

 Luke's Energy

Flow Technique (L.E.F.T.)

A simple and beautiful flow based on breathwork, visualization, reflection, silence and meditation to help you feel energized, grounded, balanced, inspired, in alignment with your values, and intentional about yourself and your actions.



Use this to build a powerful life, career, relationships, love, personal growth, business and family bonds, overcome ups and downs, feelings of sadness, negativity, disconnection with your spirit, difficult emotions and so on.



Best practiced during the start of your day which is your sacred hour. But can also be practiced in between your day.

Takes less than 5 minutes. Can extend it for longer in case you have time and wish to bask in feelings of bliss and lightness.

Can be done anywhere.

Step 1:

1. Sit back straight (or, lie down comfortably).
Use a cushion if you need to support your back.

2. Roll your shoulders back.

3. Tuck your chin in.

4. Close your eyes (if comfortable) and take a few deep belly breaths to recentre and anchor yourself to the present moment. Focus on a longer exhale to calm and relax yourself. This helps lower your cortisol and adrenaline levels.



Step 2:



Now with your eyes closed, ask yourself the following five reflection questions:

What do I want to receive today?

What do I want to give today?

How do I want to feel today?

How do I want to make others feel today?

Who do I want to be today?

Reflect on each of these questions without inhibitions and let the answers flow. These questions can also be printed and pinned on a board, refrigerator, cupboard or elsewhere.

Once you complete this technique, gradually move on with your day and morning rituals.

Do it with discipline and consistency. It is a powerful way to set a solid foundation for your day. Practice it yourself and self-realize.

Use it well and make it a part of your lifestyle.

You can also teach this to your kids.

With love and gratitude,

Luke Coutinho