

**Highest Possibility States: Habit 7  
Let Go and Flow Forward**



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## **Habit 7: Let Go and Flow Forward**

One thing I've learned about the Universe is that it is always trying to get us back into (or keep us in) balance. Balanced between heart and mind. Balanced between the physical world and the spiritual-vibrational world. Balanced between our physical health, our mental health, our emotional health, and our spiritual health.

And just as most modern cars have built-in Global Positioning Systems (GPSs), so too do our bodies have an Internal Source Positioning System (ISPS), or what some people call a God Positioning System (GPS). And as you begin using the seven tools, and practicing the seven habits, your ability to trust that this system will get you where you eventually want to go. But a GPS can only work as well as the vehicle it is placed into. If the owner doesn't take care of the vehicle, it doesn't matter how good the GPS is.

The same is true with us. If we don't take care of our physical bodies (our tools), or mental health (the knowledge needed to understand how to use the tools), our emotional health (how we feel about what we've created and how proud we are [or are not] to share what we've created with others), our spirit (the fuel used get the vehicle going), may end up leaving us stranded on the side of the road and/or lost.

In addition, the physical world works outside in: use the tools and the knowledge to build the vehicle, put in the fuel, make specific plans filled with lots of details and months of preparation in advance, pack up everything you could possibly need, take detailed notes and Vlog about the whole experience along the way.

But the spiritual-vibrational world works backwards-- inside out: The “fuel” of the vehicle is made more from nature. It is the whisper on the wind that fills the sails. And one has to pay more attention to what direction the wind is headed and adjust and trust our gut instincts to get us where (not just where we want to go), but also where our Internal Positioning Source Positioning System wants us to go. I have learned that once I turned my ship (my mind) around from heading into a dramatic, traumatic, negative position to a positive, and trust the direction of the wind, it brings me to even more beautiful and wondrous places than I could have ever imagined myself. Lands of peace, joy, and content, no matter what is going on around me.

It is still vital to have a well-built ship (that is also well stocked and has all the maps on board that can help guide the way); but ultimately, you have to work with and trust the wind...your spirit. The problem is that many people haven't used the tools to build the best vehicles and/or haven't used their time to consume the best information on how to use the tools at their disposal. So, they experience break downs along their journey and then blame outside forces for not getting them where they want to be. This only reinforces their beliefs that “the world is against them.”

In addition many people have created (and built up) walls they run into along their journey: guilt, fear, insecurity, anger, jealousy, lies, and misperception and they struggle to get through (or) around them. This also reinforces the belief that “the world is against them and doesn't want them to get to their Highest Possibility State.”

In order to begin trusting our own Internal Positioning System, we must change our course and knock down the walls and obstacles before we begin. This is what my next book, Rainbow Bridge, will teach people how to do. But the seven tools and habits learned so far will start helping turn the ship around from a negative direction into a more positive one.

Life is a journey, and we live in the juxtaposition. The state where two seemingly opposite ideas can (and do) coexist in the same time, place, and space. On one hand we must use our tools to build the best vehicles possible and take in the best knowledge possible in order to get us where we want to be. Yet, at the same time, we also have to pay attention to the direction of the wind and adjust our sails along the way and trust that it might even be taking us to a better place than we can imagine for ourselves. And when this first happens, we begin to fight the wind and try to get ourselves back on course to where *we* think *we* want to be. But what I've heard from the Universe (time and time again is), let go, let go, let go and flow. The Universe continues to tell me, "I got you, and I'm going to get you to where you want to be. Let go of your detailed plans. Tell me your general desires, "I want courage, acceptance, self confidence, love, joy, truth, clear perspective, stability, abundance, etc.." and I will get you there. Know this! What you desire may not look like how *you* think it will. So, let go, let go, let go and flow. I got you. I'm going to get you where you want to be. Just sit back, and relax, and watch the journey unfold in front of your eyes and watch with the eyes of a child. Watch with eyes of wonder and curiosity and joy and trust, and if you can't, find a child to spend some time with who can help you."

### **Challenge of the Day:**

- Dare to dream. What can you see in your mind that is just waiting for your return?
- Ask your Internal Source Positioning System to help get you there.
- Then, surrender to the wind and adjust your sails by using the 7 tools and practicing the 7 habits.

**Conclusion:**

I hope this book has helped you as these tools and habits have helped me find and discover my own Highest Possibility States of courage, acceptance, self-confidence, joy, compassion, love, truth, and clear perception so that you can use it to find and discover all those treasures lying already inside of you as well. So you can use your own treasures, gifts and talents to help those around you, for the world desperately needs those and you. Peace and Blessings.

- Jennifer Engel -