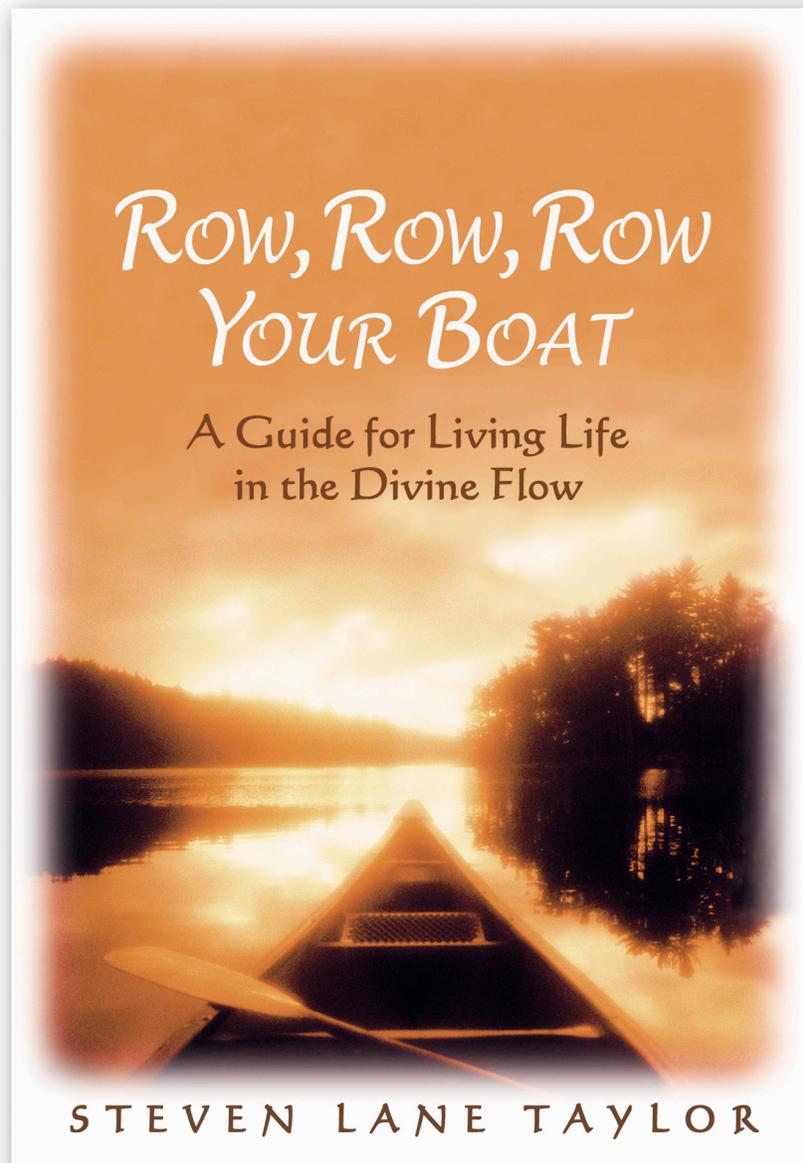


STUDY GUIDE



HELPFUL QUESTIONS
AND DISCUSSION POINTS

CHAPTER 1 YOUR BOAT

THIS CHAPTER IS ABOUT OUR THREE-FOLD NATURE,
FREE WILL, AND DESIRES.

Q: How free is your free will? Do you believe that you are just a puppet of fate or destiny? Do you believe that everything in your life has been pre-ordained by God? Or do you believe your life is yours to create in any way you wish?

Q: Is it “spiritual” to have desires (goals, dreams, aspirations, etc.)?
Discuss our “desires” as expressions of our divine creative nature.

Q: Are you on “a mission from God?” In other words, is there something in particular that you think your spirit is in this life to create or experience? Have you gotten in touch with what that is?

CHAPTER 2 THE STREAM

THIS CHAPTER DESCRIBES THE NATURE OF GOD’S RESPONSE
TO OUR DESIRES.

