

*When we think **‘May Peace Prevail on Earth,’** all people are embraced. All the people who are unloved, all the people who are unforgiven, all the innocent children, all the tiny organisms whom no one sees or appreciates, are included. Even the very person who emits these thought vibrations is included. It includes everything and everyone.*

*As part of the harmonious movement of the great universe, **“May peace prevail on earth”** has emerged at this precise time and place. Through the vibration of these few words, the dark vibrations surrounding humanity will gradually be transformed into waves of bright light. Let’s flow forward together in tune with the universal flow of life creating peace and harmony.*

Day 23

May Peace Prevail on Earth

Today, we will create a written mandala filled with the affirmation above, **May peace prevail on earth.**

In doing so, we will create not only a mandala, but also our own present self, and at the same time, the state of future humanity.

For guidance on how to write and use a mandala, please refer to the entry for Day 2.

Feel free to share and inspire



Day 24

Our words – the vibrations in the flow

Today, we will focus on manifesting the vibrations of ***“May peace prevail on earth”*** in our daily life through the spoken word.

Words are living vibrations—living beings. By using words, we make them come alive. And using words like ‘May peace prevail on earth’ can have a profound effect on the future of humanity and our planet.

Whenever you experience some disharmony or see some disharmonious things happening, whether it is news or some incident in your family, your region, or your country, simply say or think:

“Fading Away! – May peace prevail on earth”

Discover how many opportunities you will have to use this phrase today, and how many places need to have the flow of life restored



Day 25

Find a spark of hope

Hope never abandons you; you abandon it. - George Weinberg

Some days are really hard. We may feel worried, challenged, saddened or overwhelmed by our circumstances. At these times, we may feel like we are a long way from igniting our spark. Yet it's precisely at such times that we need to and can spark hope within ourselves. When things feel darkest, the spark of hope shows us the way home.

Even when you feel at your worst, know that you are needed. Nobody else can replace you and your uniqueness in the universe.

If you feel that there is nothing that you can do, then this is the perfect time to fill your mind and heart with the words **'May peace prevail on earth'**, because this is the time when you can feel the hardship of all human beings. The darkness is not yours alone. It does not belong to you. You are the universe, and you are here to balance the flow of life.

Take a deep breath and resolve to always carry with you on your life's journey that bright ember of hope to light your way.



'May peace prevail on earth'

Day 26

The quality of the words

Quietly and slowly say the following words and feel their resonance:

May peace prevail on earth

How do you feel?

Did anything change within you?

Did anything change around you?

Do this over and over for a little while.

Each time you say, think **'May peace prevail on earth'**, quietly watch how your body and mind react.

The unconscious effects of our words might become more visible to you.



Day 27

Be different, be unique, be yourself

Express ***May Peace Prevail on Earth*** in your own unique, creative way.

Feel free to draw, write a song or poem, play an instrument, dance, or create a mathematical equation that resonates harmony. Use any method or medium that resonates with you—anything that connects the universe, your mind, and your body.



Feel free to share and inspire

Day 28

Reflections

This day is dedicated to your own reflections on this week's topic:



*The free-flowing mind
and the creation of the world*

Go back to your unique ritual that helps you to set your mind in a state of reflection.

What treasures did you discover throughout this week?

Feel free to share and inspire

Week 5

Flowing with gratitude



Flowing with gratitude

Our physical body is made of the very same particles as the planet Earth and the physical Universe. Our physical body cannot exist without the Air, Water, Sun, Food, Soil, Minerals, Plants and other Animals. The survival of the physical body is dependent on the harmony in Nature and on Earth.

From a physical perspective, we can even say that we are Nature, we are the Earth. And therefore, it is only natural that whatever we do to Nature, we do to our own selves.

The whole Universe works in a state of complete inter-connectedness. We can see that in Nature, too. Everything depends on everything else. It is the same with the existence of physical humanity. We depend on the planet Earth and its harmonious Life flow.

Along with the extremely necessary environmental work that we do, we also need to realize that we are connected with Nature through our thoughts, our minds and our hearts—and that we need to communicate and work with nature using our thoughts, minds and hearts.

This will be our focus for this week.

Day 29

Reading for awesome people

Please read the following text and reflect on it. _____

During the 20th century, most of humanity lived with the view that human beings were more important than all else. At the same time, for most individuals, the 'me' took precedence over everything. As long as "I" was comfortable, nothing else mattered.

