SWIMMING WITH THE CURRENT
SECTION SUMMARY

When we refer to the flow of things, it's more than just an expression. It may seem elusive or like a vague part of our perception, but there is something to it. The current is always there but may only be more noticeable when it strengthens in either direction. Some people are never conscious of it. Others only experience it in random flashes.

As you're about to discover, the current applies to almost everything we experience, especially the effect of Universal Energy. However, we can simply focus on practical applications, like relationships, decision-making, creating and recognizing desirable opportunities and using our intuition by trusting our gut.

Though it may be rare, have you ever met anyone that you severely dislike for absolutely no discernible reason? This can even happen without hearing one word from them. You get this palpable repulsion, like how two magnets of the same polarity cannot be joined. Can you relate to this feeling? Call it Spider Senses or your inner-Fire igniting. Your primal instinct is to never interact with them again or at all.

In a similar fashion, every so often, something happens, or there's a circumstance that strikes a chord within you that pretty much turns you into a dog with a bone. Your response in dealing with a situation that causes lockjaw is to not let go until you see it through. Put another way, this is about making oneself the current with the strength of willpower and pushing forward in an assertive manner. It's as if a fire has been set.

These types of experiences may vary based on your character traits and perception filters. Those who practice mindfulness have their own interpretations. At the very least, noticing the current offers another data point to consider when making important decisions. Ultimately, the degree to which that's true is a factor of self-trust, respect and belief.

That leads us to your continued exploration as you coast through the following activities.

DAY 19 Activities

- Swimming with the Current Video
- Swimming with the Current Section Summary (you are here)
- Intuition Truster
- Domestic Pain Pinpointer

DAY 20 Activities

- Making Coincidences Matter
- Coincidence Tracker

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