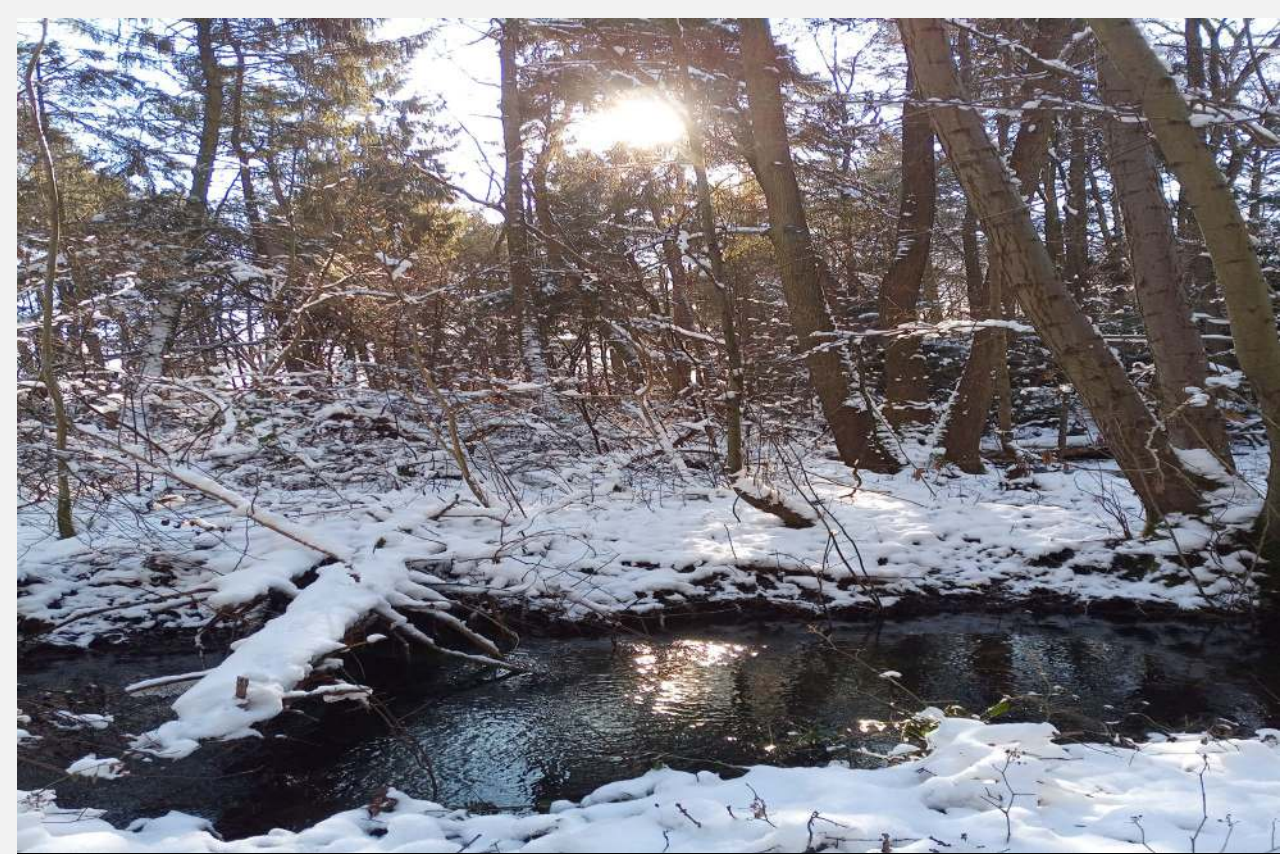




Live Forward for Well Being

A Lifeflows free training initiative



About Lifeflows

Providing Well-Being Solutions: Coaching,
Online Chat Support & Training

Purveyors of Crystals, Handmade Orgone Items,
Resin Lamps & Plant Growth Plates



Lifeflows: Helping you to your potential

The aim of Lifeflows is to restore **your** well-being by bringing your life back into balance. In the pursuit of this aim, Lifeflows works with crystals and Orgone energy alongside traditional methods of coaching, chat support and training.

Crystals and handmade Orgone pieces are available for sale on our OrgoneNorfolk Etsy shop.



