

FIVE STEPS TO DIVE INTO THE



*divine feminine  
flow*™

AND LEAVE SELF-DOUBT  
BEHIND FOREVER

PERNILLA LILLAROSE



*Five Steps to Dive into the Divine Feminine Flow by Pernilla Lillarose*

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AND LEAVE SELF-DOUBT BEHIND FOREVER

*by Pernilla Lillarose*

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Are you so ready for the incredible life that is waiting inside the yearning of your Heart?

Are you done with struggle, lack and compromising yourself?

My guess is that you are beyond ready and don't quite know how to make that shift?

Let's dive into the Divine Feminine Flow together. Here are the steps...



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# Welcome!

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I am so happy you are here. You are about to take a powerful step into your Divine Feminine Flow, your natural state of inner peace and true potential, where fulfillment, ease and Love reside. It is really that close, and I know that your beautiful Heart is yearning for this.

The reason I am happy is that I know what is in store for you. Right away you will start experiencing more ease in yourself, just by taking the first step. Consequently you'll begin to feel more confident and empowered to leave behind the self-doubt and compromise that has held you back from bringing your deeper wisdom and vision into the world.

## You happen to be more important than you think.

In his book 'The Power of Now,' Eckhart Tolle says: "You are here to enable the divine purpose of the universe to unfold. That is how important you are."

In case you missed the 'how' in that statement, this little book will give you the steps. Its size does not reflect the transformational power contained in the 5 steps of the ALLOW Formula that you are about to learn.

### In this ebook we'll be covering

- Why and how you feel stuck and what keeps you stuck
- How to get unstuck and make yourSelf available for the Divine Feminine Flow, where life unfolds with ease
- The power of your body language helping you get into that Flow
- How Listening to yourSelf and Loving and honoring what you hear is the open door to an effortless and fulfilled life
- The 5 practical steps of the ALLOW Formula to make it real in your life with a few simple yet transformative exercises
- What is possible when you enter the Flow

My name is Pernilla Lillarose and I show Women who feel emotionally unfulfilled how to stop compromising themselves and instead align with their Divine Feminine Flow so they can



experience true fulfillment and deep inner peace and start making a lasting difference in the world.

Teaching True Self Love through the ALL Formula (the first 3 steps in ALLOW) is my life's purpose – at least for now. How lucky is that! Any opportunity to share my message and guide you through this process, Allows more Love into my life. It sounds so simple, but truly, when you are unstuck, you realize you have something unique to share with the world, big or small, simple or grandiose. You realize that you are your message and the restlessness and conflict inside starts to dissolve.

Before I finally dove into my Flow, I felt separate from mySelf and was on an eternal search for something ... I didn't really know what I was searching for. I just felt unfulfilled and doubted myself and kept hoping to find something to make that pain go away.

Well... it didn't work and I didn't find that 'something.' But what I did find was that I first had to become **Aware** of all the places that I was resisting, rejecting and judging about myself and learn to **Allow** myself to Be all that I am. I had to learn to Listen deeply to who I really was and begin to Love what I discovered. Creating the ALL (Allow – Listen - Love) Formula and finally bringing ALL of me onboard is how I got myself out of this sticky-stuckness-unfulfilled-painful-self-doubting mess. And what I realized in this process was that what I had been searching for all along ... was Me! Yes, Me, my Self, my own Being behind all these self-created barriers of disowning who I was. Is it any wonder I was feeling so separate and disconnected and on an eternal search for 'something?'

Going inside with a kind and loving Heart changed everything. Now my search went inside with a curiosity to find out who I really was: What mattered to me, what had meaning to me, what was not OK with me, what was my Heart deeply longing for.

## The Result?

- I confidently follow my inner Knowing and Heart trusting the unfolding Flow even as my mind goes: Huh?
- A solid resting place inside so I don't get pushed around by other people's opinions, criticism or disagreements
- A feeling of confidence, peace and Love as I go about my life, deeply resting in my Being
- Feeling Love just Being me, honoring my needs and what deeply matters
- Living my potential in everything I do
- Continuously learning and deepening into this Flow as life keeps unfolding





**You can Be and have that too, and you are about to learn how.** I built this plan(e) called the **ALL Formula** as I was learning to fly, or shall we say Flow, and created a solid map for others to follow – to make it easier to dive in and experience more ease and more grace.

