

# **Kindle Your FLOW**

**How to lead yourself through a life transition with hope and  
efficiency by reframing FLOW, FEAR, SELF, & LOVE**

**Eva Payne  
&  
That Which Is Creativity**

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The concepts of the book are encased in a theory called ColorFlow LIFE. It is the brainchild of Eva Payne (and whatever creative energy lives outside of us that simply is looking for a vessel to be created through). At heart, Eva is a pioneer and teacher. She has spent 20 years cultivating leadership and self-advocacy skills in thousands of participants through the nonprofit she began while in college. She has her MS in Leadership and Management through the University of LaVerne and is Mother to six children age 18 through twin 7 year-olds. ColorFlow LIFE was created with the dream and goal to help positively impact individuals and communities through wholehearted living. Through years of experience and research, Eva has discovered a “bridge of tools”. When implemented, these tools can transform the way a person approaches the challenges they face in life. When someone can break down the things that hold them back from experiencing life fully, they can learn to recognize and live in a state of happiness, success, and flow.

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## **“To thine own self be true.” - William Shakespeare**

### **CHAPTER 1: CLIFF NOTES**

Live the story you want to tell about yourself. You are writing it right now. When we talk to others we share “our story” with them. We speak of our challenges, our joys, our adventures and experiences. The collection of memories you pull to tell your story can vary and often will present themselves in direct correlation with where you are in life. Your story is made up of the identities you claim. What role are you playing in your life story? Are you the victim, the hero, the loser, or the genius? Consciously or unconsciously you are creating your story. Showing up each day doing SOMETHNG that means something to you, will add value to your life and your story will be a legacy worth telling. You are here to contribute. If you are curious enough flow will meet you and your life will be remarkable.

When I was in High School (1990-1994) and I didn’t want to read the entire book assigned to me, I would buy a smaller book recapping the entire story, all its main points and events summarized into a handful of pages called “*Cliff Notes*”. This also became a point of reference when I was telling a story or someone else was telling a story. I would say, “*Here are the Cliff Notes version.*” or, “*Can you just give me the Cliff Notes?*” meaning get to the point quickly, I don’t have all day.

So, while this book is short, I still want to give you the cliff notes version. This way, you can look back and use this book as a reference point should you have the time to dive deeper. It is more important to plant the seed of curiosity and let it naturally grow than forcing an extra hundred pages of analogies, narratives, ideas, and practices.

The most important thing I learned in Graduate school from one Professor is, “*You don’t know what you don’t know.*” And there is so much we really do not know. We make assumptions based off of the collective experiences we have had up until the given moment. The older we get, the harder it is to take in new information and apply it, unless we are faced with a crisis and need to change how we have been operating. Human beings like patterns, we like the sure thing, we like knowing we are safe, and being courageous is hard. For someone to say, “*I could be 100 % wrong about the idea I treasured most.*” takes a lot of courage.

This perspective I’m offering works for me and helps show me new ways to make life enjoyable. I figure, I can choose to see life however I want, with whatever lens I put on when I wake up. I can choose to see the negatives, the hardships, the confusion and chaos, or I can find the good and live at least 51% in joy by noticing that which is wonderful about this life.

I didn’t have a whole instruction manual on self-care, with a grocery list of “to-do items” to create a better life for me, my children, and my circle of influence. I thought I needed that very thing. I thought I needed a step-by-step

guide with how to “get better” with a check-off list. I thought if I could find that, I’d be happy again, but no such book exists.

In my darkest hours, I wanted someone to tell me what to do so I could escape the anxiety, the depression, and the woe-is-me mentality, which I could not pull myself out of!! Surely, if there was a God (and I believe someone or something created all this), I presumed there was a simple solution to my problems. Life can’t be about constant struggle to feel fulfilled. I got curious and have stayed curious ever since!

One day, while after listening to Dr. Wayne Dyer I asked the Universe to help me learn what I needed to learn so I could once again create flow in my life. From that moment, and ever since, I have been refining a few acronyms that keep repeating in my life and in the lives of those I have studied.

L.O.V.E: Live Open; Value Everything

F.E.A.R: Focusing Energy on Alternate Realities (instead of Actual reality)

S.E.L.F: Seeking Evolution to Live Fully & Serving Electrifies Loving Fully

F.L.O.W: Following Life’s Opportunities Wholeheartedly

Most of the book centers on stories and experiences around these acronyms. I offer these as concepts or ideas to consider. Perhaps you choose to utilize these tools in some fashion to assist in creating flow in connection with

who and how you innately desire to show up in the world. They seem to work for me, at least thus far, so perhaps they will for you as well.

What I have learned through my collective experience and research is most people can achieve FLOW as a way of showing up each day. The benefits include less stress, and more joy. It may seem magical and astonishing at times. It will feel like a dream or someone else's life. You may feel unworthy, but you are not for it is your journey and there is value in each experience. For some of us, it will take more work than for others, but it is free for us all to live in everyday, if we so choose.

