

A F R E E   G U I D E

# The Physics of Flow

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Why intimacy determines whether love, life & money move to you  
— or right past you.

With the Sacred Pause, the Intimacy Audit, and the seven-year ritual from Living from Inner Clarity.

*Dr. Sophia Trevenna*

SCIENTIST & INTUITIVE · @DRSOPHIATREVENNA · DRSOPHIATREVENNA.COM

# A Note From Sophia



I spent my early career as a mechanical engineer, standing at whiteboards covered in equations for how fluids move around the objects placed in their path. I spent the rest of my career sitting across from CEOs, leaders, and healers, watching the exact same principle play out in their lives — just dressed differently.

Now in my 50s, I know from my decades of aligning leaders into the greater flow of life that the forces are always moving. The current is always there. What determines whether it lifts you or wears you down was never really about perseverance. It was about how available and aligned you let yourself be.

This little guide is my attempt to hand you both halves of my life at once — the physics and the intuition — so you can feel, maybe for the first time, why the same force that moves love toward you also moves your money and your days. I hope it changes how you stand in the current.

With so much love,

*Dr. Sophia Trevenna*

SCIENTIST & INTUITIVE

Part One gives you the principles — in the language of physics, and in the language of Nature. Part Two shows you where it lives in love, life and money, with six practices you can begin today. Part Three gives you The Sacred Pause, a three-minute daily audit. Part Four turns one devotional week into direction. Part Five gives you the powerful ritual to guide and create your life beyond all you've known that took me seven years to distil.

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*Read it through once. Then come back and work it.*



# The Vessel and the Current

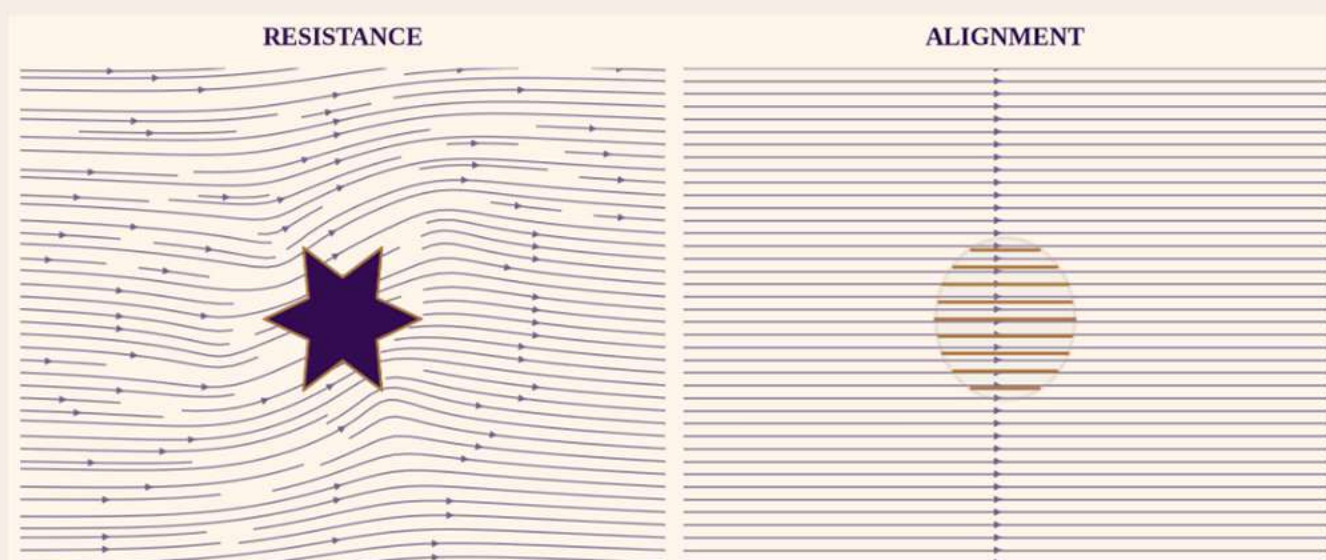
Picture any object placed in moving water or moving air — a boat's hull, a bridge piling, a wing. Engineers describe what happens to it with a small set of forces: pressure pushing against its surface, drag resisting its motion, buoyancy holding it up, and the current itself, always moving, indifferent to whether the object welcomes it or fights it.

