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April 2013

How can I create a higher flow?

A flow of energy is key, whether we are buying a house, facing surgery, or healing an illness.

Most of the problems in life occur when there is a contraction in the energy and it simply isn't flowing. Are you overweight? Then there could be some stagnant energy in your field. Are you anxious? Then there is a knot in your energy. Do you have a pattern of thinking or behavior that trips you up? Then your energy could use more open flow.

In most cases, when I make a "diagnosis," it's of a person's energy flow. When there is flow, I know good things are unfolding. When things are stagnant, I know someone is feeling frustrated, or is struggling. Where the energy is stuck shows me where in the body or in life the difficulty is manifesting. Creating a higher flow will almost always lead to better health and a more enjoyable, dynamic life.

There are so many ways of creating a higher flow. On the simplest level, we can move energy at the physical level. Clean up the clutter in your home. Move your body more through walking, tai chi, or yoga.

If we work directly with our energy to create more flow we can manifest change quickly and dramatically. You can meditate to create a higher flow in all of your energy centers. Or you can make a practice of dissolving rigid thought forms or habitual emotions.

When we add more energy, we can move in exciting new directions. Sometimes before we even realize it, life has brought us to an entirely different place.

A good way to start is to set your intention to live in a higher flow. Then see what unfolds.