We come into this life with strengths, talents and a personality as unique as a fingerprint. As we experience FEAR, LOVE, & SELF, we create a picture of our life full of various colors and images that represent us – we are a masterpiece. As we live this life, we create a colorful portrait full of experiences. Our goal, whether we know it or not, is to find our unique FLOW. Experiences come in and we often move or don't move based on our FEAR. Our Foundation is in LOVE – we desire it, we need it, we hope for it, we seek after it, we embrace it, we fear it. Our identity is tied into our SELF – who we are, how we label ourselves and others, that which defines our values, our careers, our family, our “I AM ...”

When everything is going smoothly, life is happy, synchronicities and serendipitous moments happen and are met with the highest wonder, it's then that we are in FLOW with what we are meant to do at that time – our mission, our purpose, our passion. FLOW is a way of living, not just a an experience that

happens when we are “zoned in” on one task. To have a life of flow, often we need to shift from what we know, or what is comfortable into the unknown. Everything we need to be successful in this very moment is either right inside or within reach. Life is meant to be lived in flow, not resistance. When you trust the flow of life, you will feel an inner peace as you observe and participate in the unfolding.

When we can reframe how we see LOVE, FEAR, & SELF and they can work in harmony, we create FLOW. This is where pure joy and happiness resides; In our hearts. When we unapologetically and wholeheartedly follow that which lights us up inside, in speaking our truth, in standing tall and boldly regardless of others, we are in our purpose and we lead with conviction and passion. In the center of it all, we find FLOW and become magical – seemingly walking on water.

L.O.V.E (Live Open; Value Everything) – Our Foundation

Without being able to live with an open mind, we hinder our growth. We miss the signs, and we lose sight of our passions and strengths. Living open to any and all possibilities keeps our brain neurons firing and creating new connections. And when we can find value in every situation, we let go of blame, we let go of needing to be right, and we can simply find peace. It is from this place of LOVE, call it a “LOVE Bridge”, that connects us to growth and those people, places, things, experiences we don’t yet understand or have a connection with yet – we don’t know what we don’t know. Learning to leave room in your heart for others truths, realities, passions, strengths or convictions, doesn’t invalidate your



own, it simply creates room for both to co-exist in peace. Living from a place of LOVE allows one to embody empathy.

#### F.E.A.R (Focusing Energy on Alternate Realities)

We need to let go of FEAR or Focusing Energy on Alternate Realities. FEAR is the story we make up that sends our heart and mind racing. We make up outcomes to a “problem” for which we have no factual evidence will come to pass. We stress about it, we have anxiety about it, we tell ourselves one story and give it so much power that it morphs into an even bigger problem before it has even left your mind. We take our focus and put it on the emotions of possible outcomes rather than focusing our energy and love into the present moment. We can only live in this moment, right now, and right now, and right now. That is all there really is – so what will you do with your right now? Why waste your power giving it away to the fictitious storyteller of our inner critic?

#### S.E.L.F (Seeking Evolution and Live Fully) and (Serving Electrifies Loving Fully)

We are here to Seek Evolution & Live Fully and we are here to serve using all that we have gained and are gaining in our evolution – that is the secret to happiness, success, joy, fulfillment, etc. When we can see that we are here to rotate between learning, serving, failing, and growing. Not always in this order, or over the equal amounts of time. Life is a personal sequence of learning, growing, serving through courage, failing, growing from the failure, etc.,

Life is about growth and seeking evolution – letting our soul evolve through various human experiences. For example, lets take the concepts of “good vs. bad”. Good and bad are simply designations made by any individual or group of individuals based on their own set of values, life experiences and perspectives? When we can Live Open to others peoples version of “good and bad”, then we have evolved our own depth in understanding empathy.

At the end of this life, we want to be able to look back and say, “I Lived Fully!” If today was your last day on earth in this reality, and you had 30 min to write what you learned what would you say? What if I asked you the question, “So, how did you do in this life?” What would you say? We are here not to “get it right”, we are here to evolve and for each of us, that path looks very different.

Life is all about our unique path through learning, taking chances, listening, failing, experiencing, losing, winning, hurting and healing – only then did we live fully. When we take the time to look after our gifts, love them, nurture them, and build them up; even when we were the only one doing it, that is stepping into our FLOW and knowing our SELF! Each moment we want to be able to say with a clear heart, “I am living to my potential today.” Whatever that looks like, it should be honored and respected.

F.L.O.W (Following Life’s Opportunities Wholeheartedly)

Often we can observe successful and/or happy people live a life of FLOW!! They are clearly fulfilling their destiny by honoring their talents and serving others. Often we think they are special or different – We see it and don't even recognize that FLOW is available to us ALL!! We think they are an anomaly – but they are just in their own FLOW – they Followed Life's Opportunities Wholeheartedly!