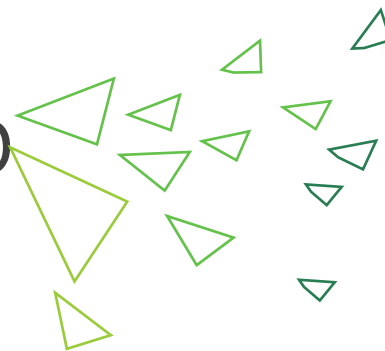


Introduction

“Life can only be understood backwards;
but it must be lived forwards.”

- Søren Kierkegaard
(Danish philosopher, 1813 – 1855)

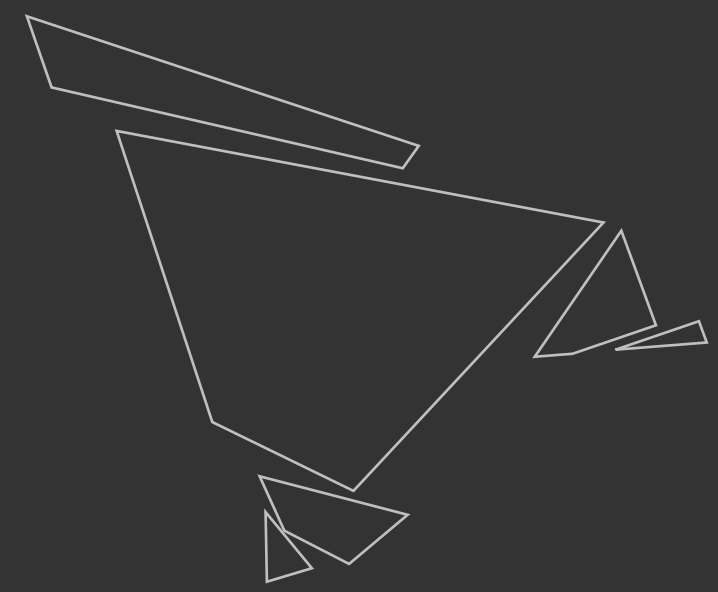
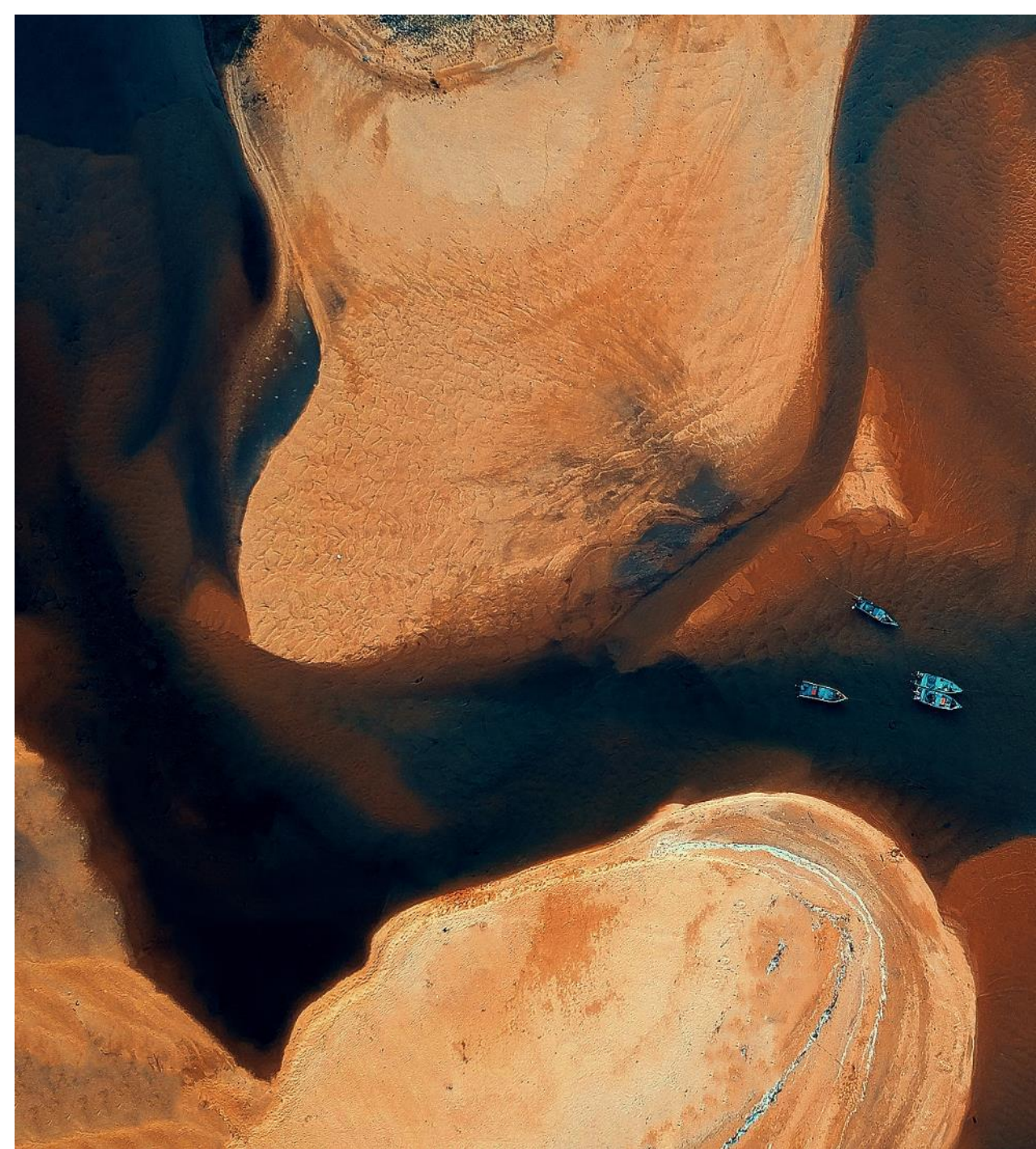
Live Forward to Arrive at ‘Now’