Living in this self-centred manner, we developed the idea that only we human beings were truly alive. Animals, plants, minerals, rocks, rivers, and so on were seen as life-less objects that had no feelings or will of their own. We thought they were simply ours for the taking.

As we look around us, we can see the effects of this past way of thinking. The balance of nature is in jeopardy. More and more species of animals and plants are becoming extinct. The earth is suffering. Great nature is gasping, thirsting, and straining under the burdens placed on it by human beings.

If the earth is to come alive in the 21st century, humanity must undergo a great shift in consciousness. Each of us needs to become aware of the profound relationship that exists between our thought vibrations and the health and stability of the earth. To revive our ailing planet, each of us needs to infuse the earth with the healing energy of our deep gratitude for all the earth's gifts and blessings.

Words of gratitude, thoughts of gratitude, actions of gratitude toward our beloved earth-as we rekindle this spirit of gratitude our way of life will naturally change, and the earth will find the power to heal itself.

As we deepen our sense of oneness with all life on earth, we come to know what it truly means to love, cherish, and to make the most of our own lives as well.

Day 30

Thank you dear Nature

Today we focus on creating a written mandala filled with words of **gratitude to Nature**.

Feel free to express your gratitude to any element of the Earth or Nature. You can focus on one specific part of Nature or give thanks to everything in Nature.

Sample phrases for your mandala: _____

Thank you dear Nature, Thank you dear Earth, Thank you dear Ocean, Thank you dear Mountains, Thank you dear Food, Thank you dear Air, Thank you dear Water, Thank you dear Plants, Thank you dear Animals, Thank you dear Minerals, Thank you dear Sun, Thank you dear Physical body, Thank you dear Heavenly phenomena, ...

For guidance on how to write and use a mandala, please refer to the entry for Day 2.

As you write, please fill your mind and heart with gratitude and let that gratitude resonate in your thoughts and written words.

Please keep the mandala displayed somewhere, to keep that resonance of gratitude to nature alive in your surroundings.

Feel free to share and inspire



Day 31

Our words – vibrations in the flow

Every single moment, Nature is overflowing with its precious gifts of life. They seem to be so common that we do not even pay attention to them. We take them for granted.

Today, we will try to focus on the very important gifts of Life. Let's give recognition to them by voicing our **gratitude**. Our words are sounds; they are vibrations that affect our surroundings. The vibrations we send out resonate with the vibrations around us. In this way, our words are important tools for communication, connection and harmonization. Same goes for our thoughts.

As you breathe, recognize that your breath is Life itself—that without fresh air you wouldn't be alive. Feel how much it gives you. Voice your gratitude for every single breath of Air, as it is Life that you breathe. As you drink Water, recognize that the water is Life itself—that without clean water, you wouldn't be able to survive. Voice your gratitude for every drop of Water you drink, as it is Life you drink.

Voice your gratitude for every fruit, vegetable and animal that keeps you alive. They give their own lives for our survival. What an incredible gift. Voice your gratitude to animals, plants, and all food, as they are Life that you receive.

Thank the tree that gives you shade on a hot summer day. Thank a bird for its beautiful song, the Sun for its warmth, the wind for its entertaining play with the leaves, the flowers for their beauty and scent that open your heart, the night sky for its depth and wonders. We could spend the whole day in gratitude if we really pay attention to what is around us. Try it, voice it, be aware and flow with Nature in gratitude ...

Day 32

A mindful meal

We can be aware, when we chew the food, or when we look deeply into the food: we can see the ingredients, the elements that have come together to produce that food. --Thich Nhat Hanh

Eating can be an opportunity to slow down and enter the present moment more fully. Yet we often rush or multitask through our meals. Before one of your meals today, take time to reflect on the chain of life that made it possible for this food to arrive on your plate—the bees who pollinated various plants, the farmers who grew the ingredients, the measure of water and sunlight that was required, the truck driver and fuel that delivered it to the store, the hands that purchased and prepared it, and everything in-between.

Seeing the web of relationships among a great many living beings right on the plate in front of us will most probably bring forth a natural flow of **gratitude**. Flow with it, feel it, and give expression to it. It will be appreciated.



