



mindvalley academy
masterclass

WORKBOOK

The Art of Flowdreaming

with Summer McStravick

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YOUR OFFICIAL MASTERCLASS GUIDEBOOK

Four Simple Tips To Get The Most Out Of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

Section I: The Lack Cycle

1) Reasons why you don't have what you want in your life:

- a.)
- b.)
- c.)
- d.)

2) In the world of what we are is what we give and what comes back to us.

3) It's never actually money that stops me from doing something. I am what stops me and money is the

4) Money is an energy.

5. Money for me means:

- a.)
- b.)
- c.)
- d.)

5) By changing the way I pre-act, I change the I expect from my life.

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Section 2: Flowdreaming And Flow Energy

- 1) We are all made up of energy moving along the path of least resistance.
- 2) If we change our emotional landscape every day, opportunities will start matching that — that's what alignment is.
- 3) Write down the biggest thought you've ever had in your life.
.....
- 4) Write down the biggest emotion you've ever had in your life.
.....
- 5) How much bigger is the feeling than the thought?
.....
- 6) is the way into that Flow emotion.
- 7) has much more energy than thought.
- 8) Write down how do you want to feel in three years' time:
.....
.....
.....
.....
.....

Section 4: Flowdream Exercise

- 3) What is your money story that comes up when you are in the Flowdream?
 - a.)
 - b.)
 - c.)
 - d.)

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Use this space for any additional notes you have:

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SUCCESS STORIES

“I am totally convinced that this is due to my Flowdreaming.”

Since I started seriously Flowdreaming, my car insurance policy for me and my college age daughter's car has gone from \$945 a month, for the two cars, to \$521 a month for both cars, and a fantastic home policy to boot! How often does that happen? I am totally convinced that this is due to my Flowdreaming, and I feel it is just the beginning of the financial success I've been looking for all my life.

~ DEBRA TREANOR

“Flowdreaming really works fast!”

Flowdreaming really works fast! Within weeks of starting the program, I received \$50,000 in funding for my shoe company, [thousands] of dollars worth of free materials from a supplier, and I'm currently in the process of generating another \$50,000. Professionally, my entire team has changed and is now filled with likeminded and uplifting individuals.

~ STEPHANIE NICORA FRYSLIE

“I was also awarded a full scholarship.”

I decided to go back to college after leaving school to work and start a family 20 years ago. I used Flowdreaming throughout the application process and stayed focused on creating the emotions I wanted to attract. Not only did the university easily readmit me as a student, I was also awarded a full scholarship totaling around \$30,000 for the year. Thank you Summer and [my] new flow family!

~ JESSICA BALLENGER

“I never gave up my Flowdreaming path.”

"My dear Summer, I have been listening to your tapes, reading your books and following you and your mother's advice for the past few years now. Even when things were not going so well for me, I never gave up my Flowdreaming path. I am happy to tell you my dreams came true on August 24th, 2010. I won \$1,452,130.64 at our local casino. Summer, I now have it all thanks to your Flowdreaming and my strong believing things will come. I have mentioned to many friends and my own daughters just how you have changed my way of thinking. I share your books and mp3s. Now I need to replace them!! Just hearing your voice everyday is power to me. There is so much more I could go on and on about, I just felt you should know what Flowdreaming has done for me. Now I can afford to someday see you live.

~ LYNN HUNTER

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SELF-REFLECTIONS

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

What are you most grateful for right now? Acknowledge how far you have come and everything you have accomplished.

How will you contribute to yourself and to those around you after you have learned to think in a way that creates success, attracts money and improves your relationships and health?

How will you change your life once you discover how to use the power of your mind to get what you desire?



To sign up for Flowdreaming, Summer's new course on Mindvalley Academy, please wait until we email you with the special offer link. Near the end of the masterclass, her new course will be offered at a special price as a thank you gift for class attendees.