We are living at a time where everything is changing very fast and we are offered a great opportunity to create a whole new world. This world lives at the core and in the longing of your Heart. It is based on new values and visions, very different from the old world where comparing, competing and greed were the motivating factors. In order to become part of this new world, we first need to let go of the old. And this is the challenge we collectively are facing right now, because the old is both familiar and addictive. Most of us haven't fully realized that we are stuck in the old, and even if we have, we don't know how to get unstuck.

And when you finally have enough awareness to take the leap and get unstuck, you need to realize and learn a whole new set of tools to create the new. The old tools don't work in the new world. We have to leave those behind too as we leap. We need to learn to depend on and create from our Heart's wisdom and longing – only.

Whew! Is it any wonder we feel a little challenged these days and can use some help?

So you see it is not just one simple step and then we are there. We are learning to create out of thin air now (build the plane as we Flow), in the moment to moment unfolding as each step reveals itself without any particular understanding or reference point.

Scary? Yes, it seems scary in the beginning, but I promise you it gets easier as you practice it, and at a certain point it becomes enjoyable and the new normal.

I created my plane as I was taking off, leaping into thin air only fueled by the yearning and prompting in my Heart which is why I now can offer you a step by step road map based on what I learned to make it a little easier for you.

## Awareness

Let's start with awareness. Everything starts with awareness. Until you consciously know what you are doing, realize where you are stuck and become aware of what you are unaware of, not much will change.

Don't you Love these enlightening Aha-moments, where you suddenly 'see' something that was 'invisible' or unavailable even a moment before? It feels good, doesn't it. Even when it's a little embarrassing to become aware of your unconscious behaviors, it still feels good (once you are over the embarrassment), because you now have the power and freed up energy to make better choices.

Reading this book will bring awareness to things you were not aware of before. Remember to be really kind to yourself (this is being aware) and don't fall into old unconscious patterns of



judging or shaming yourself. If it happens, please use the A in the ALL Formula, which you are about to learn.

## We Resist Who We Are

In my private practice as a Hakomi Practitioner I get to see how so many of us unconsciously resist most of ourselves: our feelings, our past, our opinions, the way we look, speak, make money (or don't), treat ourselves, Love ourselves, Listen to ourselves, trust ourselves and simply live our lives.

Resistance slips into most of what we are and do, and keeps us in a constant state of tension, strive and discontent.

I always enjoy watching how clarity naturally emerges when the futility of resistance is realized, and a different 'tool' is employed.

Let's not get down on ourselves for this deeply ingrained pattern. We resist **because we don't know what else to do** and in this book I would like to offer you some new options, that will be very transforming when you make them yours.

We still have so many left over limiting beliefs from the old paradigm, pinching off our divine Flow which wants to express itself in its full glory and magnificence as your life and mine.

On top of resisting who we are, we also resist the beautiful Vision in our Heart that has the answers to all our problems and longings - if we would only Listen to it. Resistance is the deal breaker for getting into the Divine Flow so please allow me to share with you what I've learned about resistance.

## Resisting

Newton's third law says **"For every action there is an equal and opposite re-action."**

Replace the word action with resistance and you get **"For everything you resist, there is an equal and opposite resistance coming back at you."**

When you resist something, you exert a force to try to prevent something - or the effects of something - from happening. You feel tight, push against, hold down, and basically use a lot of energy and strength in your muscles and mind to make sure it doesn't happen.

What you may not be aware of is that as long as you are resisting something, you actively feed energy into that which you don't want. Positive or negative energy is still energy.

This energy is exactly what keeps it alive (your life experience coming back at you.)





## Pushing Till Exhaustion with No Solution

Let's imagine someone is trying to get into your house through the front door. You don't want them in your house, so you push against the door to keep them out.

Unless they go away, you'll have to spend the rest of your life pushing against the door to keep them out! Exhausting, isn't it!

