

Go with your flow

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**Go**  
with your  
***flow***

Creating your ideal life  
using your intuition

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# Foreword

When you are in the flow, you are in the moment with all your attention. You have the feeling that everything happens automatically, with little awareness of time and coincidences just happening. Everything seems to happen easily, as if it all fits together in the moment, exactly as you want it to be.

If you know what flow is, and what takes you out of flow, you can get back into flow. Once in the now, you make the choices that create your reality. The 'mind' - the thinking, the analyser or the ratio - takes you out of the flow and brings you out of the here and now and back to memories and situations from the past. If you follow the mind, you will continue to make choices from the past and create a reality based on what you used to want, think and feel.

If you want to live in flow and create what you really want, you have to stay in the now. This requires being present, feeling and experiencing in the moment. In this book I explain what flow is, how you can achieve it and how you can easily make choices from flow to create what you want in this life.





# Introduction: living from flow

After studying business economics, I had a period when everything went easy. It was a time when I was consciously creating, realising my desires and putting what I wanted into the world. At that time, I felt confidence. I knew exactly what I wanted and then I realised - manifested - it in no time. I will describe many of these 'instant moments of creation', as I call them, in this book. Now, years later, I understand exactly why I could not hold on to that feeling of flow - because that is what it was.

What all these moments of manifestation had in common was that they occurred without effort. They happened quickly and suddenly, and the solutions and answers always came from unexpected places. Underlying these moments are feelings of flow and synchronicity. The feeling that everything is right in the moment.

How do you get into the flow? Why does it sometimes work and sometimes not? And why do you fall out of it? How do you create what suits you now? That is what we are going to talk about in this book.

## **My first conscious creation process**

My first conscious experience with the creation process was quite a long time ago; it was during a trip after finishing my studies. I had just finished reading an inspiring series of books by Neal Donald Walsh, including *Conversations with God*, in which Neal explains how life works. What I read matched exactly with what I needed at that moment and everything resonated within me. Among other things, he wrote that the creation process essentially takes place in three basic steps: *thinking, saying, doing*. I will discuss these steps in the various chapters of this book.

### Example

After graduating, I went on a trip to South America with my best friend Paul. For me, it was the second time I went to Brazil. The first time, I was on a study trip with a group of students. That went so well that I wanted to go back before I threw myself into working life. We were both really looking forward to it. Once there, we absorbed everything our senses could perceive, looked around curiously and sniffed unfamiliar smells. We were completely open to new experiences. The future and the past were of no concern to us. We were determined not to miss anything and to enjoy this journey to the maximum. Later, I realised that during this journey, which had lasted a few months, we had been completely in the now.

We arrived in Rio de Janeiro, Brazil, in the afternoon and booked a simple hotel for the first day to store our heavy backpacks. We planned to look for another, nicer accommodation later, as we

would be staying in Rio for a fortnight. We walked along the Copacabana, along the beach with the sun shining in our faces, enjoying the moment and the feeling that everything was possible. The thought came to me that it would be super cool if we had our own flat at the Copacabana for the next two weeks and I said so. That's a coincidence, said Paul, I was just thinking the same thing! We were so positively surprised by this alignment that we said out loud: 'Think, say, do. We walked on, enjoying, observing, open, and thought no more about it. Until, at the end of the boulevard, we crossed the street and were approached by two men and a woman. One of the men showed his business card and asked if we wanted to rent a flat on the Copacabana. We looked at each other in amazement. The memory of some fellow students who had been mugged last year briefly came to mind, along with a subtle feeling of fear. I quickly let go of this thought. This was just too much of a coincidence. And so we dropped our suspicions, consulted briefly, and then went along with these men. We trusted that this was no coincidence.

We arrived in a flat on a side street of the Copacabana. Although it was not on the Copacabana itself, as we had wished, we were immediately excited. Cheaper than the hotel, nicer and with all the trimmings. But after we had looked around for a while, the man, who had just received a phone call, said that it could not go ahead because the flat had already been rented. I felt a little angry and the first thought that came to my mind was that perhaps my momentary suspicion had been justified. But one of the men said: 'Don't worry, we have another, better flat right at the Copacabana. Somewhat sceptically, we went along again. Perhaps you already feel where this is going. This time we

arrived at an even bigger and more luxurious flat, with two spacious bedrooms with queen-size beds and a television, its own kitchen and actually directly at the Copacabana, just as we wanted! Wow! This was completely over the top. Fifteen minutes later we had the key and then we had two wonderful weeks.

We could never have imagined this beforehand. So this moment of creation came as a surprise to us, but at the same time we were not surprised that it happened. Maybe it was because we were both full of the perspective of 'thinking, saying, doing' and creating our own reality. At the moment, we did not think too much about it and did not dwell on it too long. Somehow, we felt that this was our journey, in which we would experience the most wonderful things.

This journey was full of flow, but it was not all fun and joy. There were also irritations and frustrations. Like the time we were conned by a taxi driver when we arrived late at night, tired, in Venezuela. But we didn't get stuck in that either. We were both able to accept the moment. We could always return to the now and experience and enjoy and open up to new experiences. That is the basis for experiencing flow.