Here is what thirty years of studying both fluid dynamics and the human soul has shown me: you are that object. And life force — call it energy, luck, love, Spirit, the Divine Feminine, Nature Herself, whatever words feel true to you — is the current. It is always moving through the world, through your relationships, through your bank account, through the day in front of you. It was moving before you were born, and it will keep moving after you're gone.

The only real question is not whether the current is there. It's what happens when it reaches you.



Every object placed in a current does one of two things. It resists — and the current turns to drag, pressure, turbulence, noise. Or it aligns — and the very same current becomes lift, ease, motion, momentum. Nothing about the current changes between these two outcomes. What changes is the shape and the openness of what it's moving through.



*Same current. Same forces. Two different vessels.*

# The Surfer and the Wave

The equations are one way to say it. Here is the other, and it is the one I actually live by.

Imagine the ocean as the energy of Nature Herself. Each of us is a surfer, bobbing on a board in the water. The surfer has total control of where she lines herself up with the waves. She can't control the waves — no way. But she can align with them. How she does so either knocks her off her board or sends her on the ride of her life.



All of Nature, the life-force energy of all of creation, is working in favour of keeping you on your soul's roadmap as you designed it. When we chase goals contrived by the mind — programmed by family, media, or society — it's like paddling where there are no waves. It takes forever. You may get nowhere at all, or go backward against a current trying to take you elsewhere. Either way, you'll get exhausted.

The same energy, used in alignment, would have catapulted you much further and been far more fun.

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*Only when we are aligned with our true nature as we try to move forward in life can a wave come and carry us.*



# A thing is alive — it has life force in it, it wants to take you somewhere — when you can feel these:

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## Expansiveness.

Your spine straightens and you feel an uplifting energy when you feel into doing it.

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## Signs, dreams, synchronicities

Related messages show up keeping it on your radar.

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## It presents a choice

When you try on not doing it, you feel a collapse, loss, or stagnation.

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When these appear, pay attention. That's a wave. Then you decide whether to ride it.

A caution worth carrying: the expansive next step is not always easier. Often it is much, much harder. Yet it is always the step that nourishes your soul's development.

# The One Variable That Decides It

There is one variable that decides which of these you get — in love, in your days, and in your money — and it is not confidence, or hustle, or having the right strategy. It's availability and alignment. How positioned you are to let the current carry you to the abundant life that is your birthright.

I call this intimacy, and I don't only mean it about romantic partners. Intimacy is your willingness to be met — by a person, by an unplanned turn in your life, by an amount of money bigger than you're used to holding. A closed, armored vessel doesn't let any of that in cleanly. It deflects love before it lands. It grips circumstances so tightly that ease has nowhere to move. It clenches around money instead of circulating it. The current is still there — you can feel it pressing at the walls — but almost none of it is actually reaching you.

*That pressure you keep calling stress, or bad luck, or “love just doesn't work out for me”? Often, it is simply current with nowhere to go.*

A solid, open, and aligned vessel is different. It has structure — it hasn't dissolved its definition, it hasn't gone formless — but it lets the current enter in and fill it rather than only rush around it. And when it does, the very forces that looked like resistance become what carries it forward.

This single dynamic — resistance versus alignment, armor versus intimacy — shows up everywhere your life force wants to move. But it shows up most visibly, and most repairably, in three places: how you love, how your days unfold, and how money moves toward or away from you.



# Love

You don't have to overhaul your whole life to feel this shift. You only have to notice, in each of these three places, where you've already armored up, allowed leaks, or angled out of alignment — often so long ago you accept this as “who you are” — and practice, in small deliberate moments, letting the current touch you in a new way.

Love is the most literal test of open, solid, alignment we ever face, because it requires being open and vulnerable where it is actually safe and nourishing, while also not leaking our energy away. Somewhere along the way, most of us learned to open where it's unsafe or close where it's safe, not because it worked for us, but because it was familiar.

*The current of love doesn't stop moving toward you because you're unlovable. It stops landing because you never learned to be in its current.*

## TRY THIS

### The Available to the Right Love Check

For the next three days, each time you connect with anyone — your own thoughts in the morning, a co-worker, your best friend — notice whether you gain or lose energy. Do you walk away from the connection with more energy than when you arrived, or less? Learning to recognize when a connection either expands us or depletes us is the beginning of recognizing if you live in the current of receiving love, or managing strained connections.