Now imagine a thought or a feeling inside of you suggesting something you don't like. Instead of pushing against a physical door, now you are mentally/emotionally pushing against the door of your consciousness to keep this thought or feeling out.

Unless it goes away, you'll spend the rest of your life mentally or emotionally pushing against it. Familiar?

This pushing/resisting shows up as STRESS, arguing, disagreeing, shallow breathing, tension, creating behaviors to avoid it - you name it. It's a different kind of exhaustion – and often the cause of a lot of our physical issues.

The question is: Does resisting solve the problem? Or does it keep you stuck in a pattern of 'pushing against', with no relief in sight?

## Becoming Aware Of How You Resist

To make it more real in your own life, I **invite you to just become aware of how you resist an experience that you don't want.**

Bringing awareness to something that was previously unconscious is the first step.

As you keep reading this little book, you'll learn how to deal with it differently.

You'll learn ways that will liberate these thoughts or emotions so you don't have to spend your precious energy trying to keep them out anymore.

But please start by noticing **how you keep thoughts or feelings out of your awareness and how it effects you.**

- What body parts are you using to resist what you don't want to feel?
- How are you breathing? Try to follow your breath down while you become of aware of something you resist and feel how deeply/shallowly you breathe.
- What do you tell yourself? You'll learn more about how to Listen to your body in a later exercise, so for now just stay curious to what you learn about yourself.



- How do you turn away from what you know is important to you? Or matters to you? Your Truth? Stay really curious to learn how you do that. It's fascinating to learn about your unconscious patterns and how they keep you out of your natural Divine Flow.

You can start a little journal about what you find and expose deeper layers, just by noticing and writing it down. It's a real discovery and uncovering process to liberate all the parts held hostage by you resisting them.

Once you have brought awareness to this pattern of resistance you can start applying the next 3 steps (ALL) of the ALLOW Formula that I have been using for years with enormous success.

## The ALLOW Formula

A – Allow

L – Listen

L – Love

O – Oneness

W – World Peace

Remember, the reason you resist is that you don't know what else to do. If nobody told you this before, how would you know? And luckily that's all changing now.

If resisting keeps you stuck in what you don't want, then maybe

## Allowing Will Set You Free

The energy you engage in resisting what you want to get rid of, is the same energy that keeps it alive.

What if you stopped engaging with it?

What will happen?

It is my pleasure to introduce you to how to take back your energy that got stuck in resisting.



# Step 1: Allowing

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## From resisting to Allowing

Imagine clenching your fist every time you resist a feeling you don't want.

Imagine this fist tightly enveloping the unwanted feeling and preventing it from ever changing or letting anyone know what is really going on – including your conscious mind.

Imagine how this feeling must be feeling, not only being ignored, but also being imprisoned and silenced.

Now imagine this: What if this feeling had something very valuable to share with you, helping you get back into your Divine Flow and experience what your Heart longs for?

That may all sound backwards, but what if that were the real forward to get out of pain and stuckness and plunge into the Flow?

Not to make the resistance the bad guy, because we all want to feel good, so your gut reaction to resist what doesn't feel good is understandable. But does it work? Do you feel better when you resist?

Would it be worth your time to give Allowing a chance?

Let's try it:

- Think of something in your life from the previous exercise, that upsets you and creates an uncomfortable feeling inside. This feeling is what you normally want to get rid of, simply because it does not feel good.
- How do you resist this feeling? What do you do to not feel it?
- Feel what happens in your body when you think about this upsetting circumstance or belief.
- Now, instead of trying to get rid of this feeling, I invite you to just Allow it for a moment. You do that by gently taking a breath into the feeling (instead of breathing



shallowly to avoid it) and make a kind gesture to the feeling as if saying 'Hello' (instead of 'Go away!')

- Take one more breath, letting the feeling know that you are going to Allow a Space for it for now.
- Notice what happens when you consciously Allow a feeling that you normally resist.

Do you notice anything relaxing?

Relief?

Deeper breath?

More space?

This is very common, especially when you practice it more often.

## Allowing - the antidote to resisting

Allowing in itself is actually your natural effortless state. But because we have been so conditioned to resisting, we are now actively using Allowing - our natural state - as an action, simply to disengage resisting. For now, you can engage your natural state of Allowing to disengage and neutralize your unnatural state of resisting.