Lifestyle gurus and inspirational teachers counsel us to live in the ‘present moment’. Good advice when life is moving smoothly along without crisis. But what about ‘the ‘real world’ with its moments of physical and emotional pain, fear, financial concern, health worries? Where is the benefit of living in those moments? How can we move on with our lives when faced with these ‘real world’ issues that can cause depression and crisis funnels?

This training suggests a new way: live forward to move out of the crisis funnel into a brighter future. Once that brighter future arrives, then the many benefits of ‘living in the now’ can be appreciated.





The Crisis Funnel

Lifeflows define a crisis funnel as: feelings of panic & fear spiraling downwards, out of control, when faced with a crisis or long-term problem.



Crisis Funnel – What are the Signs?



Loss of Enthusiasm

- No drive to set goals for personal or professional growth
- Becoming introverted
- Staying inside rather than going out
- Social isolation



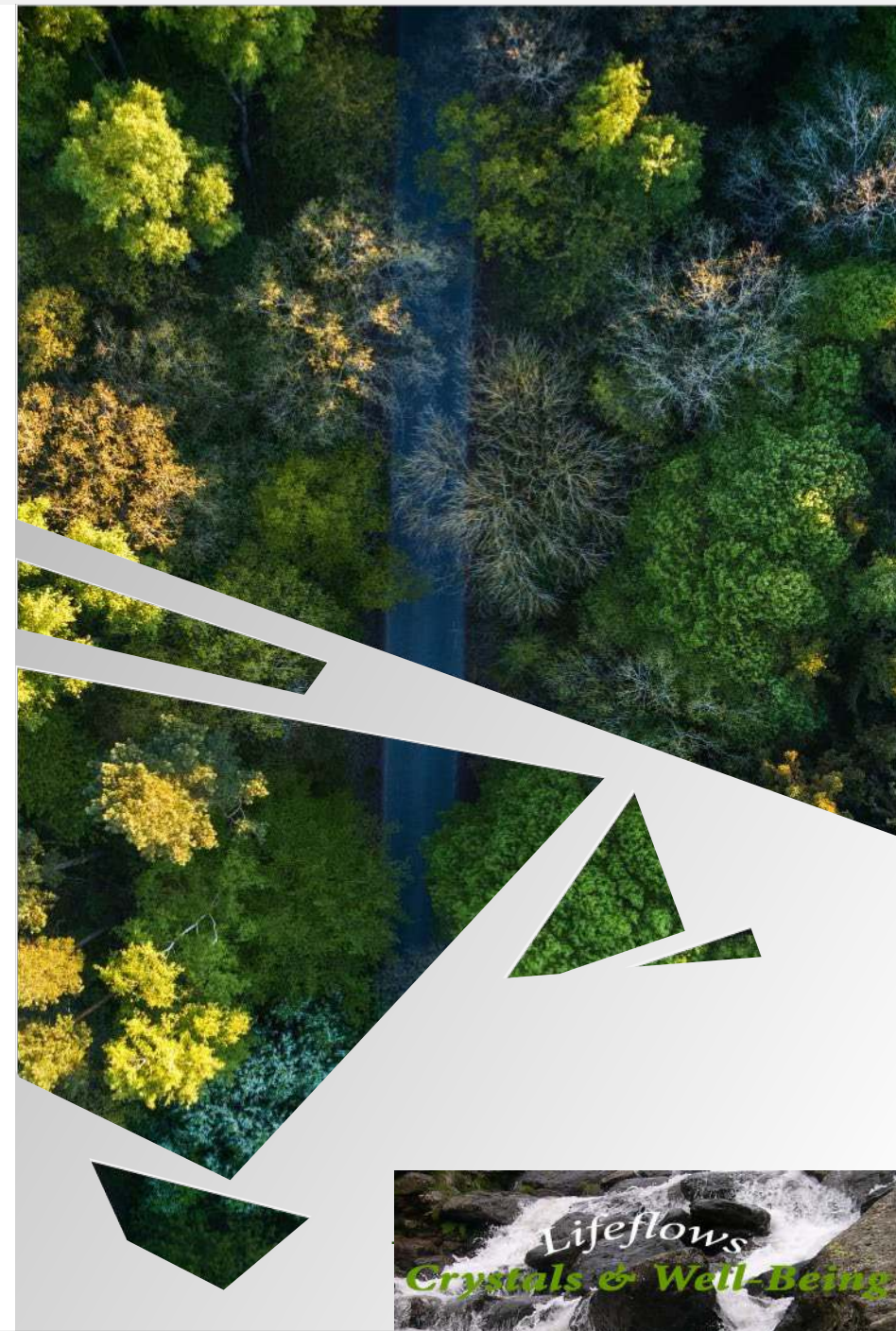
Too much Introspection

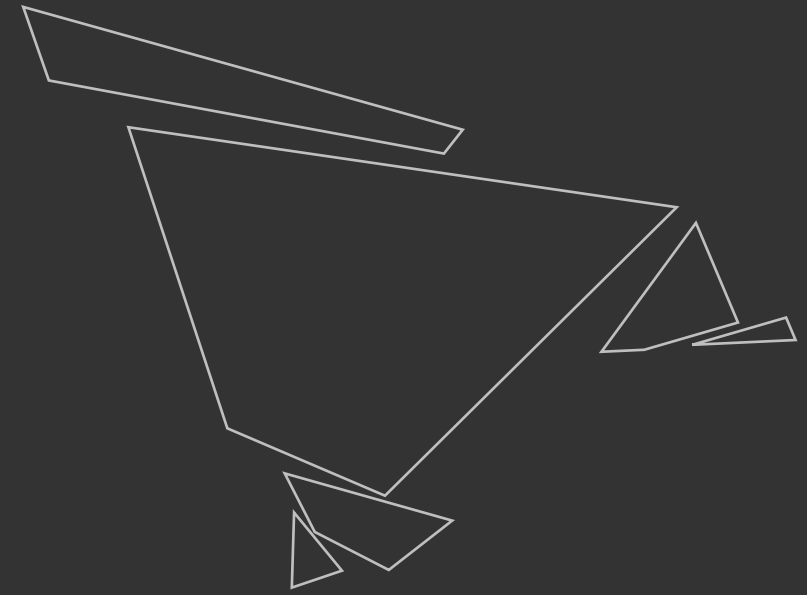
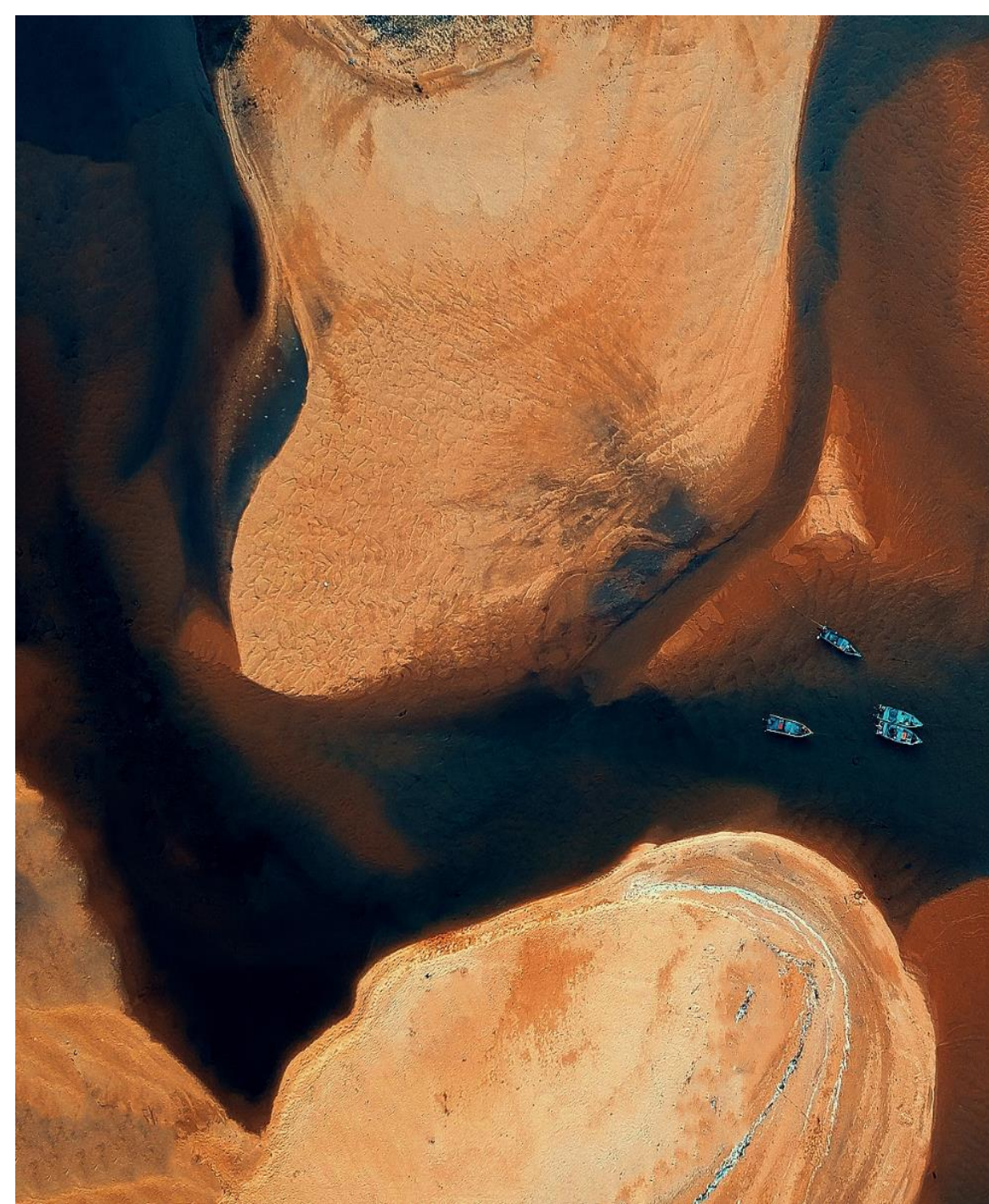
- Brooding on problems
- Finding fault with yourself
- Blaming others
- Living in the past



Blurred Depth of Field

- Focusing on daily minutiae
- Inability to see the bigger picture





Live Forward – The Aim

Lifeflows suggests to 'Live Forward' means taking little steps - plan for tomorrow or next week *only*. Aim to set small, achievable goals to allow your mind to gently free itself from the crisis funnel & start it on the process of creating a positive life that can enjoy the benefit of 'living in the now'.



Live Forward – Changes to Make



Step 1: Train Your Mind

- Stop reliving past events that created the crisis
- Tell yourself to 'live forward' every time you slip into the past
- Tomorrow is another day – so plan for it



Step 2: Grow your Well-Being

- Make incremental improvements to sleep, diet, exercise
- Cultivate people who make you smile & encourage you. Drop those that don't!