## TRY THIS

### The Unarmored Enjoyment

The next time you feel a truly expansive moment with yourself or someone else, lean into it. See if you can extend it by enjoying it, not rushing to the next thing, not cutting it short. Prolong the nice things you're saying to yourself, keep the conversation you're enjoying going with great questions, put aside what you were going to do next and take what's happening deeper. Savouring what does nourish us in connection naturally creates more of it in our lives.

# Life

Most of us were handed a version of achievement built entirely on masculine force: plan harder, control more, push until it happens. It works, to a point — force can produce a great deal. What it can't produce is ease, and it is exhausting to sustain, because it's only using half of the available current.



The other half — feminine force — doesn't plan a thing into existence. It creates space for the right thing to emerge, and trusts a timing it didn't design. The mind's goals, and goals borrowed from the minds of others, act like logs jamming up a river. They work against the Flow of Nature.

*A life in alignment isn't a life without effort. It's a life where effort and emergence work together like a bow and arrow, instead of effort trying to do the whole job alone.*

## TRY THIS

### The Power-With Check

Pick one area of your life right now where you feel stuck or exhausted. Ask honestly: am I trying to force this through sheer will (power-over), or am I actually collaborating with the timing, the people, and the resources already available to me, while also asking the Universe to deliver answers beyond those within or around me (power-with)? There's no wrong answer here — this is awareness, not a judgement. Just notice which one you default to, especially when you're afraid, pressured, or overwhelmed.

## TRY THIS

### The Emergence Practice

Choose one decision you've been over-planning — turning it over and over rather than acting when you know what's right, or allowing emergent answers when you truly still don't know. This is usually your fear, dressed up as more research. Set it down for 24 hours completely. Don't think about it on purpose. And ask to know at the end of the next 24 hours the next step to having your answer. The intellect determines the question. Intuition delivers an insight. Let it go and after 24 hours write down what you now know and what still needs to be answered. Let it go again and wait until new insights come. In a few days you should have all you need to make your decision in ways you could never have imagined.



# Money

Money is life force in its most literal, measurable form — it is quite literally meant to move, the way blood moves, the way rain moves. Yet most of us were taught to relate to it the way you'd relate to something scarce and dangerous: grip it, hoard it, control every drop. That grip doesn't just slow money down. It often blocks it from moving toward you at all, because a closed fist can't receive.

Real financial flow isn't recklessness. It's the same principle as everywhere else in this guide — structure with alignment. You can have excellent boundaries around money and still be in a flow relationship with it, rather than a fear relationship.



## TRY THIS

### The Money Flow Audit

Think of the last financial decision that made you anxious — spending, asking for a raise, pricing your own work, receiving a gift. Notice the physical sensation that came with it: was it gripping, tightening, closing? Or open, warm, expansive? You're not trying to only ever feel the second one. You're building the habit of noticing which one is running the decision.

## TRY THIS

### Possibility Before Practice

Before your next money decision, ask yourself three questions in this order, and don't let yourself skip to the second one early or dwell on it entirely. First: "if there were no rules about how this is supposed to be done, what would I actually want here?" Only after you've let yourself answer that fully, ask the second question: "okay — now, practically, how could that actually work?" Most of us ask the second question first out of habit, which quietly kills the first before it ever gets a voice. Finally ask, what would I want answered by this time tomorrow about this decision? Then let it go and allow intuition to deliver soul aligned insight beyond what the mind could tell you.



# Wherever You Are, You Are Not Behind

None of this requires you to become a different person. The current was never waiting for you to be different. It was only ever waiting for you to be reachable.

Wherever you are today — closed tight in one area of your life and wide open in another — you are not behind. You're simply in the middle of learning, like the rest of us, how to be a vessel that lets itself be moved.

And if you misstep and find yourself paddling on flat water, or knocked off your board for going against the Flow, it is so tempting to hide out rather than try again. But stagnation always makes life harder than trying even the tiniest increment forward.

## WHAT COMES NEXT

Understanding these principles changes very little on its own. What changes things is your data — real, gathered, unflinching data about the life you are actually living rather than the one you intend to live. The next three parts give you exactly that. A three-minute daily practice. One devotional week that turns what you gather into direction. And then the ritual that converts direction into a changed life, the one you truly desire, the one beyond all you've known.

