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Introduction



No doubt about it, life can be a struggle. Achieving your goals and realizing your dreams can be incredibly difficult. But how much of that struggle is unnecessary? How much of that difficulty is actually avoidable? Much more than you might think. Whether you are consciously aware of it or not, there is an underlying current in your life—a divine flow—that is continually guiding you toward the *effortless* fulfillment of your heart's desires. The challenge is learning how to *recognize* and *cooperate* with that flow, instead of inadvertently blocking your experience of it.

ABOUT

ROW, ROW, ROW YOUR BOAT

In my first book, *Row, Row, Row Your Boat: A Guide for Living Life in the Divine Flow*, I used the lyrics to a well-known children's song as a simple set of instructions for experiencing the divine flow in your life more freely and more frequently. Again, those instructions are:

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Row, Row, Row Your Boat,
Gently Down The Stream,
Merrily, Merrily, Merrily, Merrily,
Life Is But A Dream.

When examined word by word, this lyrical metaphor reveals a powerful and effective formula for living a life of greater happiness, satisfaction, and ease.

The word “stream,” for example, reminds you that to reach your chosen destinations in life, you never have to get there under your own power alone. There is always a current beneath you—a divine flow—that is *helping* you get there. It is a flow that opens doors for you and provides opportunities for you. But most of all, it *guides* you—constantly telling you the next right step to take. It guides you through your own intuition, through the intuitive wisdom of others, and through divine signs and synchronicities.

To “row” is to *act* on that divine guidance, and to refrain from taking actions based solely on your own limited intellect. In order to row *with* the flow—rather than *against* it—you have to let go of what you think you know, and never force things to go the way *you* think they should go. In other words, you must be willing to row “gently”—continually adjusting to the course of the current, even when it is heading in a direction that you don’t understand.

That kind of flexibility requires a “merry” mind-set on your part, because nothing interferes with your ability to cooperate with the divine flow more than negativity. To be open and receptive to divine guidance, you must maintain a

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positive state of mind, and look at every “bend in the stream” as just another stepping-stone to your highest good.

Those are just a few of the ideas explored in *Row, Row, Row Your Boat*. Much more is revealed, of course, including the importance of maintaining present moment awareness, the necessity of releasing your attachments to specific outcomes, and the essential role that love and forgiveness play.

ABOUT *FURTHER DOWN THE STREAM*

Shortly after the publication of *Row, Row, Row Your Boat*, I began writing weekly inspirational messages that expand on the principles I shared in that book. *Further Down The Stream* is a compilation of 101 of those messages, offering readers an enhanced understanding of the divine flow through additional details, stories, insights, and examples.

If you have been receiving my messages via email, or you have been reading them on Facebook or my blog, you will notice a number of differences. Many of my messages have been updated to reflect the passage of time. Other messages have been revised or refined to include what I have learned about the divine flow in recent months. Some messages have been combined into a single message. Others have been grouped together to form a logical series.

Scattered throughout this book, you will find messages that focus on special occasions such as Easter, Mother’s Day, Thanksgiving, and so on. To mimic the way those

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occasions arise during the calendar year, I have placed these messages at very specific points within the book. For the most part, though, the messages included in *Further Down The Stream* are in no particular order . . . which allows you three different ways to read this book and receive value from it:

1. You can read this book as you would read any book—straight through, from the first page to the last.
2. You can open this book randomly and read whatever message your eyes fall upon. This enables your inner sense to guide you to a message that might be especially helpful to you at that particular point in time.
3. You can search through the Table of Contents for a specific subject. For instance, if things aren't happening fast enough for you, "When The Flow Seems Slow" will help you understand why. If you are curious about meditation and how it enhances your ability to be in the flow, my four-part series on "The Value of Meditation" will answer your questions. If you are facing a difficult challenge in life, you will find several messages offering insights in that area, including "Purposely Choosing Challenges" and "Turning Problems into Possibilities."

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Naturally, this book will serve you much better if you have already read *Row, Row, Row Your Boat*. But even if you haven't, the concepts presented in *Further Down The Stream* are easily understandable. And to help make sure of that, the first four messages in this book have been purposely placed there to lay a foundation for many of the messages that follow.

