

The background of the entire image is a close-up, high-angle shot of water with soft, pinkish-red lighting. The water's surface is covered in gentle, concentric ripples that catch the light, creating a shimmering, textured effect. The colors range from light pinks to deeper, muted reds, giving it a calm yet vibrant appearance.

**3 SIMPLE  
STEPS**

**FROM**

**FRUSTRATION  
TO**

**FLOW**



## MY MISSION

WHAT I AM ALL ABOUT

I believe that we are here in this life to experience everything - joy, pain, desire, disappointment, connection, and pure presence. I believe that human beings are right now waking up to the full freedom that is possible by working with ourselves, instead of against. I believe every woman can feel deeply loved and free, and can create exactly the life she desires for herself.

## Carina Reeves

COACH AND ENERGY SPECIALIST





**HERE IT COMES!  
YOU'RE GOING TO  
WANT TO PRINT  
THIS FOR YOUR  
MIRROR AND  
SCREENSHOT FOR  
YOUR PHONE!**

# FRUSTRATION TO FLOW PRACTICE

START SLOW, BREATHE INTO EACH STEP

## 01

### NOTICE.

Stop what you are doing and bring all of your energy and awareness into yourself. Take a breath and put your hands on your body. When you feel present, ask yourself this: what is the snapshot of what is happening right now, with only one sentence. Eg. Susan asked me to X. Let it be that simple, that matter of fact. The energy is awareness.

## 02

### FEEL

Name the emotion you are feeling and where you feel it in your body: emotion, location, and sensation. You can add intensity out of ten if that feels helpful. Once you have named these points, come into the sensations and breathe with them for a few moments, no more words.

## 03

### ACCEPT

Accept that this is what you are feeling right now, from the energy of acceptance. Allowance is another word you can play with. There is no “but” or victim or resignation in acceptance. There is no story of good bad right or wrong in Acceptance. It is what’s happening full stop. Breathe in this acceptance, with the knowledge that this acceptance is creating space for creating what you would really like.





**ENERGETIC RULE:  
RESISTANCE IS FEAR,  
PEACE IS TRUST.**

Your most flowing and aligned action will come from trust and peace holding all of your very real human experiences.

# FREQUENTLY ASKED QUESTIONS

## 1 WHEN SHOULD I DO THE PRACTICE?

Do the Frustration to Flow practice throughout your day! At least three times, but five or more will give you exponential results. It may take a few minutes as you get familiar, and then it can take seconds.

Remember, if there is even a whiff of victim, doubt, or resistance you get to expand into even more acceptance! HOORAY!!!! This is the work.

Let it be a game you are obsessed with, what is my body feeling now? How is my acceptance now?

When are good times to do Notice Feel Accept? All the time and any time! Change activities and do the process. Wake up and do the process. Get grumpy and do the process. Be wildly happy and do the process. ALL your answers are you winning doing this process. Let go of knowing how this is all going to work out or help.

Turn your curiosity up to ten and Karate Kid yourself to the next level of receiving Magic!!



# FREQUENTLY ASKED QUESTIONS

## 2. WHAT IF I CAN'T ACCEPT WHAT'S HAPPENING?

This is totally normal, and is part of the rewiring. There is a story in our culture that if you accept something you are agreeing to it, and will then create more of it. This is the story we are shifting. This kind of acceptance is the accepting of reality kind, the acknowledging what IS. Is that car really cutting me off? Yes. Did I just spill candle wax all over the dresser? Yes.

It will let your nervous system calm down from fight/flight/freeze/faun/fix, so that your brain can have capacity to see what you truly desire and make conscious choices around that.

## 3. SO SHOULD I NOT HAVE REACTIONS TO THINGS?

Your reactions and feelings are always valid and welcome!! The goal of the Frustration to Flow Practice is not to reject your reaction, but to experience it fully and let it flow instead of getting stuck in a reaction loop.



## TWO FURTHER PRACTICES IF YOU ARE FEELING CHALLENGED BY THE ACCEPTING PART

GO SLOW. STAY PRESENT. YOU ARE DOING BRAVE WORK.

# 01

### ACCEPTANCE DOESN'T MEAN FOREVER

Accepting your reality doesn't mean you have to keep it, it means you are stepping out of resistance to it which creates space for choice. As you practice stepping out of resistance your brain might get scared from how different and intense things can feel. Have all of your focus on your breath and your sensations, feeling them like reaching deeper and deeper into a pool. If you are having trouble focusing, words like these can help: "OK! Ok. Here I am. This is how it feels. Ok. That's ok. I'm ok. Here I am feeling this." These words will help you be in presence with yourself instead of following other words or thoughts from your mind.

# 02

### ACCEPT WHERE YOU ARE, INCLUDING NOT ACCEPTING

Consciously play with expanding your acceptance energy 1% at a time, feeling for the release of coming into acceptance. This might look like:

- I'm not feeling acceptance for what is happening
- ok, great! Got it. (celebrate yourself going through the process) Expand out a step. Can I accept that I'm not feeling acceptance for what is happening?
- No, still feeling shoulds and worry. Ok great! Got it. Can I accept that I'm having trouble accepting that I'm not accepting what's happening?
- keep going until you feel the energy release, or until you decide to take a break.



# HI I'M CARINA

ENERGY SPECIALIST, SEX LOVE AND RELATIONSHIP COACH



## I BELIEVE

The truth is that when you learn how to calm your nervous system, to be in acceptance of what is happening, and follow your desire and curiosity...

*Something miraculous starts to emerge.*

3 things actually.

Trust.

Peace.

AND PLAY.

## I HELP WILD AND WONDERFUL WOMEN CONNECT WITH GODDESS ENERGY TO CREATE PEACE, MAGIC, AND FUN IN THIS CRAZY WORLD.

I was a classical cellist before becoming an Energy Specialist, and I've always known there was more to life than just a few moments of joy surrounded by struggle. Being in music I was gifted with a life that had me touching the divine almost daily, but the rest of my life was a roller coaster of pressure, frustration, self doubt, and blame.

When I divorced in 2015 I had had enough of waiting for everybody else to figure out how to make me feel good. I opened my heart, and I opened my willingness, and I learned the tools and systems that I use today.

Now I teach spiritual seekers like you, how to connect with Source, God, the Field, in your life and in your heart, by offering spiritual truth, reflecting on where you are believing stories that aren't serving you, and shifting your energy into harmony and alignment with who YOU really want to be in the world.



# THANK YOU FOR DOWNLOADING!

If you found the Frustration to Flow practice useful you are going to be blown away by what you can discover spending just 30 minutes together! Come book a free Goddess Energy Reading call with me to look at what is happening with your energy, and how you can access more magic and goodness for ONE BIG QUESTION you have in your life.

Click this link and let's create even more peace, freedom, and flow in your life!

<https://calendly.com/carinareevescoaching/goddessenergyreading>