That way, the energy you engaged in resisting and trying to get rid of something is now freed up and can be applied elsewhere (we'll address that soon.)

But right now I want to invite you to feel how good it feels to **Allow** vs resist and what a difference it makes in your body. Notice how much energy is being liberated this way and how much better you feel. Notice your breathing change. Notice your shoulders and neck relax. Notice the Space inside that is made available!

It's common to believe that if you **Allow** that which you want to get rid of, it will start growing and take you over instead. But now that you tried it, what is really true? What is your real experience?

It is a powerful way to relax, let go and create more Space inside. And soon you'll learn more about what this new found Space has in store for you.

This Space holds the wisdom inside your body and Being, and is overlooked when you resist your experience. Instead of Listening to your own Wisdom in your direct experience, you may have been Listening to your mind convincing you that resisting will give you what you want.



Please practice the exercise of Allowing a feeling or a thought every time you tense up or try to get rid of it. Eventually it will become 2nd nature and you'll experience something first hand and wonder:

"Is this what Eckhart and Katie are referring to?"

Is this what Eckhart Tolle and Byron Katie mean when they talk about **Presence and Being with What Is?**

You can answer this question from your own authority now, directly experienced in your body when you learn the Art of Allowing.

As we move down the **ALLOW Formula**, you'll learn how you can release your resistance, and become empowered to live on purpose and in alignment with the Divine Flow of fulfillment.

We learn to cooperate, care for one another, ask for support and extend help to each other. Most of us have been deeply conditioned to believe that we have to figure it all out on our own. We have been conditioned to resist the longing to get help and do things together and learn from one another. Most of us believe so deeply inside that it is not OK to ask for help or receive it.

Well, let's be honest with ourselves and **Allow** this longing and need for help. It is not only OK to reach out and receive, it is actually part of the new paradigm to create this new world together, because that is the only way it can happen.

We can all use a little or a lot of help during this transition and in my own experience it is so much easier when you find

- Someone you resonate with, who can guide or coach you on your journey
- Someone who has gone through the same type of experiences you're going through and can show you the way
- Someone who knows what it takes to get past and transform their barriers and move into a more liberated and fulfilled life
- LikeHearted Women and Men supporting each other in a loving supportive environment.

Do reach out if you feel stuck or alone, even if it feels unfamiliar. And please continue practicing **Allowing** your inner experience and keep noticing what happens as you develop the habit to do this on a consistent basis.



## A Word of Caution

I want to make sure there are no misunderstandings regarding Allowing outer experiences and **Allowing** an inner feeling of No.

When I teach the Art of Allowing, I always refer to Allowing the inner experiences and feelings and not outer circumstances if they are not in your best interest.

If you are in an abusive situation please don't think you need to Allow that – ever!

That would not be healthy for you or anyone else. You'd want to get out of that situation and into a more loving, safe, healthy, feel-good environment.

So if you are finding yourself in such a situation, make sure you Allow yourself to Feel the Feelings that arise. You may recognize a strong feeling of No inside. This No is very important and needs to be Allowed and honored too. You can go [here to Listen to one of my replays](#) about the difference between resisting something and clearly saying No. It is like day and night.

As a matter of fact, I was in a very challenging situation years ago, because I was not Listening to the No inside. It caused me a lot of unnecessary suffering and instigated the work I do now to get into the Divine Feminine Flow – and stay there.

If you want to hear [my little story, just go here](#).

By allowing yourself to feel the feelings, including the No, you make Space to receive the deeper Wisdom. This Wisdom will inform you about how to act, what to say, when to go and when to stay.

Please know that you never need to **Allow** yourself to become a door mat! That is exactly what we are moving away from. And if you need help to get in touch with you inner No and step out of an abusive situation, [please reach out](#).





## Step 2: Listening

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It seems to be easier to learn this language and fine-tune it when you do it with someone who speaks it well and who can help you develop yours.

### Hakomi, a Body-Centered Approach

When I started the Hakomi training in 1999 I was not fluent at all, but somehow I thought I was!