Step 3: Improve Brain & Emotional Health

- Learn a new skill
- Embark on a new hobby
- Find something each day, no matter how small, to be grateful for



Step 4: The Great Outdoors

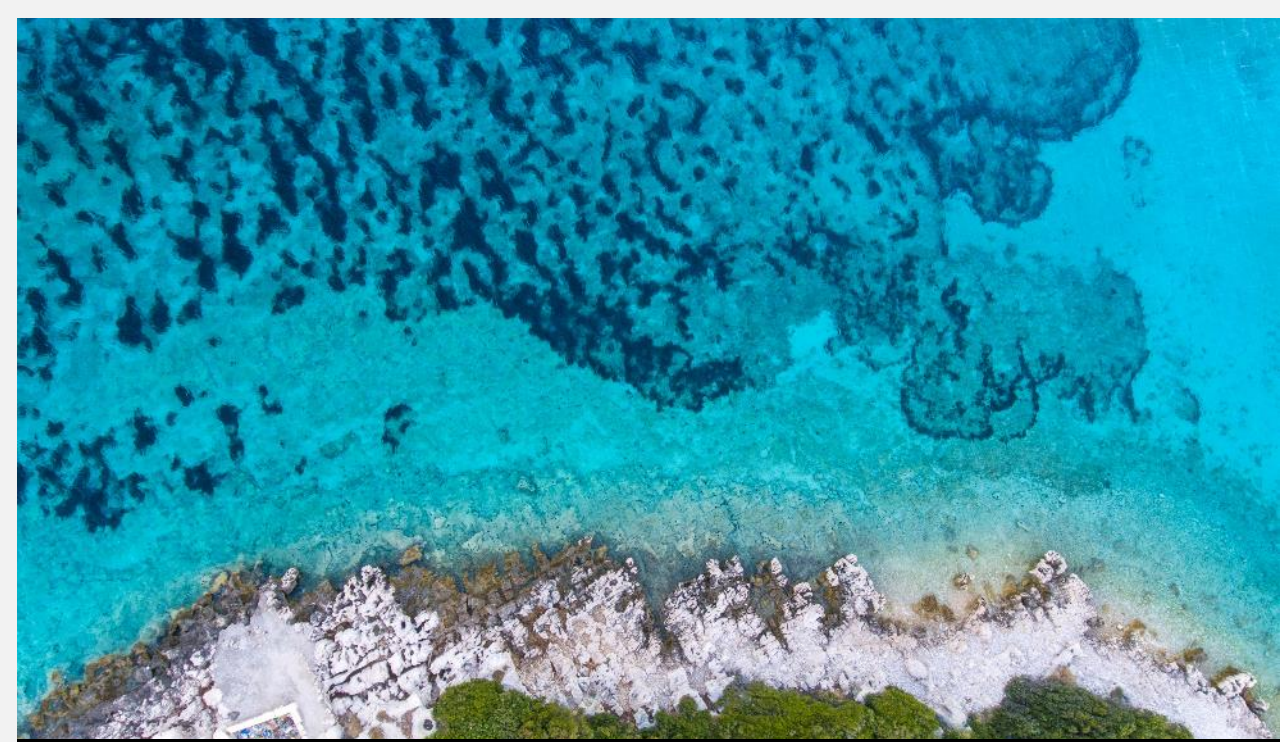
- Get outside! Mother Nature is a great healer
- Walk in the woods (tree-bathe)
- Water-bathe in the sea, wild water or just in the bath/shower



Step 5: Be Kind to Yourself

- The journey can be tough so acknowledge your achievements





Summary

Live Forward is just the beginning!


- Moving forward out of any kind of crisis is not easy. But it is harder to live each moment embroiled within that crisis.
- Step off the crisis funnel treadmill by taking the first step to 'live forward' that will lead towards brighter, positive 'living in the now' life moments .
- If you want to learn more about the concept of 'live forward' please email info@lifeflows.co.uk
- A group of Crystal Orgone pieces have been handmade to accompany this 'live forward' initiative. Buy them from our OrgoneNorfolk shop on Etsy and get a 10% discount by quoting *LiveForward1*.



Thank You



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