



Come and play the Flow Game online



The Flow Game is a unique opportunity to give and receive wisdom on questions that are important to you. Its purpose is to ground, strengthen and bring clarity and flow to you, your life, your sense of purpose and resulting actions.

What people are saying: I emerged from the Flow Game feeling as if I had been to a metaphorical spa – body and mind eased, reset, and energised. Monica's warmth, humour and wisdom held a wonderful space for the whole group to capture and share insights – including our experience of meeting each other – sometimes beyond our awareness – deeply helpful as I move forwards in my work.



My invitation...

It always brings me great joy to Host players who are committed to their own growth and development and the Flow Game always brings powerful insights to those who play wholeheartedly.

We will gather together online for the afternoon. During our time together, we will take time to create a safe container...

What people are saying: I thoroughly enjoyed my first Flow Game. The cards appear to be telepathically inspired and the collaborative participation contributes to the clarity I got from this. Monica's excellent skill in the art of hosting is evident in her bounded but gentle approach to hosting. Along with Monica's generosity of spirit it was a very useful and enjoyable game. KG

Practical Details

WHEN: Saturday, 4 November – 14:00-18:00 (GMT)

WHERE: Online on Zoom

INVESTMENT: €150 + VAT

NEXT STEPS:

- Check in with your head, heart and gut to see if this invitation speaks to you
- Begin to identify a question that really matters to you

After booking I will send you joining instructions including how you can best prepare.

[Click here to email me to book](#)

What people are saying: I attended the Flow Game feeling scattered and flat and am now feeling a sense of revival of my spirit, mind, body, and soul. Although the game itself was there as a wonderful guide, it was Monica's brilliant and powerful creation of a safe container for four strangers to share intimately and authentically fundamental life questions we were grappling with. Thank you, Monica. FG

Going deeper: what the cards mean



Stag – North – Leadership

Having the courage to walk new paths and break new ground but also to return to the community and share what we have found.

Photo: cmonphotography on Pexels



Eagle – East – Vision

The creative and visionary parts of leadership and seeing the bigger context. It also stands for creativity.

Photo: Pixabay on Pexels



Mouse – South – Community

The ability to empathise, connect, inspire, engage, align, and attune with others. It also stands for warmth, closeness, and connection to the earth.

Photo: Pixabay on Pexels

What people are saying: My Flow Game experience, hosted by Monica Ross was beyond anything that I could have envisaged. I came with a question and curiosity ... and several hours later left with renewed energy, new connections, rich wisdom and insight and a deepening sense of purpose – in essence I experienced genuine Flow – both personally, as my inquiry revealed itself as each part of the game was played; and at a system level as our community engaged and opened itself to deeper learning. The experience of being ‘hosted’ in pursuit of your own learning and personal leadership was simply exquisite and deeply insightful - I felt I had travelled far and wide in just one game. I will definitely be back at the Flow Table soon. EG

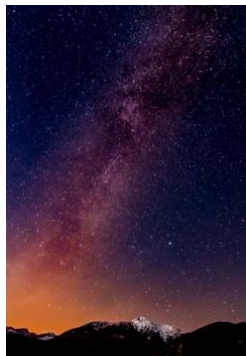
Going deeper: what the cards mean



Bear – West - Action

Action and drive. The ability to bring vision into meaningful action.

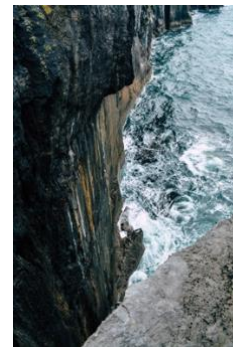
Photo: Jiří Mikoláš on Pexels



Heaven

Our higher or spiritual aspirations. That which is bigger or more than us.

Photo: Adi K on Pexels



Mouse – South – Community

Our ground, the down to earth aspects of life. The playfulness of the jester or trickster.

Photo: Andrea Koelink on Pexels

What people are saying: My experience of the Flow Game with Monica was a delight. Monica created a space for us to engage in a process that was deep but held lightly. She enabled us to contribute to each other's insights throughout the game in a way that I haven't experienced in a group before. The themes that I began exploring in the game and the reflections I received have stayed with me and continue to flow through my life. JF