I was surprised to learn how I still had the tendency to interpret my feelings with my mind, and not really Listening to them like I am now.

I easily jumped to conclusions without being backed up by my inner sensations ... or I would take what others said at face value without checking in with my own senses first.

I think that is quite common. So many of us grew up primarily learning the language of the mind and remained rusty in body language.

Please be gentle and patient with yourself as you learn it now. It takes practice and commitment to make it your native tongue again.

*The body never lies. Anyone can learn this language*

*Everybody can become fluent in it.*

### Need a little help?

If you feel less than fluent in understanding your body and your intuition and if you ever get mixed signals with what decision you should make, then here's what you can do...

Space permitting, I invite you to sign up for a **complimentary 30 minute Divine Feminine Flow Discovery Session** with me where we'll explore this in greater detail and find out what you need in order to become more fluent. This will quickly enhance your inner knowing so you can feel more empowered in your life...



When I was learning this language, it was extremely helpful to be guided by someone who 'spoke' it quite fluently - or at least better than I did.

It's like learning any new language - it makes sense to learn it from a native who also understands your native tongue – the mind in this case.

When I had someone consistently bring back my awareness to my own body and help me feel/ recognize what I was not aware of, I gradually started getting more confident in trusting the wisdom I already had within me.

Having someone acknowledge it from the outside, was part of my process to trust it more and more on the inside. It had been missing when I grew up, so it was a blessing to be able to receive that confirmation later in life.

If you feel that you want to learn the language of your body and intuition, so you can trust yourself and make better choices, please **Listen to that feeling**. It will help you get more clarity in your life as well as experience more peace and inner joy - just by Listening to your true Self.

The reason I like to offer these short sessions is to find out if this is the right path for you and if I am the right support in that process. I know how important it is to find someone you resonate with before you commit and, space permitting, a **complimentary Divine Feminine Flow Discovery Session** will clarify that and a lot more.

Visit <http://www.divinefeminineflow.com/contact> to request your session.

Let's go to the last letter in the **ALLOW** Formula, the second L. Can you guess what it is?



## Step 3: Love

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And now we are moving to Love. The second L in the ALL Formula is the natural outcome of Allowing and Listening. If it helps you to remember, we could make a new equation:

**Allow + Listen = Love.**

Have you noticed how you soften in your body and open up to the Flow of Life when you Allow and Listen? Pretty powerful, isn't it. Doesn't that Feel like Love? Imagine if we had been taught that in kindergarden! Life would have been so much easier and richer.

Well, luckily it is never too late and Love never left. We were the ones who left Love by resisting and leaving ourselves. And we are the ones who can find Love again by Allowing and Listening. This is the Kindergarten of the new paradigm, and we have to start at the beginning.

### A life lived in Love

The ALL part of the ALLOW formula is not separate from my life. It has become 2nd nature to Allow myself to be completely me. No defending, no criticizing, no putting mySelf down - with full permission to ask for clarity and support if I need it - and to apologize if I behave unconsciously.

Perfection is not a requirement. Willingness is.

The best thing about it is that I don't need to justify my way of being or doing life. If someone disagrees, I know deep in my Body that this person has a different experience than I do, and it is not something personally about me. Someone else's disagreement is something personal about them. I honor them, as I honor me ... and I am at peace. Once the feeling of Being and trusting mySelf is deeply embedded in my body, all the old separating patterns dissolve naturally.

Oh, and let me tell you, if I feel stuck inside, I have my support team around me and reach out immediately. I don't want to waste any time spinning around in something I need help with.

Old patterns are still being cleared out and I am the first to admit it. No judgments here.



## Before

Obviously it wasn't always this way. I used to believe that when people disagreed with me or made me wrong for my way of being/seeing/doing life, that there was something wrong with me and then I would resist and reject my own experience.

Can you relate? It is pretty painful, isn't it! I really suffered from doing that and that is how I developed the ALL part of the ALLOW Formula. It all starts by Allowing ourSelves to get to know ourSelves. In that, there is no room for resisting who we are. It is a beautiful process of uncovering and unveiling that only gets better and better.