Day 33

The Sounds of Nature

If you are able, please go out in Nature and bask in its sounds. If you are not able to go out, just listen to the sounds of Nature through your headphones. Those with hearing difficulties can use other senses than hearing. Just feel the Nature and its resonance in your own natural way.

Nature and its sounds have a very relaxing and refreshing effect on our being. Bask in those vibrations and let your heart resonate in deep gratitude.

When you listen to the sounds or feel Nature, please offer your heartfelt gratitude even for the small things—the free song of a bird, the sound of the moving grass or branches in the wind, the sounds of your steps on a soft carpet of grass or fallen leaves, the refreshing sounds of ocean waves, a river, a waterfall or the rain. Even when you shower at home, enjoy the pleasant sounds of water and the refreshing feeling as the water cleans and massages your body.

Today is about discovering the gifts of Nature and mixing them with our heartfelt gratitude.



Day 34

Be different, be unique, be yourself

In your own unique creative way, express your **gratitude to Nature**.

Feel free to draw, write a song or poem, play an instrument, dance, or create a mathematical equation that resonates harmony. Use any method or medium that resonates with you—anything that connects the universe, Nature, your mind and your body.



Feel free to share and inspire

Day 35

Reflections

Today, let's reflect on the topic for this week:

Flowing with gratitude



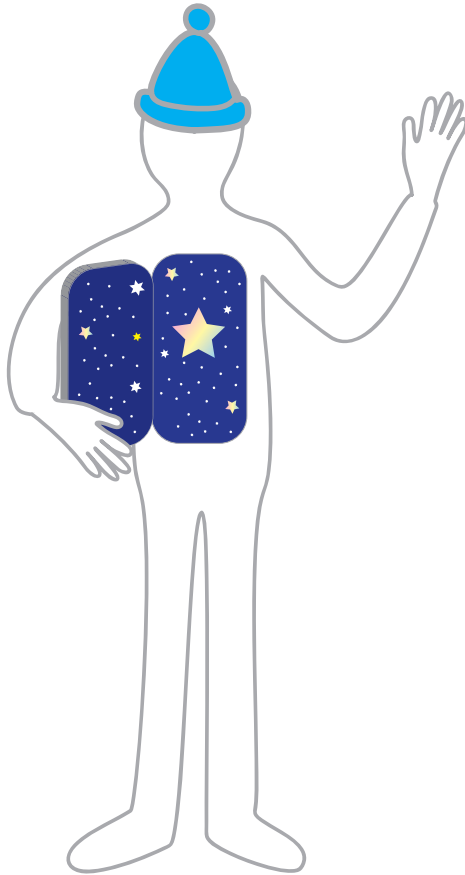
Go back to your unique ritual that helps you to set your mind in a state of reflection.

What treasures did you discover throughout this week?

Feel free to share and inspire

Week 6

The flow of Life within – the Divine Spark



The flow of Life within – the Divine Spark

We are the Life flow itself. We are the consciousness of **the Divine spark**—a bright, shining cosmic being that is quietly present within the physical body, a vehicle necessary for the creative work on a physical planet called Earth.

We are a mysterious, artistic, scientific and deeply spiritual expression of the Universe, carrying the flow of Life and continuing that flow here in the physical world.

Let's spend a week in in this state of mind—an experience of a cosmic mind in a physical world—and let this consciousness guide us throughout our daily lives.

Day 36

Reading for awesome people

Please read the following text and reflect on it. _____

If you have discovered the essence of a drop of seawater, you have discovered the essence of the sea.

The same is true for the universe. If you wish to know the nature of the universe, it is not necessary to travel to all the galaxies to inspect all the stars. All you need to do is observe the one universal ray that resonates within you. When you have succeeded in knowing your true self, you will also know the universe. You will comprehend the truth of all human beings.

If you begin to project this ultimate truth into your own heart, and let its image be depicted there, you will discover a new self that is completely unlike your former self. You will see a radiant being who is one with the entire universe. And when others see you, they too will be able to feel the love of the universe. Until we reach that state, it is very, very important for us to steadily practice returning to oneness with our true, infinite selves.

