



True Natural Abundance © Carrie Triffet 2021

**Written Transcript of video lesson seven:
MOVING INTO EFFORTLESS FLOW**

Flow is actually incredibly simple. Abundance is effortless. And Safety is who you are. Living in that state is seriously the most natural thing in the world. But to experience all those very natural things, it means we have to align ourselves with the frequency level where they live. We have to be intentionally hanging out in that frequency bandwidth.

Obviously, this is a very different paradigm, a whole different set of parameters from everything society teaches us. And it requires a different way of seeing and being, if you want to keep the flow happening all the time. It brings in everything we've talked about so far, but especially this:

The truth of who you are, is that you're a part of a perfect whole. You're a unique individuation, a single droplet of the great sea...but you're also the sea itself, indivisible. All parts of the sea are one seamless, divine sea. Nothing is separate, in truth. Do something that affects one part of the sea, and the truth is that all parts are affected. Whether they realize it or not.

And from a divine perspective, or rather a universal energy perspective, you want to be as aligned with what's true, as often as possible. Because energetic alignment with truth is the name of the game, for the knowing of effortless flow. And the experiencing of it, in your own life.

This applies to all things. But in terms of abundance, it especially applies to the recognition that we're all in this together. The incredibly beautiful flow of giving and receiving, rests on a foundation of caring for others. Giving to others. Appreciating others. Reaching out to others, who may be in need of help or support.

Because in truth, and in the energetic frequencies, caring for others is the same thing as caring for yourself--and also it's the same as caring for God. By the way. It's all the same divine sea, in truth.

Your divine self, everybody else's divine self, and God, are the same great sea. Your mundane physical self, and everybody else's mundane physical self, are that same divine sea. One. Sea. And that's why giving and receiving are one. Because it's all the same thing, in truth.

And as you touch into those higher frequencies, through joy and inspiration, maybe through creativity and excitement; or through gratitude and the genuine desire to give back (like in the mudpie parable), that's actually you priming the pump. That's you, starting up the motor, or you moving yourself into alignment with, the endless flow momentum, of giving and receiving.

Now let's talk about that flow in the most basic, most obvious terms for a minute, which at this moment would be in terms of money. Let's talk money.

Because we tend to have all kinds of ideas and attachments (positive or negative) around money. Money is neutral in itself, energetically speaking. But it carries the vibration of the intention or circumstance surrounding it.

So back to the spirit of gift. If you're wanting to align yourself with divine flow, you'd be giving money in a way that's joyous, and spontaneous, with no agenda other than to delight, or to take care of, another. Or to give back, as we saw in the parable, without expectation or strategy.

That purity of intention, which is so beautifully aligned with divine truth, it lifts that money to the vibration of highest, purest flow. And now you've got something really potent and beautiful. You have money endowed with the freedom and oneness of pure divinity, emanating outward from you into the world. There's no end to the beauty potentially created, as that money goes on to change hands in other transactions.

So if that was your intention, and your inspiration, that you wanted to do that, you could bring about some pretty wondrous things in your world and in your own life, just by the simple action of giving or spending money. Because buying things fits into this discussion as well. Not just giving it away.

If the purity of intention is there, giving and spending both have tremendous power to uplift all those who are touched by that money.

If you were able to maintain that attitude around money, in a consistent, ongoing way, your relationship with it would completely transform. And it would become a vehicle of divine expression, going on to express throughout your life as an effortless joy of the highest order.

And everything you would do with that money, would be imbued with those magnificent win-win qualities, wonderful beyond your wildest hopes and dreams—which, as we have seen, is always a hallmark of the divine.

Money would simply cease to be a problem in your life. And we're not saying, by the way, that a million dollars falls from the sky if you do this. That would be oldschool law of attraction type thinking. It actually isn't about quantity, here—beyond the basic amount of money you need to live. It's about true satisfaction and fulfillment and worth.

So maybe you'll end up with an overabundance of money, and maybe you won't. But you'll have all you need, and your joy and upliftment will know no bounds. Because that's how the divine self rolls.

But of course, you know, frequency-wise this works in both directions, so the opposite is also true. When money is tangled up in our usual lack beliefs, its vibratory qualities sink like a stone. And the natural flow of abundance is instantly cut off, when we strive to 'get.' When we strive, y'know, to take care of our own needs, or our family's needs first. Without caring for the needs of those we don't know, or love.

And the same goes for when we give fearfully. Which we explored in the worksheet from that first lesson. That little spike of financial anxiety that we sometimes feel—which, as we now know, actually reinforces the frequency of lack. Another variation of this is when we spend reluctantly-- like when we're paying taxes. (Maybe that's just me, but I doubt it.)

So should you get all enthused about paying your taxes? Probably that's not gonna happen. But maybe, you could get excited about the incredible divine power you're infusing into that tax payment, with the radically love-based effects that it will emanate, as it enters those halls of government. That sounds fun.

What does highest flow look like?

Once again, It boils down to trust. Trust in your Source, trust in the divine workings of universal frequency. Trust in your own divine nature, and in your right to be a natural, thriving part of all that is.