*At first I was really scared to start trusting my own experience: 'What if I am wrong?'*

But as I kept **Allowing** and Listening, I started realizing all the things that were right about me - not wrong. By Listening I learned about mySelf- my sensitivities in life - what mattered to me - my lack of interest in things most people are caught up in - and most importantly how much clarity and wisdom I had. With practice and supportive friends, teachers, therapists or coaches, trusting my own process and my own experience got easier and more exciting. When I act on my own knowing I am still often surprised how 'right' I am. Not in a right-wrong sense, but in an alignment-feeling sense with my soul - my intuition - the Divine Feminine Flow of life. My experience of life is flowing with more ease and grace.

## After

My role as a **Hakomi Practitioner**, Self Love Mystic and Embodiment Whisperer has **Allowed** me to practice Allowing and Listening to my intuition in a deeper way. I Listen to it when I am with my clients and act on it, often with miraculous results. I Listen to it in my life and receive the guidance and inspiration, including when I need to pause and wait.

It is an ongoing process, and a very liberating one. Allowing every single layer inside as it shows up, Listening to it and learning from its wisdom and **Lovingly** following its promptings. It takes boldness and confidence and that is what you'll keep building on as you apply these principles.

The division caused by resisting myself is mostly gone and peace and confidence have taken its place. This is a natural result from applying the ALLOW Formula - consistently.

Why not give it a try? Start with Allow - Listen - and Love - by trusting what you hear.

Let me know how that works for you.

Then you'll notice a natural movement towards the O in the **ALLOW Formula**



## *Step 4: Oneness*

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The more you Allow, Listen and Love, the more you'll live in Oneness with your Self and with the world. The inner division dissolves and instead you'll experience a deep intimate connection with everything and everyone around you.

You'll notice that any unkind word or action on your part, towards yourself or other hurts. You'll feel it in your body and the only remedy for it is to be willing to be vulnerable and make amends with the recipient of the unkindness – and that includes you.

Because most people live in duality with themselves, they don't feel the impact of their actions and words and they don't put two and two together when they find themselves in an outer situation that is unkind to them. The blame game, the finger pointing, the arguments are all just signs of duality inside of us and once it is seen and starts dissolving, your behavior will shift and your life will change.

Eventually you've become your own best friend and the feelings of animosity simply don't happen anymore. How can they? It hurts too much to hurt yourself or anyone else when you realize it is all One.

**Does this sound too amazing?**

Why don't you give it a try? You cannot create Oneness, because Oneness is ALL there is. When you dive into the Flow, you Flow in Oneness.

Just start by dissolving the barriers that you have created by your own lack of Allowing, Listening and Loving ALL of your Self.

When the inner division ends, you'll find yourself in the divine Flow of life as an outlet for its wisdom, guidance, ease and grace.

At the core, I believe this is what we all long for.

What do you imagine will happen when we live in Oneness inside?

Let's go to the last letter in the **ALLOW** Formula, **W**.



## Step 5: World Peace

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Imagine this: Everybody stops resisting themselves, judging themselves, comparing and competing because they apply the ALL Formula. Where would conflict come from then? How could any of us **Allow** anyone to suffer, lack or be treated unkind?

Imagine that everyone started Listening to the Divine Feminine Flow as it rushes through their Heart as wisdom, vision, inspiration, ideas about how to bring ourselves and our planet back into balance. And add to that that we all cooperate and collaborate to make it happen?

Well, this is my Vision: A planet where **everyOne** lives in harmony within themselves, with each other and with our beautiful planet. Through writing this little book, by offering my work, in writing my other books, blogs and articles, creating programs, hosting a radio show and creating community and community gardens on the street where I live, **I am being true to my Vision which is part of creating World peace.**

### Bumps and Boulders

I can't say it's a smooth Flow all the time. I have run into plenty of bumps and boulders, inside and out, and if it wasn't for the energy behind my vision, I probably would have applied for a job at Trader Joe's long ago.

I can't. My vision won't let me. It pulls me forward ... it keeps me Listening. The programs from the old paradigm want to pull me back. They need my energy and life force to stay alive. They keep trying. I keep saying No! (I don't resist them!) They would've 'gotten me' by now if I didn't know how to set them free with the ALLOW Formula.

