

The
Flow
Journal

to Your

Rich
Life



SURRENDER (EXCERPT)

by Gabrielle Duchesne

Surrender

Now that we remember that divine timing is the only timeline that matters, it's time to surrender to it. I mean, *really surrender*. We know that surrender means letting go, releasing control, and trusting, but *how*?

If you allow me to insert myself in your journal real quick — I myself was extremely confused about this part for a very long time. How are you supposed to want something so bad, to visualize it, to believe in it, to have faith in it, to desire it so deeply that you *feel* into it, almost touch and taste it, attune to its frequency... and then pretend *not to care*? Make it make sense, right?

I later understood that I got all the first parts of the manifestation process right, but I had the last one wrong. It's not about pretending not to care. It's about letting go of the outcome.

But I'm sure you knew that — and it's easier said than done, right?

Here's the important twist.

Letting go of the outcome means you need to let go of the desired result, because the universe is calling you on this path to align you with what is truly meant for you. Is it going to be precisely what you want, in the exact way that you want it? Maybe. Maybe not. That's beside the point. The point is that it doesn't matter where you want to go — what matters is that you *want* to go. And it's that very desire — that want — that will bring you where you need to be. And it will turn out a thousand times better than you expected, I promise. You cannot even fathom how wonderful what God wants for you truly is, compared to what you imagine.

What you want



What God wants for you



So don't think for a second that all the visualization work we did at the beginning was for nothing. No, no, no. It may not look like it, but in fact, this whole journal is a testament to your faith. And surrendering truly is what seals the deal.

In fact, let's put it into practice some more.

Circle back to your biggest dream. What it is that you truly, truly want. What is the perfect manifestation outcome for this dream?

Now take a breath, and step out of your comfort fantasy-zone for a moment. Forget how your life "has to" unfold, and think of two different and equally beautiful timelines you could end up on as you pursue this dream. This might seem a little frustrating at first — and if it is, acknowledge that. It's okay to feel uncomfortable in front of potentially disappointed expectations. Because this is precisely the goal — to let go of expectations.

Let me give you a real-life example: as Billie Eilish was pursuing her dream of being a dancer, she uploaded her first song 'Ocean Eyes' to SoundCloud. Within hours, the song got 10,000 plays and Billie Eilish is now, well, Billie Eilish.

So stretch. How far or how wide could the universe take you as you pursue your dream? Use your imagination. Make it beautiful.

Scenario 1:

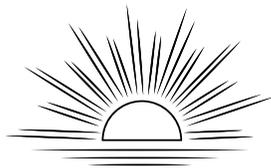
Scenario 2:

Good work.

Now time to let go of all three. Picture each timeline as a ball of energy. One after the other, feel them in your hands: their different texture, weight, and energy. Three paths open in front of you. You don't see where any of them lead. You set the first ball on its path until it disappears out of sight. And then the second one. As you are about to do it with the 3rd, you see a 4th path appear out of nowhere. Another ball of energy appears as well. You get curious about it, feel its texture, its weight, its unique energy. You don't know what it's about and you're okay with that. You throw both light balls onto their respective paths, and you let them go. You know they will come back to you in divine time.



Write this affirmation where you can see it and repeat it 3 times before you go to bed for the next 3 days.



I trust that my path is unfolding exactly as it should.

I have complete faith.

I am aligning with my highest calling.

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Now exhale.

You've done something so few people are willing to do — you've dared to dream, to believe, and now... to let go.

This is the moment when the Universe starts doing its best work. When you step aside, surrender, and trust — that's when divine orchestration begins. You are no longer forcing. You are now flowing.

You're in partnership with something far greater than your plans. Trust the Great Provider.

The seeds have been planted. The path has been blessed. And your timing is right. Everything is perfect, and it shall sprout in time.



***Thanks for
reading this sample!***

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You've earned too much good karma to be stuck in scarcity.
Harvest time is here.



Inside *The Flow Journal to Your Rich Life*, you'll:

- ✦ Cut to the root of limiting beliefs and scarcity patterns
- ✦ Rewire your relationship with money, energy, and self-worth
- ✦ Strengthen faith, gratitude, and embodied flow
- ✦ Anchor your Rich Life vision — and live it now
- ✦ Access 200+ practices, prompts and tools to elevate your frequency

Stop wishing for your rich life.

Make it happen.



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