Q: Is the flow (the stream) always guiding you toward the fulfillment of your desires *exactly* as you picture them? Or does the flow exhibit a greater intelligence at work?

Q: What are the defining aspects of a “higher good?”
Discuss the differences between our *specific* desires and our *highest* good.

CHAPTER 3

ROW, ROW, ROW

THIS CHAPTER TALKS ABOUT THE IMPORTANCE OF TAKING DIVINELY GUIDED ACTIONS, AND IT DESCRIBES SOME OF THE WAYS WE INTERFERE WITH THAT GUIDANCE.

Q: What does it mean to “row” with the flow?

Q: How does the concept of a “flow” relate to “The Law of Attraction” as popularized in the book and DVD, *The Secret*?

Discuss how we actually experience the divine flow in our life:

As open doors and opportunities (that we attract to us)

As divine guidance that comes to us through:

1. Intuitive nudges
2. The intuitive wisdom of others
3. Signs, synchronicities, and coincidences

Discuss the importance of *acting* on the divine guidance and opportunities that we attract into our lives (it's about *rowing* . . . not *drifting!*).

Discuss the concept of a “next right step.”

CHAPTER 3, QUESTION #1

“DO YOU REALLY WANT TO GO WHERE YOU SAY YOU DO?”

Q: When you say you desire something, do you really mean it?

Discuss how we often sabotage ourselves through subconscious programming that may be at odds with our stated desire.

For example: It is difficult to manifest abundance if deep down inside you believe it is not “spiritual” to be rich or prosperous.

Q: Have you noticed any unwanted patterns in your life that may be the result of deeply held beliefs on your part?

Q: What is the value of visualization?

Discuss how a vivid visualization gets you in touch with the “experience” you want to have (which is what the flow is actually guiding you to).

CHAPTER 3, QUESTION #2

“ARE YOU PAYING ATTENTION TO WHAT’S GOING ON AROUND YOU?”

Q: What is the meaning of the following saying:

“There’s God. And there’s not paying attention.”

Discuss some of the many ways that God communicates with us.

Q: Have you experienced a coincidence or synchronicity lately that you consider to be a “sign” from God?

Q: Why is it important to stay present, awake, and aware in the “now?”

Discuss how reflecting on the past or projecting into the future can block your awareness of the flow.

CHAPTER 3, QUESTION #3

“ARE YOU PAYING ATTENTION TO WHAT’S GOING ON WITHIN YOU?”

Q. Why is your intuition the most valuable and reliable source of guidance you have?

Q: How does your intuition generally speak to you?

Through sudden thoughts?

Through images or dreams?

Through a still, small voice . . . or a loud one?

Through a subtle feeling . . . or a not-so-subtle one?

Discuss feelings of impending danger. What are their origins?

Ego? Instinct? Spirit?

Q: What does it mean when you feel energized and enthusiastic?

Q: What is the value of daily prayer and meditation?

CHAPTER 3, QUESTION #4

“ARE YOU WILLING TO LET GO OF WHAT YOU THINK YOU KNOW?”

Q: Do you think you have an “open mind?”

Discuss how what we think we know can interfere with our ability to follow the flow.

Q: Does living life in the divine flow mean that you should never make plans?

Q: Why does the divine flow only give you *one* right step to take at a time?

CHAPTER 3, QUESTION #5

"DO YOU KNOW WHAT 'EFFORTLESS' EVEN FEELS LIKE?"

Q: As a child, what were you taught about life?

Were you told that it was supposed to be effortless and joyful?

Or were you told that it was unavoidably difficult and trying?

How does that affect the way you tend to manage your life?

Q: Is there ever a proper place in life for perseverance?

What is the difference between "determination" and being "driven?"

CHAPTER 4

GENTLY

THIS CHAPTER ILLUSTRATES WHAT IT MEANS
TO BE FLEXIBLE TO THE FLOW.

Q: Is “rowing with the flow” about *ceaseless* action?

Discuss the importance of pausing between “strokes” to attune ourselves to the feel of the flow.

Discuss how taking *no* action (when it is a conscious choice) is sometimes the best thing to do for the moment.

