

# Flow Writing

Flow writing is a beautiful practice to include in your daily routine. I'm not strict whether I do it in the morning, Writing helps us move from living on the surface, to going to the depths of who we truly are. I

It is ideal to write after meditation or sitting in silence for at least 5 minutes, aim to works up to 20 minutes. Try to incorporate it into your morning routine otherwise anytime through the day or night just whenever it feels right for you.

## Benefits of Flow Writing

- Builds more gratitude
- Allows you to put feeling or emotions into words
- Connect more to your higher self and spiritual support team
- Discover a deeper connect to your intuition
- Boosts your creativity
- Allows you to have faith and trust in a higher power

Simply just take 10 minutes or more to sit, pen to paper and let the words flow without lifting the pen.

You might like to start with a prompt

- ✍️ What do I need to know....
- ✍️ Sometimes I forget....
- ✍️ I love....
- ✍️ What is holding me back....
- ✍️ I want to remember....
- ✍️ What does my heart want me to know....