I felt that this whole trip was one big magical moment of flow, where we fully experienced and enjoyed everything and created in the moment. I managed to hold on to this feeling of flow for at least six months after returning home.

## **The peculiarity of flow**

The special thing about the period after my studies is that all sorts of events took place in a short time without me really thinking about how special it was. I got the job I wanted, my first real girlfriend, my own flat and my first car. All steps that I took without any effort. It all felt so logical and simple that I hardly paid any attention to it.

Now, twenty years later, I have been fully in the flow for over a year and I experience the same feelings as in the period after my studies. Again, it feels as if I can manifest anything and everything comes to me. It gives me a feeling that anything is possible. That I get up in the morning with a feeling of space, lightness and enthusiasm, full of expectation of what the day will bring. Sometimes I still can't grasp how easy it has been lately, that I have thought of something again and it manifests itself two days later. Big and small things happen in a miraculous way. The only difference is that now I experience it even more consciously. I realised that I had missed this flow in recent years and asked myself why. Was it gone? Or was I just not aware of it?

I started to investigate with myself what exactly was causing this flow and what it was that took me out of the flow and made me not feel that way any more. I also wrote this book for myself, because I did not yet fully understand how the process of flow and creating what I want actually works. The writing process has given me exactly those insights to manifest things more quickly and

easily, especially in periods when things are just not working out. I now understand even better why things are not working and what I can do to get back into the flow. But I wrote it especially for you, because I would like to see everyone living with more ease and relaxation through flow and intuition, living their full potential and creating what they want.

## **Apparent coincidences**

We often don't think about the coincidences that happen in our lives. We call it coincidence because it is an apparent coincidence. But what if it is not? What if you have consciously or unconsciously created it yourself? If you become more conscious of what you really think, want and feel, the logic of the manifestation process will slowly become clear to you. We create continuously.

In this book, I list some of my larger accidental creations. And also some smaller ones, because I have those too, much more even than larger ones. Initially, I did not intend to include these smaller manifestations in this book, because they are not so interesting or captivating for you as a reader. But they are more likely to evoke recognition, which will make it easier for you to follow the steps that I outline in this book and so you can use them for bigger things as well.

Every day we create without paying attention. Have you also had so much waste paper lately? Working from home,

ordering online... it all resulted in a lot of extra paper and cardboard. That is what my example is about...

#### Example

For a few weeks now, I have been noticing a little irritation in myself when I was again stuffing boxes into my already full little container. I felt the need for a larger paper container and this desire grew after I saw at a neighbour's that such a container actually existed. I considered writing to the municipality, but on the other hand I did not feel like it and it did not feel like something to do now. It would probably cost money and in any case time and effort. I left it at that and thought: it will come. Two days later, it was time to put the paper container on the side of the street for collection, again crammed with a few more boxes. The following day, I wanted to put the paper container back inside, but I couldn't find it anywhere - it was just gone! For a moment I thought: damn, but I let it go and immediately wrote an e-mail to the municipal cleaning service to arrange for a new container.

To my surprise, that was no problem at all. A new one would be delivered within two days, free of charge, and I did not have to stay at home to receive it. And guess what? It was a larger container - no less than half the size - without my having asked for it.

## **Living from flow**

Flow lies at the heart of the creation process. You have the feeling that everything happens by itself, a little awareness of time in which coincidences just present themselves. Everything seems to arise easily, as if everything is right in the moment. Solutions and answers come from unexpected sources. Like that larger paper container and the chic flat on the Copacabana. Who wouldn't want to live in flow? In flow, you effortlessly create the reality that suits you at that moment.

## **Book structure**

The book is structured as follows. In part 1, I explain what flow is, why you are not always in the flow and how you can always get back into the flow. In part 2 we go to the basis you need to get into the flow. This basis is presence, so that you can be present with all your attention to what you are feeling and experiencing. This is only possible when you feel safe and relaxed. Then you start to feel automatically and can make contact with what you really want. In part 3, I will explain step by step how you can manifest the desires you feel. How you can let go of obstacles so that you can live the life that suits you now.



Part 1

# ***Flow***



# 1. What is flow?

Nowadays there are several words to describe the feeling people have when they are in the flow. Athletes call it 'being in the zone'. Others speak of 'super clarity', 'highest state of presence', 'feeling of ecstasy', 'heightened focus' and 'super fluidity'. You know exactly what you want in that moment, everything is going exactly as you wish, there is a complete connection with everything around you.

But what exactly is flow? How do you get into the flow and why do you sometimes get out of it? And how do you create flow in your life?

## **Elements of flow**

Flow is a concept from positive psychology, a science-based movement that focuses, among other things, on people's positive experiences and their positive characteristics. If you do some googling, you will find, among others, the American-Hungarian psychologist Mihaly Csikszentmihalyi, who first gave a definition of flow and its characteristics. In 1975, Csikszentmihalyi interviewed a number of people on the subject of *flow* for his book with the same

title. One of them used a metaphor to describe the feeling of positivity he was in. He called flow the positive 'stream' that carried him along.

