Learn About Flow

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"What, me worry?"

A Learn About Flow QuickStudy Article

by

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You may recognize the phrase "What, me worry?" from MAD comics, and it is said tongue-in-cheek. Unfortunately, today the irony seems even greater. Listen to the news, people on the street, or even friends and all you'll hear is misery and doom. Just recently I caught a twenty second news promo, 20 SECONDS, which said, "Pregnant mother of two killed in her home. Details at 11." You hear that (or watch the full story) and do you think you're going to feel good about life? No, of course not, it's another reason to worry.

This is where flow comes into play. Flow is universal energy that is literally flowing through you 24/7. More specifically, flow is your true self, what makes you *your* most successful. When you are in flow you are on the right track, *always*, regardless of the situation you're facing.

Worry does *not* exist in flow, no matter how bad things seem. When you worry you are experiencing what is known as a flow blockage, something that is 100% preventing you from being successful. Most humans have built-in flow blockages. Why? That's how they were taught to deal with life as a child. These flow blockages fester and grow over time, and can become serious impediments to living a healthy life.

Want proof? The show *COPS* is one of the longest running shows in television history. From a flow perspective, this show offers *nothing* that reinforces positive human development. That means people who watch it are filled with flow blockages, since watching the show only reinforces negativity. Watch *COPS* and after the episode you will be filled with *worry* that criminals are behind every bush and street light.

Another key point about worry to remember is that often it is *not* about what you think it is. For example, I know people who have "safe" jobs and yet are constantly worried about losing them. The reality is something else is going on in their lives that they are upset about. Yet they are blind to the real problem since they do not want to face it. Therefore they blame their worry on the economy.

I have seen this first hand during many economic downturns. I had clients that were doing extremely well. In fact, they were having record profits. Yet they cut back on everything and went into "starvation" mode because they worried something bad was going to happen. Their worry had no foundation in reality, yet it drove every business decision they made.

When you start to worry it's a flow alarm, your insides telling you that you are NOT on the right course. You need to look at what is REALLY going on in your life and why that is affecting you the way it is. Only then can you continue on your path to success.

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