

CORE VALUES

Everything Begins And Ends With You

They say that beauty is in the eye of the beholder, yet, there is usually a consensus on what beauty is and what it is not in the general construct of things. The beauty of life is a natural occurrence which is sometimes cluttered as a result of our decisions. We usually have so much going on in our lives that this clutter fades the beauty within us and in turn the beauty of this world also dims.

Our perception can impact the way we view reality as reality is viewed through a lens of our own understanding and experience of the world. This perception can be shifted and changed through having peace in your life. Peace of mind and peace of being are concepts that are instrumental in seeing, understanding and experiencing beauty. An example of how peace can bring forth beauty can be demonstrated by thinking about luxury hotels. Have you ever walked into a luxury hotel? What is the one thing they all have in common? In fact, what do all luxury-oriented places have in common? The answer is simple; relaxation and peace. These places are devoid of time and therefore devoid of having a need to rush your experience, however brief it may be. In a Michelin restaurant, no one will rush you to finish your plate. As a result you feel as though you can enjoy that experience leisurely, providing an opportunity for you to see, understand and fully submerge yourself in its beauty. This is how fundamental shifts in perception can occur.

Health and peace create clarity. Clarity helps gather energy, and with energy, a person starts viewing the world differently. Peace has different meanings to different people. The way you view peace can depend on many factors but fundamentally, a person at peace will not react to a situation in a rushed or overly bothered way. Therefore, we can say that a state of peace is a state of not being bothered, but not from a depressed perspective but rather from a perspective of wisdom and clarity. Due to the lack of reaction that a person in a peaceful state has, they do not attract scenarios or situations that are destructive in their nature.

We all live within our own reality while sharing another reality with everybody else. Reality is a very large subject, but generally, it's situational perception. Different scenarios attract different meanings; people living in different dimensions will have fundamentally different scenarios in life. For one person, their worry may be basic survival needs such as paying bills and feeding their family whereas for another person, it may be how to utilise their overwhelming wealth and for some, the subject of money may be non-existent in its nature. Consequently, one will have more philosophical situations and the other more survival-based. This is why people get stuck in cycles as they attract what they project out to the world. To break out of this pattern we must first discover who and what we are and what baggage and destructive behaviours live inside of us that have a detrimental effect on our lives.

We must learn and fully understand that the world truly begins and ends with us.

Respect

Respect is one of the most relevant subjects when it comes to creation. The opposite of respect is disrespect. Disrespect causes division, division causes anger and hatred, and that causes chaos and destruction. A lot of people cover their actual opinions and positions under a mask of respect, even though there is no respect there; they will project that they have it but behind closed doors reveal themselves and show their true colours. Sometimes we get so used to disrespect that we forget that it is a huge red flag in a person. You want to steer away from a person that possesses and projects that type of behaviour. As innocent as it may look, it has tremendous repercussions in the longer term, as at some point that behaviour will also be adopted towards you the moment the dynamic changes.

Respect is the foundation of everything; sometimes, we possess so much strength and power within us that we may not even notice the inherent arrogance and disrespectful behaviour that we possess, which attracts negative attention towards ourselves. There are both good types and bad types of attention. The bad type can sometimes stem from mental projections that are overlaid onto you and for no reason,

you start to behave in a way that is not necessarily you but a projection that is overlaid on you. This type if overlaid on you with a good chunk of people at the same time, can cause huge duality and inner conflict within you. The interesting part of it all is that the moment you move away from these individuals and they forget about you, those behaviours start to change in you. Environment is everything to a large degree, and you should always be careful with the people you have surrounded yourself with; some seemingly advanced and intelligent individuals in a conventional way can create a nice external image that may seem like a good circle when in reality, they are blind beyond belief.

Digging deeper, respect has a deep connection; it is not something that someone can fake, and with time, you learn to truly distinguish where it's present and where it is just presented as an illusion in order to manipulate.

Trust in the process

Being trusting is a big subject, but there is a difference between trusting people and trusting in the greater force; call it higher self, god or divine powers. I'm personally subscribed to all. The issues with trusting often come from a lack of connection, negative mind, and clutter that lives within us. Life is something that changes, and it can change every day. The question is, are you open and clear enough to see and perceive it as your reality?

Importance; what do we find to be important? We often attach so much importance to things. I'm not saying you should be disrespectful or lack a sense of gratitude; what I'm saying is what we find relevant and attach too much relevance to, tends to create a lot of stress for us in life. The moment you truly clear yourself, connect to the sources, and gain clarity and peace, things outside of yourself will become less relevant, which eliminates importance and pressure and lets life become something truly divine and gorgeous. Importance and over obsession with the external world are often the reasons why people can't find peace in their lives. They search for things outside of themselves in order to gain what they lack inside. They run, they do things non-stop, they are always busy. The problem is if you are not there for yourself, nobody else will be, and by constantly rushing and keeping yourself busy, you

steal yourself from yourself, which is sad because most of the things you are searching for are already there, but your overwhelming focus and belief in the external world prevents you from seeing it.

Your unique adventure is waiting for you, willing to take you to the places you never even dreamt of, so gorgeous that it will help you shift realities and dimensions of life. The question is, how far are you willing to go? Multiple realities coexist at the same time, and you can be a surfer that shifts them.

The showroom of life - imagine an expo that is mainly filled with different realities where you coexist at the same time. Try to imagine how many there are and what they look like. I hope bad realities were not the only ones you thought of but that much better versions also popped into your head. A showroom filled with many different options. Now, try to disassociate yourself from yourself, meaning who you think you are, where you're from, what your position is, what your net worth is. Disassociate everything, and try to imagine as many options as you can. This exercise will help you realise the importance and the pressure you attach to your current life.