Day 37

I am Divine Spark

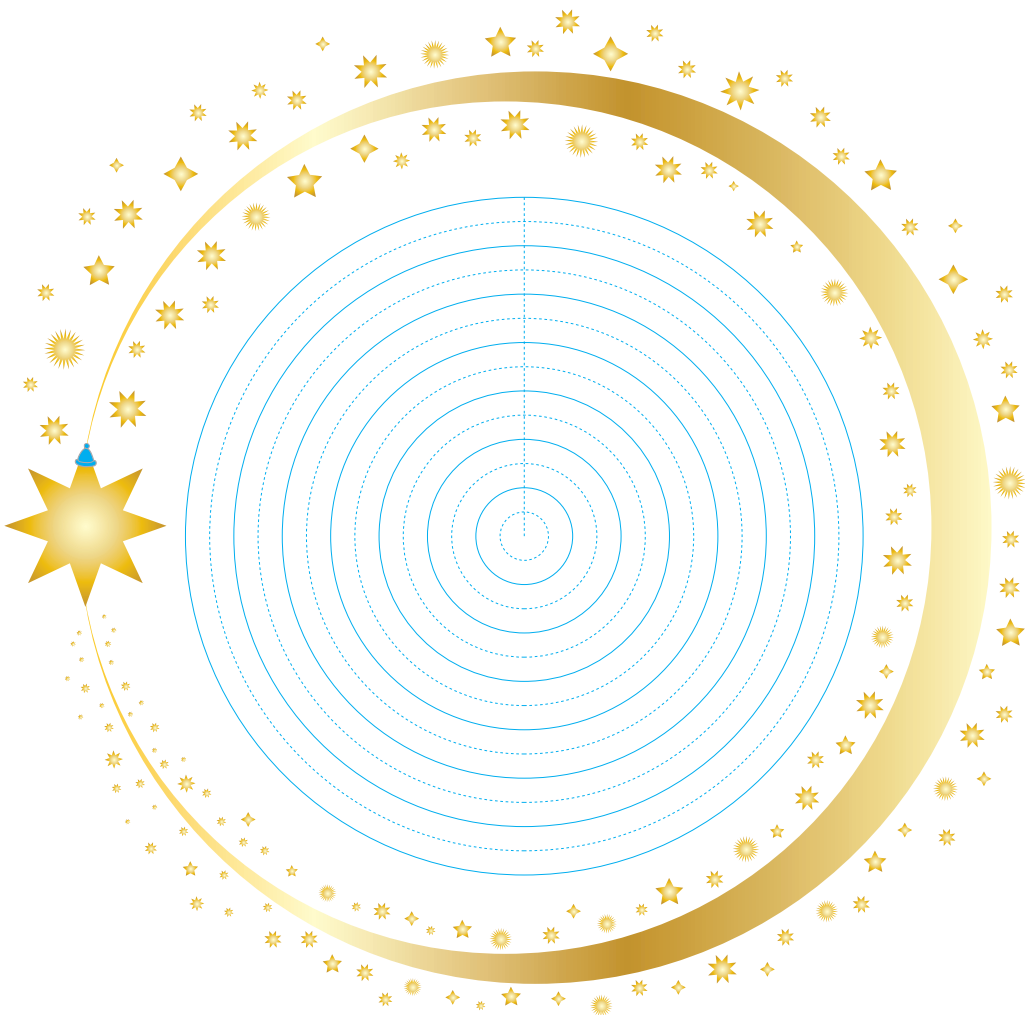
Let's give expression to our ultimate truth by creating a written mandala filled with the words above, **I am Divine Spark**.

Feel free to use different words with a similar meaning if they resonate with you more. For example, you can write: ***"I am a Divine being"*** or ***"I am bright light."***

The focus is on expressing the bright shining consciousness that we truly are.

For guidance on how to write and use a mandala, please refer to the entry for Day 2.

Feel free to share and inspire



Day 38

Affirm the spark within

The Divine Light is in all, presenting itself to the senses and to the comprehension at all times. - Giordano Bruno

Every single one of us has a **divine spark** within, and that includes you. In order to let our divine spark shine forth, we first need to acknowledge its presence.

Take a moment to look in the mirror and say to yourself:

“I am a divine being, a divine spark.”

You might feel embarrassed or even a little guilty at first to call yourself divine, but keep repeating it as many times as needed until the words start sinking into you. There definitely is a divine spark inside of each of us—we only need to say ‘yes’ to it.



