

Getting started

Welcome to *Flow of Change* – thank you for diving in!

You'll find your download includes a fair-sized stack of files, so this is to let you know what they all are, and where to start:

To read

Into the Flow of Change (Hilary Barrett)

The book – **start here!** It includes the *Serendipity Book*, your guide to and springboard into all the rest. Look for the 'How to use *Flow of Change*' section (starting on page 10 of the pdf).

This also includes full transcripts of all the audio, for quick and easy reference.

Opening the Space (Hilary Barrett)

Suggestions for ways to open inner space to receive insight and guidance, with sections on sight, scent, touch and hearing.

Simple Divination (Hilary Barrett)

Ways to get started with simple divination even before you've got to know an oracle.

Full Spectrum Listening (Tori Janaya)

Accompanies and illustrates Tori's *Full Spectrum Listening* talk – and also useful to have open when listening to her interview.

Basic EFT (Claire Hayes)

A simple guide to get you started. Includes a diagram of points to tap that comes in useful when listening to Claire's interview.

EFT for Integration (Claire Hayes)

Some ways to use EFT with a reading.

7 Secrets to Grow Your Dreams to Reality (Pamela Moss)

Sets the 'Three Keys' from Pamela's talk in a broader context.

To listen to

Suggested sequence

(You'll notice the 'introductions' call is at the end; that's because, while it has some interesting discussion, it doesn't work as an introduction to the whole series. Better to read the introduction in *Into the Flow of Change* to opening, connecting and integrating, and then listen through.)

1. *Full Spectrum Listening*, by Tori Janaya (a short bonus audio)

2. *Opening to the questions*, with Jennifer Louden
3. *Clearing space for insight*, with James Warlock
4. *Listening to the guidance of change*, with Tori Janaya
5. *Symbolic Tracking*, with Ravi Walsh
6. *Change through EFT*, with Claire Hayes
7. *Keys to turning your new insight into a new life*, with Pamela Moss
8. Q&A with all the speakers
9. *Impromptu introduction*

Meditations

All of the speakers included examples and demonstrations in their talks. While some worked with individual volunteers, others led guided meditations and exercises for the group, which you can follow along with. To make these sessions easily accessible for you to use again, I've excerpted them from the original recordings. They are:

- James Warlock, *Stirring the energy*
- Jennifer Louden, *Hollow listening person*
- Ravi Walsh, *Tracking back to the intention*
- Tori Janaya, *Symbolic Play*
- Ravi Walsh, *Shamballa*