According to Csikszentmihalyi, the feeling of flow consists of at least some of the following eight elements:

- 1 Purposefulness
- 2 Concentration
- 3 Loss of self-awareness
- 4 Loss of time awareness
- 5 Direct feedback: you receive direct guidance during the execution of your activity
- 6 Balance between your skills and the activities to be performed
- 7 A sense of personal control
- 8 The activity is satisfying (source: *Wikipedia*)

## **Your moments of flow**

If you want to create more moments of flow in the future, ask yourself: when have I experienced flow in the past? What were the circumstances? Who was I with? What was I doing? And what did I not do? Everyone has situations in which it is easier to be in flow. To recall these moments, I invite you to answer the following question:

*When are you in the now with all your attention?*

It is about the moments when you are in the now with all your attention, because that is the most important characteristic of flow. These moments can be fun, exciting or sad, and they don't involve tomorrow or later, yesterday or last week. You are in the now with all your attention.

Answers I usually get to the above question are: 'Walking in nature', 'when I am skiing', 'during sports', 'at work', 'in a good conversation', 'on the beach during holidays' or 'when I am singing'. And also: "During sex", "when I was giving birth" or "at a funeral". These examples may not apply to you, but for the participants in my workshops, these were the moments when they were in the now with all their attention.

There is always someone who says: "I don't think I am ever in the now", "My head is full of thoughts and they never stop". But the moments of flow do not have to last a whole day or minutes. They can also be just a few seconds. When I tell people that, they are usually able to recall a moment. You can also ask yourself during what activities you spend the most time with your attention in the now.

#### Example

Stefan said that during his work he was always in the now: 'I work with dangerous machines,' he said. Every moment of inattention could cost him a finger or even a hand. The comparison with Max Verstappen (Formule 1 driver) was also made. Would he really be present in the moment with all his attention? Or would his thoughts regularly wander during the race? What do you think would happen if he were not present in

the moment, but during his races would occupy himself with other things, such as what he has to get from the supermarket afterwards? It makes you realise that athletes need to be in the moment with all their attention if they are to perform at a high level for a long time.

It is clear that regular and prolonged wandering is detrimental to performance, whether in work or sport. This shows that flow in work and sport is desirable because it has an impact on effectiveness. In flow, everything goes more smoothly.

## **What do you experience then?**

You are aware that there are moments when you are completely in the now with your attention. Do you recognise the characteristics mentioned by Csikszentmihalyi? Examine those moments. How do they differ from other situations? What do you think, feel and experience then? The key question you can ask yourself:

*What do I experience when I am in the moment with all my attention?*

When I ask people about their experiences and focus on the similarities between all of them, I come across most of the characteristics that Csikszentmihalyi mentions.

**1 Purposefulness.** The sense of purpose as I experience it is not mental or born of the head, but comes from the experience itself. Your goal is what you do and what you do is your goal. In other words, in that moment you are not thinking about what you are doing or what you want to do. You are present in and focused on the activity you are doing at that moment.

**2 Concentration.** There is no distraction, only concentration. Thoughts may come in moments. However, you do not get stuck in the few thoughts that are there, because you keep returning your attention to what you are experiencing without any effort.

**3 Loss of self-awareness.** If you are in the moment with all your attention, there is no 'I', no little voice in your head that regularly talks along and comments. You know that little voice, it often lets itself be heard when you are doing something that is not right. At least that is what this 'I' tries to tell you. These are judgements about yourself or others that come to mind at that moment. So loss of self-awareness is the loss of the sense of self. The (judgmental) little voice is no longer present at that moment.

**4 Loss of time-awareness.** During these moments there is no sense of future or past. You are not concerned with it at all because your attention is not in the future or the past. Because your attention is in the here and now, time is irrelevant. You are exactly in the moment you want to be in.

**5 Direct feedback.** You can give direct guidance during the execution of your activity. How you react in the moment is not premeditated or something you think about. You react intuitively in the moment to what presents itself. Think of skiing, where you

react to every bump you encounter; you don't think beforehand about how you're going to get over it. And think of Max Verstappen, who steers his F1 car in the right direction without thinking and is able to make adjustments in unexpected situations. After all, there is no time for thinking. If you start thinking, you are too late in your reaction.

**6 Balance between your skills and the activities to be performed.**

What you do, you do well, without major obstacles. And the obstacles that are there, you do not even experience as such. They are not relevant because you can solve them immediately. You react to the situation intuitively (from insight without thinking). Activities can be anything, such as racing in a formula1 car, going for a walk or skiing down the black slope. Your skills are developed in such a way that, during the performance of the activity, you do not experience any obstacles that you cannot overcome.

**7 A sense of personal control.** Because you intuitively resolve all the situations you encounter, you experience a sense of control, trust and security. This is not something you think about, but when you reflect on flow moments, you can confirm that this is what you experienced. Many also describe this feeling as a kind of inner peace or certain presence, even though there is effort involved.

**8 The activity is satisfying.** The activity you are doing at that moment gives you satisfaction, a certain degree of relaxation that you experience as pleasant. Sports and walking, for example, are