# Finding Your True Compass

So how do we find our true compass of openness and alignment?

We first need to take inventory of our lives. In my decades of work, I've found that a devotional week taking conscious, focused inventory of the life we are actively living reveals what we really need to know.

Then once you have a solid grasp on the landscape of where you are in fulfilling intimacy with yourself, others, the flow of life, and money, the final step has all the fuel it needs to catapult you into true alignment.

## 01 · YOURSELF

Where you meet your own heart honestly — and where you look away.

## 02 · OTHERS

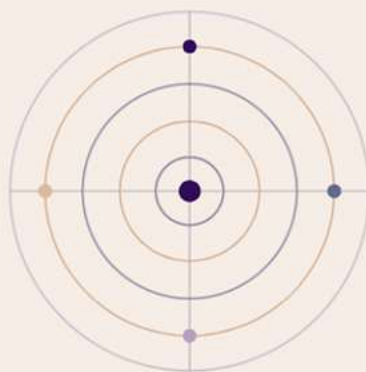
Where you are truly present with people — and where only your head shows up.

## 03 · THE FLOW OF LIFE

Where life moves for you with ease — and where you paddle on flat water.

## 04 · MONEY

Where your energy and your resources agree — and where they quietly don't.

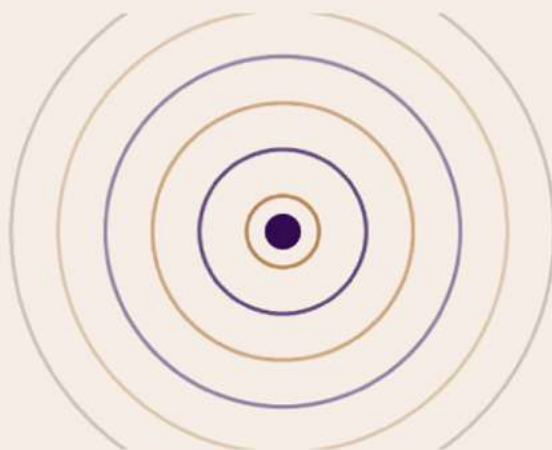


## YOUR DEVOTIONAL WEEK

Use The Sacred Pause on the pages that follow as your daily instrument. Seven days. By the end of the week you will not be guessing about your life — you will have gathered it.

# The Sacred Pause

*An audit of your life, taken 3–5 minutes at a time.*



Practice the entire audit once using this workbook to experience all the steps fully. Then use your favorite app or carry a small notebook so you can easily keep inventory of these steps and your experience for the next week.

Before you begin — three things to remember

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## I Pause after every experience.

Three to five minutes. That's all. This is an audit of your life, and it can change everything — it is how you step into the greater flow of love, life, and money.

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## II Find your stillness, even in a crowd.

You don't need an empty room. You only need a moment where you go within.

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## III Breathe into your belly and wake three senses at once.

Let your eyes trace the edge of a leaf. Listen to the rustle of someone walking past. Feel the fabric of your clothes between your fingers. Neuroscience shows that consciously monitoring three senses at once lifts you into your higher brain — and from there, you can take true inventory of what just happened.



# Did I gain energy, or lose it?

Read your body before you read your thoughts. Circle one. Then name what did it.

## I GAINED ENERGY

Spine straight. Shoulders back. Optimistic, full of life — possibilities wide open.

## I LOST ENERGY

Shoulders down. Back slumped. Overwhelmed or worried — possibilities closing in.

Describe what happened that specifically took or gave you energy.

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# More of this. Less of that.

Ask of everything that happened: "If this kept happening — again and again — would I love it, or would I not?"

## THREE THINGS I LOVED

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## THREE THINGS I DIDN'T

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# Was that a signal — or just my mind?

Notice any sign, synchronicity, or knowing that dropped in during the experience. Close your eyes and return to the moment you first felt it. As you focus on each, notice if it unfolds, loops, or evaporates.

## IF IT UNFOLDS — THAT IS INTUITION

New detail, new information, something revealing  
itself as you feel into it. Write it down.

## IF IT LOOPS — THAT IS YOUR MIND

The same thought repeating almost obsessively,  
or it evaporates the moment you look at it. Let  
it pass.