No matter how you decide to read *Further Down The Stream*—whether you choose to read it from front to back, or you decide to skip around—I trust that you will find the messages in this book to be helpful, uplifting, informative, and inspiring. Here's to living life in the divine flow . . . and here's to discovering how joyful, fulfilling, and remarkably effortless the journey of life can be.

Identifying Intuition



When reduced to its simplest essence, living life in the divine flow is about one main thing: recognizing and following divine guidance. Although you can receive divine guidance through signs and synchronicities, and through the wisdom of other people, the most valuable, reliable, and consistent guidance that you receive is through your own intuition—from the Divine Spirit within you that is speaking to you. Intuitive guidance can take many forms, such as:

- A thought that suddenly pops into your head
- A still, small voice that you seem to “hear” from within
- An image or a vision that appears in your mind
- A particularly vivid dream that you have
- A physical sensation that gets your attention

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- A simple feeling of peace or “rightness”
- A “Knowing”—that is, an inexplicable and unshifting sense of surety

To be and stay in the flow, it is important to recognize how your Spirit usually communicates with you, to nurture that sense, and to begin to rely upon it heavily.

The big question is this one: How do you distinguish intuitive guidance from other thoughts or sensations? How do you know if that still, small voice you are hearing is the voice of your Divine Spirit, or the voice of your self-serving ego?

As you may have guessed, there is no hard and fast rule for decisively determining whether a thought or a feeling is of divine origin. However, if you are in doubt, it does help to ask yourself this one simple question: “Does the guidance I am sensing *fit the nature of my Spirit?*” To help you answer that question, here are four different aspects of your Spirit’s nature, with a description of how those aspects affect the type of guidance that you receive:

I. Your Spirit is one with all.

In Spirit, there is no place where you end and someone else begins. In Spirit, we are all part of One Universal Whole. That means that you will never receive intuitive guidance that obviously harms or diminishes another person, because that

person—in Spirit—is just another part of “you.” Intuitive guidance will always be in the best interests of *everyone*.

2. Your Spirit is all-knowing.

Being intimately connected to the Omniscient Mind of the Divine, your Spirit is aware of an almost *infinite* number of ways for you to move forward in life successfully. That means that you will never receive intuitive guidance that seems to *demand* that you do one thing in particular because that’s your “only option.” Your Spirit will simply *suggest* the course of action that happens to be the most beneficial one for you to take at that particular moment in time. And if that course of action is never taken, or it eventually ceases to be the most beneficial direction for you, your Spirit will then simply make a *new* suggestion. In other words, intuitive guidance may—for a time—be *persistent*, but it will never be *insistent*.

If you have a strong feeling to take immediate action on some kind of opportunity, and you are feeling anxious because you think that kind of opportunity may never come again, be careful. That insistent feeling is probably *not* your Spirit speaking to you. It is likely to be coming from your ego—that fear-based part of you that believes in lack and limitation, and can cause you to act impulsively.

3. Your Spirit is always positive.

The energy of your Spirit is a positive energy. That means that your Spirit will generally express itself in a positive way, suggesting a positive action-step for you to take. Rather than saying, "Don't do this," intuitive guidance is much more likely to say, "Do this."

4. Your Spirit is indestructible and eternal.

Your Spirit cannot be injured, or cease to exist. That means that your Spirit knows nothing of fear. It knows only the peace that comes from being one with All-That-Is, and the joy that comes from the human experience—of just being alive and in the world. Generally then, intuitive guidance will feel peaceful or joyful. If you are in immediate physical danger, yes, you may receive intuitive guidance that feels extremely powerful. And you might react apprehensively to such a strong suggestion. But the guidance itself will not be infused with fear, because it will not be coming from a place of fear.

I know two people whose lives were saved by a very clear and direct inner voice. One message was simply "Get off the road now," which prevented that person from colliding with another vehicle. The other message was "Quit what you are doing and leave the river," which saved that person from

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drowning in a flash flood. In both instances the voice of Spirit was very powerful. But even so, behind that voice there was still an underlying sense of eternal well-being. Because well-being is all that Spirit knows.

Like I said, there is no single, definitive way to identify intuitive guidance. But if that guidance is peaceful, positive, persistent, and in the best interests of all, that's a good indication that you are receiving divine direction. May those four qualities enhance your ability to tell when your Spirit is speaking to you. And may you be willing to make the decision, or take the step, that your Spirit is suggesting.