In FLOW

A PERSONALIZED MONEY MAGIC + ABUNDANCE PRACTICE

with crystal from 8th house

What Is In Flow?

Some certified financial planners and advisors do the money math. They will pragmatically discuss money in, money out, and the implications. Some spiritual practitioners emphasize money manifestation. They will posit that the universe will provide after affirmations are written down on a new moon.

In Flow lives in the between and somewhere else.

We do money magic. We consider financial abundance to be more than the product of affirmations (have you repeated "I am wealthy" yet still get stressed at the gas pump?). We understand constraints are real things to be attentive to (the electric bill isn't waiting for mercury retrograde to end; grocery prices are real, not hypothetical). What we'll experience is a ***personalized money practice***. There will be tailored suggestions, ritual and intention, and space for self-reflection so this work is *yours*. We will consider money as practical, energetic, and spiritual. It can be uncomfortable, and that's OK. Money is taboo, yet we all use it. So, let's work it out. Because while bills are real, magic is too.

"THE UNIVERSE IS EXCEEDINGLY GENEROUS. WHEN A FARMER SOWS ONE SEED, A PLANT COMES FORTH THAT PRODUCES THOUSANDS OF SEEDS. IF YOU DESIRE ABUNDANCE, BE LIKE THE FARMER AND FIRST GIVE UP SOMETHING. WHATEVER YOU RECEIVE, KEEP A PORTION FOR YOURSELF AND SHARE A PORTION WITH OTHERS. BY ESTABLISHING YOURSELF IN THE FLOW OF GENEROSITY, WHATEVER YOU GIVE WILL COME BACK MANYFOLD."

SWAMI KRIPALU

The Format

The In Flow Intensive — $450

A brief intake form is completed prior to sessions. If anything requires clarity to ensure alignment prior to engagement in the program, a free 15-minute discovery call may be scheduled.

Three 90-minute sessions

- Session 1: The energetic and emotional audit. Your money story, your posture, your Why.
- Session 2: The practical session. Real numbers, real next moves, a real plan.
- Session 3: The integration portal. Reflections on readings, ritual, resistance.
- Between sessions: Practices and readings to help with being in the flow of generosity and abundance.

The Philosophy

1. Your Why is the foundation.
What do you feel you need financially, and why do you feel you need it? We explore the Why.
2. Generosity is abundance.
Giving out – time, resources, money, support, advice – helps with bringing in. We practice this regularly.
3. Magic and spirituality are connected.
This is financial spirituality. And, we intentionally co-create our reality and practice magic.
4. Worth is infinite. Value is specific.
Many people are underasking because they've confused the two. We separate them.
5. Gratitude is imperative.
Many people don't feel anything when they find a quarter in their car. We celebrate that gift.

WHAT IS MAGIC? WHEN I USE THE WORD MAGIC, I MEAN BEING INTENTIONAL. EVERY TIME YOU DECIDE HOW YOU SPEND, GIVE, SAVE, OR ASK – YOU'RE ENGAGING IN MAGIC.

The Baseline Agreement

Although this is a personalized journey, everyone who invests in In Flow agrees to fully participate in these five activities. Regardless of where the phone calls take us or what the reflections bring you, these five tasks are part of the work:

1. Identify your money story
2. Define your Why
3. Maintain a gratitude list
4. Begin an In Flow Practice
5. Read a selected book

In Flow is an experience in learning, unlearning, and growth. It is not a substitute for professional financial, legal, or mental health services.

Your In Flow Architect

I'm crystal. I'm not a financial advisor or certified money person. I'm not a therapist or a certified life coach. I also think it's important to point out that **I'm a real human**. This process was developed by me, not AI, and based on my real human experience. I *am* someone who has been broke and in debt, and is now debt-free (aside from student loans – that's a different story) and making more money working for myself than I ever did at a full-time job. This translates to more money in my community because I donate up to 15% of my earnings. That's part of my Why.

For years, I've used the same combination of practical strategy and energetic practice. I've helped people set rates they were afraid to name, secure funding for projects, and start believing that they deserve abundance. I also understand this work is happening in an environment where capitalism, racism, sexism, and other oppressive forces are very real. We are doing this work on this plane, in this reality...*and*, magic still lives here.

