

CFA

What is Creative Flow Alchemy?

Creative Flow Alchemy is...

The process of discovering, embodying, and expressing your

A self-discovering journey about releasing who you believed you needed to be to embodying the limitless creativity, abundance, and Millennial Magic that is inside of you.

It is a transformative process that asks you to be completely authentic and discover your own Divine Natural Approach to living.

What would it feel like to trust in your creative force and design a life where you are able to manifest with ease and precision?

To be a Creative Flow Alchemist is to be deeply in touch and present with your intuition; to be in alignment and manifest through creativity.

It's an intensive, tender, Soul shifting opportunity to retreat from external influence and allow your creative to soul blossom and *flow* unrestricted.

We're all on a continuous journey, ebbing through seasons of creative flow. Whether you're organizing to make room for more creativity, exploring new concepts, revitalizing your creative energy, or ready to cultivate more intention into your work—you have the power to tap into and circulate the unlimited wellspring of CREATIVE FLOW ALCHEMY inside of you.

THE MILLENNIAL CREATIVE'S INQUISITIVE SEASON

Is your mind bursting with ideas? Are you finding inspiration everywhere you look? The awakening of creativity often begins with your thoughts, words, and emotions seeking an outlet for expression and this is the heart of your journey into the Inquisitive Season.

The inquisitive season is often marked by an "a-ha moment," a spiritual "big bang" or initiation of sort. Human evolution is rooted in creative energy and the urge to move forward, so when the desire to create arises through ideas and inspiration—this is your cue that something extraordinary is ready to be birthed (through YOU) and it's time to surrender to your expansive nature.

If you're navigating your inquisitive season, you may be traveling through a period of intense emotion met by inspired thought, which may be followed by curiosity and endless exploration. Perhaps you're in the midst of a transformative phase; quitting a job, moving to a new location, or ending a relationship. Whichever phase you find yourself in, change can add fuel to the fire of creativity, and this the ideal time to merge those intense emotions with the creative process and see where they lead you.

The inquisitive season is also a great time for clearing out the "noise" to recognize what drives you as you discover ways to harness your gifts and make space for creativity to lead your life. It's a time to observe what is happening within you on a mental, physical, and emotional level—and then use that awareness to explore the creative world that is thriving inside of you.

Enjoy this season! Especially the late nights and early mornings where you'll feel the pull to follow the breadcrumbs of possibilities to expand your awareness and bring to focus your Divine Natural Approach to living.

THE MILLENNIAL CREATIVE'S INQUISITIVE SEASON

Affirmation:

I am ready to ignite more creativity in my life.

Attributes:

Intense Emotion + Inspired Thought

Probing Question:

What can I do to honor the creative call?

Recommended Focus:

Practice mental clearing to receive clarity about what motivates you and embrace opportunities for self-discovery and creative outlets.

THE MILLENNIAL CREATIVE'S INSPIRED SEASON

If you are a heart-centered, free-thinker who has done the inner work and discovered what fuels your creative flow, then you have successfully arrived at the Inspired Season.

In this season, you have the time and space to explore, discover, and learn to enjoy your creativity. Your mind, body, and soul are in alignment and you are nurturing your creative energy with new concepts and visions. Remember what it was like when you played as a child and your imagination had no restrictions? Reconnect with that freedom, embrace that part of yourself that has always been there and be open to everything.

This is the time when things will connect through apparent divine synchronicities; one thing will lead to another. New ideas will bounce around your head, lighting up your brain like a pinball machine. Follow every lead and absorb every new experience. Keep trying things, you will know when the time is right to commit.

This season is where your creative magic will happen. When you unlock your divine intuition, a synergy takes place between the head and the heart. You have learned how to connect with your senses, unearth your unique flow, and trust your creative process. You got some stuff out of your system and now you feel ready to start.

Combine your newfound creative mindset and the energy from your creative flow and apply it NOW!

THE MILLENNIAL CREATIVE'S INSPIRED SEASON

Affirmation: I use what inspires me to fuel my creative energy.

Attributes: Experimentation + Connection and Discipline

Probing Question: How can I tap into my creative DNA to get unblocked and transform my life?

Recommended Focus: **still working on this one**

Explore what inspires you

THE MILLENNIAL CREATIVE'S INTUITIVE SEASON

Are you a spirit-centered, emerging business owner who thrives in empathetic, balanced, and open-minded expression? Do you have a strong desire to transition out of the hustle and align your work with your values? It takes immense courage to stand in your truth and allow your creativity to pave the way to your true calling, and this will be your companion as you navigate **the Intuitive** season.

The **Intuitive** season is all about deliberate creation. You have taken the time to explore the realm of your creativity and there is no doubt about the direction of your work. You know WHO YOU ARE and you are using your creative intelligence to manifest more intentional projects and relationships.

Following intuition takes one into a flow state where actions are taken because they feel natural and good. Taking the path of least resistance has made you a magnet to all the right people, places, and experiences. You are stepping into your role as a powerful manifestor and allowing your intention to multiply and expand your talents with minimal effort.

In this season, you are finding a balance between work and rest. There are times when the creative process can be mentally, physically, and emotionally exhausting. When we don't make time to pause from our work and decompress—we experience “burn out” and lose our momentum to move forward. Learn to take breaks in meaningful ways that will rejuvenate your mind and keep you in the creative flow!

THE MILLENNIAL CREATIVE'S INTUITIVE SEASON

Affirmation:

I am trusting my creativity to pave the way to my true calling.

Attributes:

Manifestation + Collaboration

Probing Question:

Where can I open myself up for more abundance by releasing old ways of operating?

Recommended Focus: A renewed sense of purpose and clarity in career or business.

THE MILLENNIAL CREATIVE'S INTENTIONAL SEASON

When you start at the beginning of the creative process and work your way up to mastering your creative flow, through self-reflection, exploration, and trusting your inner voice—what you are creating begins to take on a life of its own and affects people in ways you never thought imaginable. If you find yourself shifting your perspective from “I” to “We” and desire to take a more service\impact-centered approach to create, then you have reached arrived at your Intentional season.

The Intentional Season is all about bridging the gap between yourself the rest of humanity through the work that you do. Here, you have stepped into your role as a leader and influencer. You have empowered yourself, team, peers, and colleagues by deliberately focusing your thoughts on integrity. You don't compromise excellence, and your commitment to alignment is what precedes you in all of your relationships. You have an integrated relationship between your personal aspirations and the collective and you contribute to it through an intentional business model, mission, vision, and values.

In this season, you are committed to a deeper purpose, being of service to your community, and the legacy you want to leave behind. What would you like to be remembered for contributing to the world? How can you support the people and causes that are important to you? You are in business on purpose and leaving something of great value is an important aspect of your life's work.

Continue to pursue and share your creations to the fullest as you move with clear intention.

THE MILLENNIAL CREATIVE'S INTENTIONAL SEASON

Affirmation:

I am confidently creating a movement that will impact the world for the better.

Attributes:

Legacy + Philanthropy

Probing Question:

What is the legacy that I want my life and business to exemplify?

Recommended Focus:

Big, bold, transformation in your life and business that is in service to humanity.