There are times when I seek help from other vision holders, who have other gifts to share than I do, and who can help me out from behind a boulder if I lose sight of my vision.

The reason I keep emphasizing seeking help from each other, is that we need each other - more than most of us realize. We can only make our vision come true if we work together as One; One with our Self and One with each other.

It starts with dissolving our resistance to our Self and our vision through Allowing. Then we can finally **Listen** to our Divine Flow, as it speaks through and as our body and Heart. Then we Love and act on what we hear. That's how we bring Love to its imminent expression.

Now we are ready to be ambassadors for our vision. We find those with similar visions and get into circles to support each other in staying true to our Self and our vision and to make sure





we all become outlets for this grand adventure we are on to create a new world based on Love, care and harmony.

I started a movement called Women Standing For Love in 2013, purely based on a download filled with energy and inspiration to manifest it in the world. Back then I didn't have a structure in place to hold this vision for all those who were interested, so I took a break to see how it wanted to unfold from here.

After a lot of disappointments, distractions, steep learning curves, inner realizations and practical coaching, I now have a structure set up for my Vision to manifest.

If you resonate with what you've read here, I do need your help to make this happen. Someone like you and me are the only ones who can make it happen. Vision meets vision. Where do we fit? How do we resonate? What will it take to make it happen? By fitting our pieces together, we can create a grander vision, just like a puzzle. We each hold a 'peace' of the puzzle for World peace.

If you need help discovering yours, my 'peace' took birth to give you that help through my work. If you already know your 'peace' and need help to give it birth, Women Standing For Love is the perfect place for that to happen.

I think you get the picture.

Please read my little book Women Standing For Love to learn more.

<http://www.divinefeminineflow.com/women-standing-for-love/>

If you fit into this picture, I look forward to hearing from you.

ALL Love,

*Pernilla*



## About the Author

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*Pernilla Lillarose loves helping people like you, who are on a path of self discovery and awakening, gain clarity, confidence and compassion as you open up to your true purpose, presence and fulfillment in the world.*

*She shows Women who feel emotionally unfulfilled how to stop compromising themselves and instead align with their Divine Feminine Flow so they can experience true fulfillment and deep inner peace and start making a lasting difference in the world.*

*We can all start rising higher in consciousness and Love – through the simple acts of **Being Kind to Yourself and Allowing Yourself to Be You.***

*Pernilla is a Self Love Mystic, a Certified [Hakomi](#) Practitioner, a weekly [Radio Host](#) at [Unveiled Radio](#) and a Meditation Teacher. She offers various ways to facilitate deep healing and transformation as well as embodied awakening on all levels of life. She has her private practice in the Santa Cruz mountains, CA and is available for private coaching, coaching programs, lectures and workshops.*

### Other books offered by Pernilla Lillarose

- Imagine Being Kind to Yourself – Inner Peace at Last
- Allow Yourself to Be You
- Why Did This Happen to Me? - Moving from Break Up to Break Through
- Women Standing For Love – From Overwhelm and Isolation to Connectedness and Inspiration

For more information [www.DivineFeminineFlow.com](http://www.DivineFeminineFlow.com)



# *My Other Offerings*

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- Private Coaching Programs:

Please sign up for a [free 30 minute Divine Feminine Flow Discovery Session](#) first.

- Books:

[Imagine Being Kind to Yourself – Inner Peace at Last](#)

[Allow Yourself to Be You – Peace at Last](#)

[Why Did This Happen to Me? – Moving from Break Up to Break Through](#)

[Women Standing For Love – From Overwhelm and Isolation to Connectedness and Inspiration](#)

- Programs:

[Trusting Yourself Without A Doubt](#) – Living by Your Own Rules of Wisdom (previously called "The 40 Day Should-Free Mind Cleanse")

- 6 CD set:

[Six Simple Steps to Serenity](#) – A Practical [Meditation and Mindfulness](#) Course

- App:

[Be Kind to Yourself – 365 Daily Reminders sent to you](#)

- Radio show Unveiled

[www.DivineFeminineFlow.com](http://www.DivineFeminineFlow.com)