There is nothing wrong with not taking your life too seriously; in fact, it again eliminates importance, which creates more clarity and peace, which in turn creates and releases more energy and creates more positivity. Trust is instrumental; it is an ingredient to almost all the good things in life. Try to perceive the world as your friend that loves you and wants the best for you, and not only the best, but better than you can let yourself have or be.

It is true that we have enemies; enemies in life and even enemies in society, but what we perceive as evil is just our decoding mechanism. It doesn't mean much. Life is full of obstacles. The Training Journal written by one of our trainees addresses this very interesting subject and provides an answer to the reasoning behind obstacles. We highly recommend you read it as it will also give further insight into why we created this community.

Life is a long journey and is very much based on many interconnected subjects. The process of life goes through many stages, and we sometimes enter periods of great confusion and have lack of clarity in

our direction, which creates in some instances fatigue, stress, and inability to make decisions. Shifts in life and when we need to make them is often something which is a question of timing and ability to see outcomes before they happen, but sometimes in these moments, our attention is shifted by what is happening in our external reality, and that's often the moment when we lose our focus. It is in these moments that we must trust in the process, knowing we will make the right decisions and changes necessary to enjoy our own adventures.

Walk the talk

We often talk but how often do we actually listen? How often do we just observe and let things be without having to edit it through our mind's processes? We indulge in so many things that often strip away our energy or just distract us from what actually matters. We hear people talk but how often do we see people executing what they talk about? How often do we find that what we speak or what others speak has a difference in the reality of what

they actually do? Isn't it disappointing to be inspired by someone to then realise that the things that that person said are not what they actually do on a practical level? A lot of people talk, but they do not walk the talk.

Life is full of projected illusions by others onto you or you onto others, and this happening all at the same time. What we need to observe and understand is the fundamental context and that life is much more complex than we may understand, but that should not stop us in any way. Many of us are afraid of not knowing the answers or fear what we do not understand and this fear leads to confusion which creates overcomplication of the matter and the external world at large. This fear is automatically eliminated when we feel we understand the matter and therefore instead of overcomplication, we gain clarity.

In the periods where a person prospers and grows, everything in his life evolves with him. It is not possible for a person to grow without seeing external improvements. There are also periods of destruction or decline. Usually in these periods, a person's life may seem to be good, but they are actually on 'edge,' stressed out, anxious, and in fact, their mental state is on the decline. Consequently, their abilities are also on the

decline. Usually, the reason behind this is that there was a missed point of transition, a point where a person needs to let go and to a degree start over because they need to enter a new reality as the old reality is simply not expansive enough for their consciousness. Thus, they start experiencing difficulties. There are also some other reasons why a person can be in a state of decline but primarily, disillusionment is the cause.

Walking the talk is an important factor to identify in a person as sometimes, people may hide behind a veil of twisting and projected illusion, and in these instances, it is important to be careful and give things time as the reality of that person's projection will fade with time. Usually, people who talk but do not walk the talk, will rush to envelop you into an illusion in order for you not to have enough time to see the reality behind their facade.

The cycle of one year is relevant to keep in mind; a year is a strong position that is relevant to understand four seasons within a cycle and being able to understand them and surf through them is relevant. The relevance of each season has general positioning as well as individual; there are some seasons that are more problem-prone than others for each given individual. Living in a society of extremes, either passive or overly proactive can lead to points of anxiety.

In a world that is overfocused on the external, you need to be very careful and learn not to give the external too much importance. This will prevent the external from having too much power over you as deceitful people tend to search for empty spaces within you so that they can fill that space with illusions that then creates an element of control over you.

You need to be extremely careful in exposing your true dreams, deepest desires, with the right people as with the right people, it will accelerate. With the wrong people, it can be destroyed. Peace and time always reveal everything; do not let yourself be rushed, but do not at the same time doubt and distract yourself.

Infinite Possibilities

The reason people nowadays like travelling is because it expands their horizons in one way or another and gives them a richer internal world to

experience within themselves. Possibilities are infinite; the openness to them and the level to which you are able to perceive the new possibilities within yourself is one of the most relevant subjects in a beautiful and expansive life that literally determines everything you have in life. It is not your perceived reality but what you are open to and how much of it you are letting in. If one has not experienced wealth, they can have difficulties of truly letting it in. So in this case, the solution is to just set an intention and do not interfere with it with your thoughts and just take actions. It is important for you to take all the actions you can, and these actions will draw things to you that were outside of your perceived experience or what you thought was possible. Sometimes the best thing you can do is not intervene, just take action in the moment and enjoy the moment with a clear intention of what it is you want and focus on having here and now, and with time, it will arrive.

You will start sensing the possibility you set with clear intention through action, much more strongly each passing day as your actual reality. The reason for this is because it is becoming so, but to reach a position of such acceptance, energy levels are important and it is a different subject that is quite expansive. Setting everything around you to make it possible for you to achieve what you want is crucial. Understanding what environment and what ingredients are necessary is fundamental and demands clarity, connection, sense, and deeper understanding. If you have that, you can set up your environment to where failure is improbable. The right surrounding will generate necessary thoughts that will generate the necessary feelings and necessary action that will come not from desperation or pain, but from the most divine of all aspirations; having a great life. This aspiration will lead to an aspiration of having an even greater life whilst being in the moment and being in an absolute bliss of the now. This is the true art of life. One that is instilled in our community, which we would love you to be a part of to fuel its existence. The beauty of life and its existence, the bliss, the aspiration, create the most impossible and improbable into an absolute reality.

We welcome you to join us today if these values have captured you. If not, we hope you find what you're looking for.

With love,
The Team at Evolutionary Flow