Day 39

Our words – the vibrations in the flow

Today, let's focus on manifesting the vibration of the **divine spark** in our daily life through spoken words.

As mentioned before, words are living vibrations, living beings. By using words, we make them come alive. Today is about making your own divine spark alive!

Whenever you experience some disharmony or see something disharmonious happening around you, just think or say:

“Divine Spark!”

Whenever you find yourself falling into old habits of mind or action, think or say:

“Divine Spark!”

And whenever you are with others, try to manifest your divine spark by acknowledging it first before you speak. Use positive words and affirmations. Be an inspiration to others. Become a conscious Divine spark throughout the day.

Who knows, there might be someone who needs you and your support today, to help get them flowing in harmony again.

Day 40

Going Deep

Today we will focus on listening to the **divine spark** within ourselves. Listen to some relaxing music, or be in silence and go deep:

Relax your body, your mind

Go deep inside yourself

Search for the inner bright light – the divine spark

Search in silence, maybe even call to it

And then, just listen for the feedback from the deepest inner space.

Do not force it, do not expect anything,

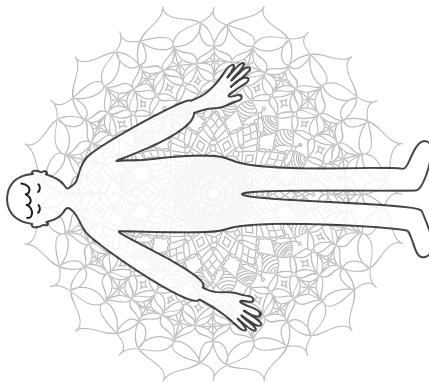
simply support it, and let all happen,

let it manifest on its own

Your inner self has its own perfect timing.

Let it flow to your awareness

In complete freedom.



Day 41

Be different, be unique, be yourself

In your own unique creative way, express your **divine spark**.

Feel free to draw, write a song or poem, play an instrument, dance, or create a mathematical equation that resonates harmony. Use any method or medium that resonates with you—anything that connects the universe, your mind and your body.



Bee Divine

Feel free to share and inspire

Day 42

Reflections

This day is dedicated to your own reflections on this week's topic:



*The flow of life within
– the divine spark*

Go back to your unique ritual that helps you to set your mind in a state of reflection.

What treasures did you discover throughout this week?

Feel free to share and inspire

Week 7

The flow of Life without – Humanity as One



The flow of Life without – Humanity as One

Each human being is a Divine spark. Each human being is the infinite Life flow. We exist here as one unified flow of Life.

It is very important for all of humanity to be aware of this. Our future depends on it. If each of us is not aware of our true self, we become a great danger to ourselves and to all life on this planet.

Our unawareness of Life and its flow creates what people call hell. Our awareness creates what people call heaven, a paradise. And this is why our awareness of the fact that we are all Life itself, the divine spark, is very important. This recognition is the only gateway to unity and oneness.

As we know, everything appears in the process of fading away. To help humanity see the truth about the flow of Life, we cannot use any force. It must be a natural realization that comes from the very core of each individual. What we can do is to support people's understanding by constantly drawing out the divine spark that actively resides within each human being.

Opening our hearts to all, leaving the past behind and trusting the divine spark within all of us is the only way to move forward. And this will be the focus for this week

Day 43

Reading for awesome people

Please read the following text and ponder upon it: _____

No human being is living on his or her own, and none of us can live on our own. We are individuals that gather together to form a whole, like the pieces of a puzzle. If even one piece is missing, we can never become whole.

For all people to recognize one another's diversity, help one another, understand one another, and share with one another: this is what it takes to create wholeness in our lives. When we live thinking only of ourselves, we are not acting in our own best interest-not at all. For our own sake, we are duty-bound to hold other people and all people at the forefront of our thoughts.

This is because a human being is, in essence, one part of a single life. Life itself is an indivisible entity. We may live with different languages, cultures, religions, ideologies, and emotions, but there is no difference within life itself. There are no differences based on ethnicity, or nationality either. The life of anyone, even a terrorist, holds the same weight, the same sanctity, and the same value as every other life.

All the outset, conflict and negativity did not exist anywhere in the universe. All oppositions are born in the thoughts created by human beings. They have no existence of their own. They are merely shadows, occurring only as one stage in a process, in those corners of our mind where the light has not fully reached.

