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**IN THE FLOW...
BY CHRISTINE (CITRINI) WARE, Ph.D., E-RYT**

When I was a newer student in TriYoga, the phrase "being in the flow" was not as clear to me as it is now. At the time, I asked Kaliji what it meant. She answered:

In the Flow... ultimately means to be an instrument for the cosmic energy.

In the flow... to feel the flow of the postures

In the flow... to feel the flow of the breath

In the flow... to feel the flow in the mind is to have a clear, positive mind

In the flow... in life to do what you are meant to be doing

In the flow... to feel the energy, to feel good, to be happy

In the flow... is freedom of obstacles

In the flow... to surrender to the higher Self

In the flow... ah...

I have always kept her response. It says it all. It makes sense. It is so concise. It is so pure. It reveals the essence.

~ In the Flow ~