Q: What is the difference between “surrender to God” and “resignation?”

Discuss how it is not enough to let go of *how* you are going to reach your good . . . you must also let go of *what* you think your good has to look like.

CHAPTER 5

DOWN

THIS CHAPTER DELIVERS THE GOOD NEWS THAT YOU CAN ALWAYS
GET WHERE YOU ARE GOING FROM WHEREVER YOU ARE.

Q: Why do we continually encounter challenges in life?

Are these challenges put into our life *specifically* by divine design – by God?

Q: What does “All things are in Divine Order” mean to you?

Q: If you feel like you are not in the flow, what should you do?

Discuss how returning to the flow requires little more than your willingness to be open and receptive the next right step . . . from *wherever* you are!

CHAPTER 6

A DREAM

THIS CHAPTER CAUTIONS US TO NOT JUDGE A SITUATION HASTILY, BECAUSE IT MAY BE THE VERY THING THAT CAN LEAD US TO OUR GOOD.

Q: What does it mean to say that life is “but a dream?”

Discuss alternative interpretations of this phrase, such as:

1. Your dream is your desire itself . . . what you are rowing toward.
2. Like a dream, all of life is just an illusion . . . a mental projection.

Discuss this book’s chosen interpretation:

3. Like a dream, what you experience as “reality” is a product of your own personal perceptions, which are highly subjective and biased.

Q: Have you ever had something you judged as “bad” turn out to be a blessing?

Discuss the importance of *accepting* a situation instead of *judging* it, so you can remain open to the flow (instead of reacting rashly).

Q: Is it important to know why things happen the way they do?

Discuss the idea that *everything* can be a stepping-stone to your highest good . . . if you are willing to see it that way.

CHAPTER 7

MERRILY, MERRILY, MERRILY, MERRILY

THIS CHAPTER EXPLORES THE POWER OF POSITIVE THINKING
AND ITS EFFECT ON THE FLOW.

Q: What does it mean to “think positively?”

What exactly is it that you are “positive” of?

Q: What is the purpose of affirmations?

Who are affirmations and affirmative prayers really for?

Q: How does being negative and fearful interfere with your ability to follow the flow?

Q: When you are being negative and fearful, does the divine flow continue to work on your behalf? In what way?

Q: Do we have the power to *literally attract* something into our lives that we do *not* want?

Do we *literally attract* experiences of lack and misfortune? Or is it more accurate to say that we *block, limit, and restrict* our experience of good? Is there a difference?

Q: What is the *true* source of happiness? Why is happiness a choice?

CHAPTER 8

LIFE

THIS CHAPTER DEMONSTRATES HOW LOVE ENHANCES
OUR ABILITY TO LIVE LIFE IN THE FLOW.

Q: In addition to refraining from judging *situations*, why is it also important to refrain from judging *people*?

Q: Is a loving attitude something you have to create . . . or just allow?

Q: What exactly *is* love? And what does it mean *to* love?

Discuss how love enhances our ability to live life in the flow in the following four ways:

ONE

LOVE CONNECTS YOU TO YOUR INNER GUIDANCE

Q: How are love and intuition (and inspiration and insight) all connected?

TWO

LOVE BRINGS OUT THE WISDOM IN OTHERS

Q: Why is important to continually love and uplift others?

Discuss how we are all "in the same boat." That is, we need each other!
Very little is achieved in life without the assistance of other people.

THREE
LOVE TRANSFORMS

Q: How does love transform situations?

Must something *physically* happen for a situation to be transformed?

FOUR
LOVE FEELS GOOD!

Q: Is it really important to be *loved*?

Discuss how *loving* (that is, expressing the Truth of who you really are) is what actually feels good!

Q: If the true source of happiness and joy come from within, what's the point of pursuing desires?

Discuss how both love *and* creativity are part our nature as the individual expressions of God that we are.

Discuss this paradox:

Although love makes it easier to reach our goals, actually reaching those goals becomes less important, because we know that our happiness does not rely on that.

Q: What is the journey of life really all about?