

Going With the Flow

Whether you're looking for a new job, client, or partnership the vibration of your outflow reflects the quality of your inflow. If you communicate with fear, arrogance, neediness, or desperation, others sense it and run the other way or take advantage. Instead of forcing yourself to cold call, follow-up, market or network, learn how to take action mindfully so you'll attract more of what you seek.

Outflow is how you reach out to share your talents and gifts. It is practical and energetic action that includes your conscious and unconscious thoughts, feelings, and instincts. To move from inspiration instead of fear:

- Envision you already have what you seek.
- Act only when your heart is full and being centered.
- Communicate how you can serve instead of what can get.
- Take steps that are aligned with your purpose and goals.
- Be specific in your requests.
- Once you act, don't fixate on outcomes by obsessing, psychically bombing recipients, or following up too much. Let it go. Trust that what you receive will be in alignment with everyone's highest and best.

Inflow is what comes to you as a result of your efforts and your agreements with creation. You receive support and work from the people and organizations that resonate with the frequency of your outflow; be it the tone of an e-mail, impression of a resume, sound of your voice or feel of a handshake. To enhance your state of readiness:

- Maintain a neutral, yet expectant emotional state.
- Give up trying to control or force outcomes.
- Expect to be surprised. The form and source of inflow are often different than you imagine.
- Be grateful for and unattached to whatever comes in.
- If what you receive seems a mismatch, specify your intentions or expand your possibilities. Check alignment.
- If nothing flows in, ask that any interference (whether it is of your own making or not) be removed.
- Trust universal timing.

The tides of life bring in waves of opportunity and ebb with undertows of your choice. Notice what occurs as you work with (not against) this natural cycle.



THE SCOOP is an e-letter from www.brainstormingalamode.com designed to share tips, ideas, and resources for professionals and teams in transition. To sign-up click on The Scoop on our web site.