## WHAT UNFOLDED

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## GIVE THIS ONE WEEK

Stop and take these three steps after each experience for seven days, and you will hold an inventory of what is working in your life and what is not — enough to begin building real strategy. But that is the next step. For now, all we are doing is becoming aware. And sometimes awareness moves mountains on its own. Watch how the flow begins to rearrange itself for you before you take a single strategic action.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

# Why intimacy is the answer to being available and in alignment to the flow that leads love, life and money

In my work, intimacy is clarity of the heart's truth, and imbuing that clarity with life force energy, which is at its source, love.

Let me explain further. Have you ever heard someone talking but you knew their heart wasn't in it. Just their head was saying the words. They weren't even there with you, their energy was either absent or elsewhere.

Did you want to hear more? Did you move towards them? Did you want to take your energy elsewhere?



*This is how the flow of abundance of all things works. It goes where there is real engagement, real presence, real desire, real love.*

Those who are speaking from their heart, with their eyes and voices lit up, passionately sharing what they believe and feel in a way that you know comes from their heart — those are the people who gather everyone and everything to them.

This is intimacy. Clarity of who you really are, what you truly stand for, and what your heart deeply desires. When you have this inner intimacy, outer intimacy follows in the form of fulfilling relationships, the flow of life working for you, and money growing in abundance. Openness and alignment that rise from true intimacy with oneself creates openness and alignment to all other forms of intimate possibilities — ones imbued with real life force energy, with love.



# Statements of Transformation

When you complete your audit, create statements of transformation towards a deeper intimacy in any area of your life that you deeply desire. Look through all the data of the week and finish this prompt to write powerful intentions for transformation:

*For my life, I would love...*

## THE MOST IMPORTANT PART

List things you would have never noticed if you didn't do the audit. You know the obvious transformations you desire. But these subtle ones can often unlock so much more than the big ones. After your week, list at least 10. 20 is even better. Ensure you have transformations related to love, all areas of your life, and money.

*Here are some examples from actual life audits...*

More time to just sit in Nature

Longer lunches with friends

Less time at parties

Dates that are more restful

Longer time to pay my bills

Quieter mornings

Weekends that feel longer

Not having to feed the dogs

No longer cringing when I get an email from my ex

# For my life, I would love...

Aim for twenty. Mark L for love, F for the flow of life, M for money — and check you have all three.

|    |    |
|----|----|
| 1  | 11 |
| 2  | 12 |
| 3  | 13 |
| 4  | 14 |
| 5  | 15 |
| 6  | 16 |
| 7  | 17 |
| 8  | 18 |
| 9  | 19 |
| 10 | 20 |

# Ritual Seven

*I create my reality to nourish me and all life*



# Ritual Seven: I create my reality to nourish me and all life

Ritual Seven is the seventh ritual from my book, *Living from Inner Clarity - How to clear your energy and access your truth to live your freedom*.

What follows may seem simple. It took me seven years to perfect and distil into a form that works repeatedly. I am a scientist first, and I must have my own empirical, repeatable experience of something before I rely on it. This remains the single most powerful tool I have found for co-creating my life with Divine, benevolent energy that is waiting to support and hold me.

It answers the questions I hear most: How can I connect with my Guides? How can I listen to my intuition? How do I know if I'm making the right decision, or on the right path — how do I manifest — and how can I be sure I'm even asking for the right thing?

It can be done any time, as often as you feel called. I love doing it before I sleep, so that is the version here. Before bed, with a sincere and open heart, holding your neutral desire for truth above any one outcome, state:

*I create my reality to nourish me and all life.*

“Tomorrow, please let me know the next Divine step towards \_\_\_\_\_. Let me recognize each step with gentle ah-ha moments. Let me know exactly what to do and do so with ease and grace. If no action is required, please remove any thoughts or concerns regarding this from my field. I now go to sleep in gratitude, knowing all is well.”

I cannot emphasise this enough: every word matters, as does how you hold your energy when you say it.

That's why I wrote a whole book about it. You don't need to read it to have this work for you. Yet you may enjoy a deeper experience of the six rituals that accompany it as well as many examples of how it's been used to catapult lives into realities beyond where the mind alone could have taken them.