This is why it is so vital for the truth-conscious people to infuse those dark corners with light. To those hearts, to those souls that are covered in darkness and remain tightly shut, we must release a steady stream of love, compassion, and thoughtfulness that nourishes the soul, until each and every human being awakens to the true that each human being is divine.

Day 44

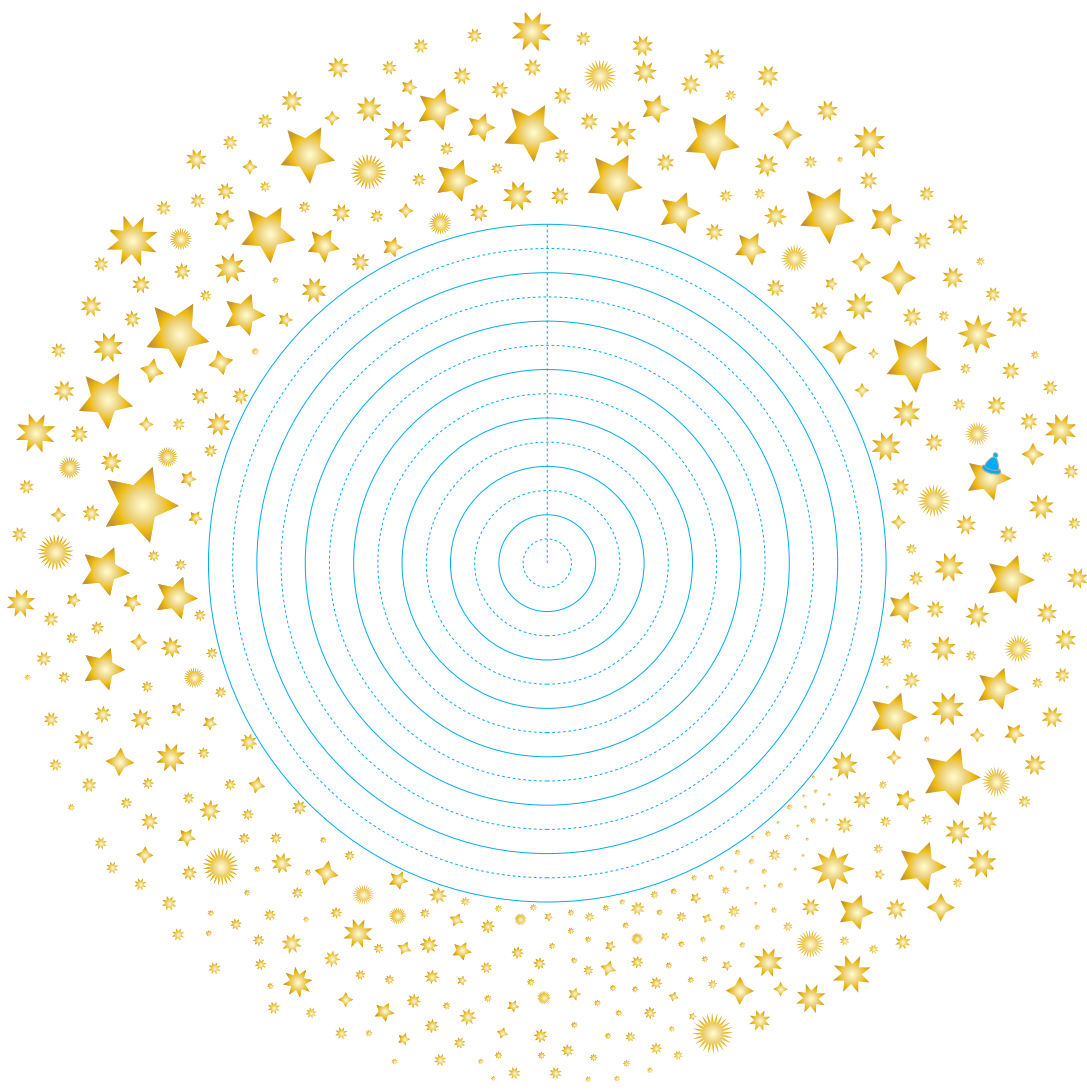
Humanity is Divine

Today we will create a written mandala filled with the words above, **Humanity is divine.**

If you prefer, you can use a similar phrase like: ***Humanity is bright light, Humanity is One***, etc—anything that resonates with you. The main focus of this mandala is on the universal consciousness of Life within each member of humanity.

