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Finding the *Flow* Through *Proactive Being - the New Doing* by Leah LaChapelle



**20 Proactive Being Attitudes and
How to Powerfully Anchor Them In:
*What do apples, pyramids, chemtrails, the letter "V"
and the number "12" have in common?* Read on.....!**

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We all hear about the proverbial *Flow* and have a general sense of longing to be in it to feel and experience it more consistently. You have your definition of *Flow*, here's mine:

***"Flow is the ease with which our Higher Self chooses the vibration at which to engage each moment, so as to experience our true Self as innocent powerful loving Presence in any situation."***

That feeling of *natural* and *consistent ease* for the most part, has been a fiction in the greater Human experience. The thought of a **natural flow of ease** in life may conjure some image of paradise, utopia, or nirvana in a daydream, or perhaps is associated with an exotic location like Maui, or

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Fiji, or maybe floating down a lazy river without a care, or a super hero addressing an opponent with a confident flourish, or musing in a gently swaying hammock, or gazing with rapture into your lover's eyes. These are but momentary snapshots.....



..... until reality crowds in again..... and the limited view of what we call "our life" sternly grips us once more in the starkness of "what IS".

So how can we source *ease* and *flow* regardless of our situation, so that it feels like our snapshots of ease all or at least the majority of the time?

**To find the *Flow* takes Proactive Being.**

We may not be able to change our situation instantly, but what we CAN do is to **stop resisting** the what *IS*, and **start allowing** our evolutionary lessons to support and bless us. It's through ease, not struggle, that we relax into and find the *Flow*. Here's an acronym to help us to remember to stop fighting life, and to find the *ease* which brings The *Flow* in any given moment:

**E A S E =**

**Effortlessly**

**And**

**Simply**

**Evolving!**

**When you stop resisting what *IS*, and start allowing every single life lesson to evolve, support, and bless you, you are Proactively Being. This is when you find yourself cooperating with the *Flow*, which produces *natural Doing*, which in turn brings more *Flow*.**

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**Proactive Being is the New Doing.  
It's how we transform our Self and the world  
.... and it's fun!**

In addition to all our familiar applications for well being like good nutrition, deep breathing, and modalities such as yoga, etc.,  
Try on these 20 Proactive Being, Empowering Attitudes:

- Dodge nothing. *Be your authentic Self. Take responsibility for all that's in your life. When you create your own vibrational reality, there's nothing you have to avoid.*
- Make no rules - *only be in integrity with yourself. Align with your Higher Self - again and again and again.*
- "Face East" - *that is, know and deeply connect with our Sun father. (This is more than allegory.) Solar flares are not to be feared, but are natural for our ascension and draw our attention to the sun as a star gate. Align with the radiance that you are.*



- Ask new and different questions, like: *How can I love myself more? What fear can I give up next? What is the best way for me to meet new friends in our galaxy?*
- Return your "lease life" and own your life you have, right now. *Don't make it about getting "back" to what anything in life used to be. Create it all fresh and spiraling upward in this now.*

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... a champion. ... and other “entities”. Interact with our galaxy. You are a galactic being.

- Fear Not. Allow your Soul to shine forth powerfully in refreshing childlike transparency, letting go of old behaviors, patterns, and reactions.
- Yield to that New Human which you are becoming - or have become. Make time to rest and be still and re-balance. Experience yourself in crystalline structure and the accompanying increased capacity to hold higher energy. Feel every organ in your body singing from within!
- Remember and appreciate our ancestors and compatriots that have gone before us. Tune into simultaneity in which past, present, and future is all enjoying this..... together..... now.
- Await and be ready for further instructions. Be available. Be flexible.
- Be aware of outmoded thought processes and behavior patterns. Let separation mentality and egoic disharmony and discord pass away with the Old Paradigm.
- Watch for new abilities to arise within you. Enter into a new realm of alchemy and healing. Stay open.
- Apply yourself. Don't hold back, or wait. I repeat, do not wait. This is 2012.....! It's the time of Becoming Out!
- Stay lighthearted. Laugh! Add new spice and adventure and intentionality to your life.
- Be at home on our planet. Home is: Where you're safe and accepted as you are. Accept yourself and others as we all are. Feel safe from within your core, and broadcast that frequency outward.



- Receive and cultivate new navigational skills. Being that you're “on safari” on planet Earth, skills such as telepathy, being unnoticeable, and bi-location will come in handy.
- Be patient. Know that you have unseen galactic assistance and that

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- Be the bridge. *Launch others. Be a founding parent of the New Paradigm.*
- Drink lots of good water. *When you do, imagine drinking from clear lakes, rivers, streams and creeks.*
- ENJOY ALL of this. *There's sure to be a life quiz later.....!*

Anchor in these transformational attitudes every day with ***self encoded custom triggers.***

Choose 3 symbols and a number and a letter  
and every time you see them,

relax into the *Flow* of remembering who you really are!!!!

***These are mine, choose your own custom encodements.....!***

- Apples
- Pyramids
- Chemtrails
- The number "12"
- The letter "V"



**Proactive Being is the new Doing**, and is not passive nor is it a cop out. It is cooperative with the *Flow* and is what is called for ***vibrationally*** in 2012 and beyond. **Proactive Being** is likened to what an expectant mother's body begins to experience in its natural preparation for labor and delivery. Prior to active labor, her body begins to change, the baby moves into place (drops), and there is a quiet widening (dilating) and thinning (effacing) of a small canal (cervix) that connects the birth canal (vagina) with the womb (uterus). Even though there's a lot of adjusting going on, the mother doesn't "do" anything. It's all by design and in the *Flow*.

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The baby is not going to emerge until the mother is fully dilated (10 cms.) and effaced (100%). This is the kind of quiet and subtle preparation that can be quick or drawn out, (natural either way) and is occurring in a growing portion of Earth's inhabitants **now** through **Proactive Being**.  
**It is the ONSET of labor for Humanity!**

Many are currently finding their *Flow* and are making full commitments to themselves to engage the intensities of active labor, when it comes, with the full support of the *Flow*, resulting in a healthy delivery of our new Human species.

By anchoring in vibrational **Proactive Being**, we CAN hold the current all the way through to the birth of the New Humanity, right into our New Paradigm. So relax, *find your FLOW* and....breathe! There's a "new species" on the way!



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