# Why Every Word Matters

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## 1 “The next Divine step”

Not asking for the final outcome. Asking for the *next step* to the final outcome. We want things solved fast, but it isn't always time for that — and there is always a next step when something is alive. Ask for the resolution and nothing may happen. Ask for the next step and something almost always does. The word Divine matters too: it ensures only pure higher helpers and steps aligned with Source can answer.

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## 2 “Gentle ah-ha moments”

Before I added this, the answers could be brutal. I once asked whether to end a relationship and the next day they ended it cruelly. I don't want to learn this way. An Angel asked me, how do you want to learn? My answer: gently. With consciousness, not crisis. Not blindsided, not hit over the head, not the house burning down to know it's time to move. This clause also ended years of hypervigilance about missing signs.

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## 3 “With ease and grace”

This ensures that if it can be easy, it will be. Yet the step will not always be easy — often it is much harder. But how we meet it can determine if we struggle through or feel equipped and empowered.

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## 4 “Remove any thoughts or concerns from my field”

The antidote to the ruminating mind. If there is nothing to do, I don't want to spend energy thinking about it. This clause also gives permission to stop manifestations driven by will that would work against what I call your soul's roadmap...the Divine plan you created for your life before you arrived here. Align with it and the current of life will carry you abundantly. Set intentions that go against it and experience backlash that reminds you be careful what you wish for. This final statement of removing it from your field if no action is required ensures your intentions are erased if they are out of alignment.

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# How to Fill In the Blank

Feel what your desired outcome would feel like — not what would bring that feeling, but the experience of it. Describing a specific outcome limits what can be brought to you that could fulfill the feeling, the actual experience, you desire. As my Mom would say: don't limit the Universe to its miracles.

## WHAT I ASKED FOR

## WHAT I CHANGED IT TO

A lease on a beautiful apartment

"The beautiful feeling of being cozy in a home that feels so me, and I feel safe and secure in."

*I began travelling the world, living in beautiful hotels and rentals across twenty-six countries. The whole world became home.*

My loving, beloved partner

"Cozy and loving intimacy that leads towards me eventually having a loving, beloved partner."

Making x dollars, or funding for a specific project

"Living in financial abundance for exactly what I am to do for my greatest life enjoyment and the highest good of all."

*That one was a game-changer.*

## READING WHAT COMES BACK

Usually within a few hours, sometimes a day, occasionally up to three. If nothing happens, there are only two possibilities — and one simple way to tell them apart.

No thoughts or concerns remain? No action is required. The ritual did exactly what you asked.

Concerns persist and nothing happens? Look closely at what you're asking for and refine it — usually toward a feeling end state rather than a specific thing.



# Trade Your KPIs for KDIs

KPIs is a corporate term many of the hundreds of CEOs I've worked with quietly adopt for their own lives. Most personal life goals are contrived from the mind, much as company goals are contrived to please investors — built from conditioning, society, and internal pressure rather than from your soul's roadmap.

Key Divine Indicators are different. They are the milestones representing where you are meant to be on your Divine path — steps in the unfolding of your unique life. KPIs and KDIs often look very different.

## ONE CLIENT'S STORY

She wanted to make \$500,000 that year. Her Guides said she was meant to make \$350,000. "That's exactly what I make," she replied.

Why did she want more? Because others her age in Silicon Valley were making that much. What did she actually need it for? After some thought — nothing, beyond savings and a bigger house she didn't want, having just moved somewhere she loved. Everyone earning that level was working more hours managing more people. And she wanted a baby. More hours and more people to manage doesn't leave the spiritual space for pregnancy.

She left blissed out, without a single thing in her life having changed — except replacing one KPI with a KDI.

Florence Scovel Shinn wrote in 1925 that many people are striving for things that do not belong to them, which would only bring dissatisfaction if attained. Have you ever got what you wanted, only to realise — oh no, this suuuucks?

*The beautiful thing about the wording of this ritual is that it eliminates the ability to go against your roadmap.*

# The current was never waiting for you to be different.

*It was only ever waiting for you to be reachable.*

My goal in life is to catch wave after wave after wave. To use my energy to align, not force. To use my will to co-create with Nature, not override Her.

If this guide resonated, I'd love to stay connected with you as we go deeper into this work together.

Dr. Sophia Trevenna

SCIENTIST & INTUITIVE · @DRSOPHIATREVENNA ·  
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Explore all my books and videos here and see which intuitively calls you deeper.