For guidance on how to write and use a mandala, please refer to the entry for Day 2.

Feel free to share and inspire



Day 45

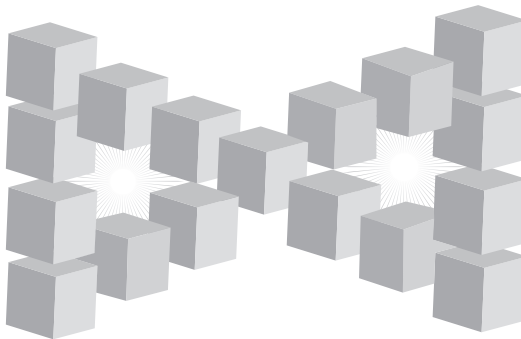
Hidden gems

It is not what you look at that matters. It is what you see. - Henry David Thoreau

Our inner divine spark is uniquely our own. In some of us it may shine through vividly, while in others it may have yet to find expression.

Whomever you interact with today—your spouse, a colleague, a neighbor, or your doorman—look at them from a different perspective and think about what makes them special. Then, tell that person what you admire about them. Or simply thank them for something. It will not only make their day, but you will foster a **spark-to-spark** connection with them.

So many hidden gems are hidden in this world. The biggest and most valuable treasures are right under our noses, waiting to be discovered. With the map in our hands, we now know where to look, where to find the biggest treasure of all—the divine spark, hidden within everyone.



Day 46

Listening

In Japanese language there are two kanji (Chinese characters) for listening. Both are pronounced “*kiku*”.

The first kanji (聞) represents an ear inside a gate (two hands), which means to listen carefully.

The second one (聴) represents ear, eye and heart. This one means to listen with both our ears and eyes through our **heart**.

Interestingly, even in the English language, the word heart contains both hear and ear, expressing the importance of listening through the heart. It is simply universal.

People with hearing difficulties are very good at listening through the heart. They are able to use just their eyes and hearts to ‘listen’. How amazing is that?!

Today, try to listen to various people in both ways described above, and see for yourself the difference in your own consciousness. How deeply are you connected with others? How much of the life flow do you allow to flow between yourself and other human beings?

Listening through the heart makes the flow much smoother, and we can actually see and hear so much more.

Day 47

Our words –vibrations in the flow

Today, whomever you see, whomever you meet, try to remind yourself and keep in your mind the true, life-flowing existence that you are – the divine spark—and also see how that bright spark shines within all human beings, within everyone you meet.

Please do not pay attention to people's actions or words. Focus on the inner life force within them.

If you come across negative news, just think or say: ***“Humanity is Divine!”***

Or, try to find the positive aspects in people's actions and praise them for it. Tell them how great they are. Thank them for the good that they did, even if it is a tiny little thing.

This keeps us away from negative judgements that lead only to negative creations. And every time we do this, it helps other human beings to shine brighter and brighter.

What a wonderful way to help yourself and humanity at the same time!

Today is about helping others to shine.

Day 48

Be different, be unique, be yourself

In your own unique creative way, express the **divinity of humanity**.

Feel free to draw, write a song or poem, play an instrument, dance, or create a mathematical equation that resonates harmony. Use any method or medium that resonates with you—anything that connects the universe, your mind and your body.



Feel free to share and inspire

Day 49

Reflections

This day is dedicated to your own reflections on this week's topic:

Flow of life without – humanity as one



Please go back to your unique ritual that helps you to set your mind in a state of reflection.

What treasures did you discover throughout this week?

Feel free to share and inspire

Epilogue

We hope that you enjoyed your journey through the flow of Life. And hopefully you found some inspiration for your own life journey.

Please feel free to come back to any of the tools found in this workbook and use them in your daily life, or to repeat these '49 days in the flow' anytime you feel the call.

Our hope is that, one by one, each human being is able to consciously connect to the universal source of Life within the self, and start flowing in tune with Universal flow of Life, bringing greater balance and harmony to this world.

Lastly, we would like to thank you in the name of humanity for all your generous creative contributions towards our future. Your gifts are far more precious than any gold or diamonds. They are of a value that goes beyond any price.

In deepest gratitude from within the flow....