FLOW is about connecting all the signs around you, almost effortlessly directly directing you to your bliss. When you are in FLOW, you honor those signs, and you follow your bliss. When we can detach ourselves from the outcome and step, with courage, into moments we may FEAR we will see change. What seems like serendipitous synchronicities will start to happen and land you just further and faster into your strengthening your strengths, talents, and passion! You will find yourself surrounded by people who build you up, and you them. There is momentum to the project, the goal, the idea, or the movement, and there is effortlessness to it all. There is collaboration and harmony in the collective essence of the team towards a mission, while allowing space for each person to shine in their unique form. Time seems to fly by when you are in FLOW. When we admire others in FLOW, what we are admiring is that energy, because our souls yearn for it too, it is attractive and contagious!

When we are in FLOW, life is so good. We are serving others, we are in love with every moment of everyday, even when its hard, or sad, or too much – in these moments, we find the value in all things, we grow, we learn, we adapt to

make our strengths, our passion and our purpose more clear, more defined. We can all live in FLOW and we should aim to live in FLOW. When we shine bright, we can create miracles through the amazing energy of a collective group of like-minded, loving, accepting, positive intentioned people who will be attracted to your light. Miracles will happen all around you, and you will step back, smile, feel your light grow, and say, “Wow, I co-created that with some amazing people!”

Here are the factors of FLOW:

- 1) People in FLOW are self-aware.
- 2) People in FLOW listen to their intuition.
- 3) People in FLOW have built momentum off of small successes.
- 4) People in FLOW experience synchronicities; a coming together of moments and people for the betterment of self and others.
- 5) People in FLOW had to be courageous and still are.
- 6) People in FLOW utilize their strengths.
- 7) People in FLOW have moments of great, unbounded joy.
- 8) People in FLOW use their innate gifts to serve.
- 9) People in FLOW have an unstoppable knowing that there is a need that they can fill.
- 10) People in FLOW live 51% in Faith over FEAR
- 11) People in FLOW create with purpose and passion.
- 12) People in FLOW show up authentic.
- 13) People in FLOW level up.
- 14) People in FLOW have a heart full of gratitude.

- 15) People in FLOW strive to recognize their patterns and can break them through new experiences.
- 16) People in FLOW have a self-care practice.
- 17) People in FLOW allow others to shine.
- 18) People in FLOW often faced a big adversity and hold forgiveness to others.
- 19) People in FLOW are not victims to their circumstances.
- 20) People in FLOW are curious and adaptable.
- 21) People in FLOW LOVE

What stops us from living in FLOW?

- 1) FEAR
- 2) Poor health
- 3) Not knowing one's core values, talents, strengths, & interests
- 4) Negative self-talk
- 5) Perfectionism
- 6) People pleasing
- 7) Stuck in patterns
- 8) Lack of real connection to: SELF, Intuition, and Others
- 9) Living with negative energy/perspectives
- 10) A closed heart and a closed mind

How do we live in FLOW?

- 1) Be Authentic: SPEAK OUT: (Past) Share your personal experiences and knowledge. (Present) Honor where you are now and (Future) where you want to go.
- 2) The Crazy Train to Crazy Town - awareness of emotions and feelings.
- 3) Know your strengths, interests, talents, and passions and keep them fresh.
- 4) Be curious and open at all times and in all places.
- 5) Develop and act on your intuition.
- 6) Be courageous.
- 7) Do things that bring you joy.
- 8) Learn and practice empathy.
- 9) Create.
- 10) Rest.
- 11) Serve.
- 12) Find the good.
- 13) Live with gratitude.

When we Follow Life's Opportunities Wholeheartedly (FLOW), we allow our lives to be the vessels, which create magical moments in the lives of others. It is within these moments where sheer bliss and joy is felt from the top of your head, through the goose bumps on your arms, down to the very core of what makes you, You!

FLOW is not reserved for one person, one community, one country, one world. A Color FLOW Life is simply the path of least resistance and allowing it to uniquely unfold for every living thing that exists everywhere, is how we are intended to live. FLOW does not keep us from the chaos of life. The chaos will come, not matter what. We need struggles, they help us grow and learn. It is how we deal with the chaos, when it does come, that determines your FLOW.

The FLOW Life Funnel, Parents in Flow and the concepts around Crazy Town could be their own books or course. In this book, I am touching on the principals because I want to leave you with possible tools to begin to create and discover how to FLOW. The FLOW Life Funnel is my theory on what it takes, in a very practical manner, to reach your optimal flow in life. After one works through traumas, attachments, and expectations, there is room for new knowledge, better self-awareness and implementation. Intimately knowing and appreciating your essence is your key to a ColorFLOW Life.