Trust is SO key, to all of this. Because when you give joyfully and freely, the receiving is absolutely assured--because it's the other half of the equation. BUT you won't necessarily receive from the person or thing you gave to.

The action of giving and receiving isn't necessarily a linear thing. So you're required to trust in the process, of giving freely and wholeheartedly, without any expectation whatsoever that it will be reciprocated. Because sometimes it won't be. You will definitely receive...but you won't know from where. Or exactly when.

So it's incredibly important to detach all your expectations from HOW you will receive back. Only be certain that you will. Because, although it could come directly from the one you gave to, often the commensurate flow of abundance comes back to you from a different place entirely.

It can come from anywhere, in completely unrelated ways. It can also come in unrelated forms: I give you five dollars, someone else bakes me a fantastic homemade apple pie. You know? Abundance is pretty limitless in its expression, when you allow it to be.

And I *love* homemade pie. I'd be very happy to have that, in this instance, instead of having money coming back to me. But just as often, it'll be like for like: If I give money I receive money. Maybe I give you five dollars, and somebody else, out of the blue, sends me a check for six dollars and 25 cents. Totally unrelated. Or so it seems.

But *I* know it's actually all the beautiful, mysterious universal workings of divine flow. Working like clockwork, in its perfect, divine win-win expression. The key is not to doubt it.

So a great mindset to be cultivating, is to celebrate both the profound joy of giving, and the immense gratitude of receiving, equally. Both are sacred. And both are gifts to God.

Next level mastery

The more you can practice the giving simply for its own sake, simply because you feel moved to give, without any real focus on what it is that you might receive, or when, the more powerfully aligned you'll be, with the flow itself.

Ideally, ultimately, you wouldn't really be focused either on the giving OR the receiving. Because both are just natural expressions of who you are.

When you're 100% in the zone, you'd be focused only on the incredible beauty of the light that you are, the light that everything is. Your attention would be rooted in your own divine light, right in the fulcrum, right in the heart, the core, of the infinity loop. That's you. That's where your true eternal identity lies.

And the infinity loop of giving and receiving, is just universal law, flowing and expressing through you. When you're resting there, in your own divine center, that's when the seeds of your own limitless creativity are sown.

You, the person, don't know what they are, or what they'll grow up to be. They're the seeds of opportunity, the seeds of win-win outcomes for all beings, the seeds of your own incredible joy and fulfillment. And they're quietly growing in the rich, fertile soil of your own true being.

And you, placing your focus there, instead of focusing upon what you might receive or when; you simply resting there, in the illuminated center of your own being; that's what waters those seeds and helps them come to fruition. And the harvest of those fruits, is always divine in nature. Always perfect. Always amazing.

So come into stillness at your core. And release all micro-managing of the giving and receiving process. Place your focus here, where it really matters. And let your own true divine identity do what it does so beautifully, when you trust enough to let it.

Living it

And finally, one last thing to mention. It's incredibly important to live these actions as you move through your daily life.

These are not concepts to keep in the etheric world of the meditation pillow – and then get up and live life the same old way as before. There can be no separation between the spiritual, and daily life.

They are one and the same. You know?

Flow happens in life, not in meditation. You can use meditation to put yourself in the high frequency zone, by using it as an opportunity to rest in gratitude, or maybe resting in the joy of oneness with all that is. That's another good one. And especially, use it when you want to rest in stillness, in the illuminated central core of your own divine identity, in the way I was just talking about.

Meditation is incredibly useful, for watering all those divinely sprouting seeds within your own being. But then you have to actually get up and take that attitude, out into your world. You need to actually be moving in that infinity loop--which only comes through the action of living your daily life, and interacting with your world. That's what makes it all tangible.

Instead of being just another theoretical set of ideas. Practicing and living all this stuff, making choices in the moment--that's what it's all about. That's where the movement comes from. Otherwise the flow doesn't FLOW.

It's challenging, I know, to regard all things as part of the one great God sea, and to align our actual daily actions with that knowing. It's pretty tough. Our personal selves are not currently wired to be able to hold that recognition. Not in an effortless way, anyway. We're still dancing with separation, to some degree.

And we're still feeling the magnetic effects of collective lack belief. So it's tricky. Turning our backs on the receiving half of the infinity flow, and concentrating instead on the mystery seeds sprouting in the depths of our own being--it doesn't feel natural, does it. Because we're so deeply indoctrinated with the idea of lack. It feels so important to do everything we can, to try and make sure we 'get' what we need.

So forget about the idea of mastery for now. For us, it's all about PRACTICING these principles. Finding out how they work. Playing with them. Experimenting just to see what happens, when we step out in fearless trust. And also noticing what happens when we don't. This is the very process that builds the muscles of liberation.

And as the frequencies of this planet continue to rise—which is happening steadily, day by day, with or without our permission—it becomes easier for us all to free ourselves, simply by creating new habits like

these. New joyful, grateful, open-hearted habits, in the way we approach life and each other.

New habits of deep trust in our own eternal Source, where we can let the divine sow the seeds of a whole new world. And what an incredible world that can be.