

## Welcome to Flowsophy

Flowsophy is a hybrid of a counseling and coaching program designed by Merrill (more on myself, later). It seeks out your challenges within your comfort zone and transforms them into greatness outside your comfort zone.

I created this program for seekers, the outliers, and the sensitive souls.

The seeker explores beyond the scope of language, challenging definitions, and standard conventions. The seeker dreams and is imaginative. The seeker may come across as intense or difficult to understand because they are looking for depth to match their intensity.

The outliers struggle to fit in, and even when they find a group they are comfortable with, they find themselves the odd one out. The outlier aligns themselves closely when they see another outlier. However, an outlier needs its own space.

The sensitive souls want to be gentle and harmonious, especially in relationships. They can hurt easily, especially if they feel ignored. They may not like to be known as sensitive, but sensitivity is a powerful type of intelligence.

If you are in these categories and want to take the road less traveled, this program is especially for you.

“  
Seek the wisdom that will untie your knot. Seek the  
path that demands your whole being.

- Rumi

”

*move on if this program is for you...*



**1**

**You know there is something more you can offer, and sometimes, you can put the finger on it, yet you have not gotten down to it.**



**2**

**You seek excellence in more than one area of your life. People may describe you as successful in one area of your life, and you are grateful but want more.**



**3**

**You have the voice of a parental figure in your head that turns up and reacts unexpectedly, influencing your decisions. You seek to find independence from this voice.**



**4**

**The self-help books and videos have not helped create the desired change. You want a permanent change and not a temporary solution.**



# Principles of Flowosophy that we will work with

**Principle 1: Get out of your way. Instead of getting more out of life, we will look to get out of life's way and allow life to offer us more. We will take an empathetic stance on the things we avoid or hate.**

**Principle 2: Be deliberate in uncertainty. This principle includes things we desire and is different from a 'hoping and wishing it will work out' mindset.**

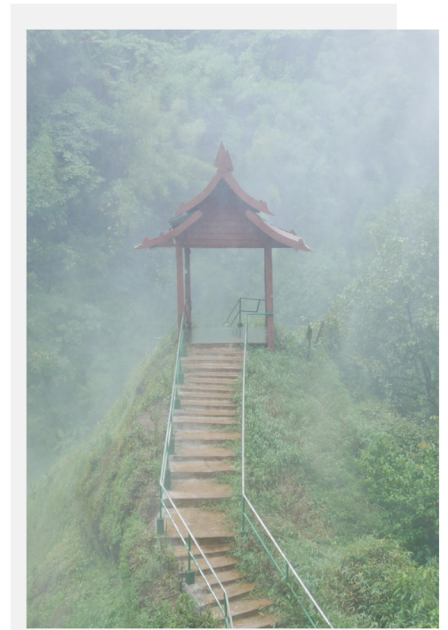
**Principle 3: Be responsible for only our feelings. Do not be responsible for anyone else's feelings, even those we love. We acknowledge this out of respect for the other person.**

**Principle 4: Life is paradoxical. The richer our lives become when we embrace the paradoxes in our lives.**

**Principle 5: Start with empty at the end. True greatness lies in a field that sits beyond our imagination.**

**Principle 6: If others can't see or acknowledge your greatness, it is not your problem.**

**Principle 7: There are always three parts to a relationship. You, me and the relationship. We should strive to understand what makes up a relationship.**



# A story on gardening

Here is a story to share how we will work together.

Imagine that you are a gardener and that you have a garden. Our work consists of examining four pillars.

The first examination is your **vocation** - What type of gardener are you? Growing up, what have you learned from other gardeners? We need to trace back time to see the footprints you left in your garden. Vocation beckons when a gardener knows what to do and how he relates to his garden.

The second examination is your **relationships** - between you and your garden. How do you relate with people that live in your garden? Who occupies your garden? Have they been overstaying? How have people left behind their impressions? What are the rules for people in your garden?

The third examination is your **wealth**. What you choose to sow and how you spend your time are actions you take to affect your crop output. How much attention and effort are you giving to keep your soil healthy or risk desertification. How else are you distributing your crop? The gardener is wealthy when he knows how to tend to his garden and understands the cycle of how his garden works.

The fourth examination is your **health**. What are the necessary conditions for your garden to thrive in light and darkness? Are you paying attention to your garden's current state? Are you avoiding parts of your garden?

With a gardener's consciousness, you spend most of your time thinking about your garden. When you look at the night sky from your garden, you sometimes slip back into reverie and remember that you, too, are the garden. The garden is your outer life. The gardener is your inner life.



# VOCA TION



TO BE IN SERVICE TO OUR DREAMS

ACKNOWLEDGING FAILURE AS AN  
OPPORTUNITY TO MOVE IN A  
DIFFERENT DIRECTION



WHAT IS MY OBLIGATION TO THE  
WORLD?

WHAT IS MY MYTH?





# RELATIONSHIPS



UNDERSTANDING THE THREE PARTS  
OF A RELATIONSHIP

EVERY RELATIONSHIP IS ABOUT  
RULES AND BOUNDARIES



DEALING WITH IDIOTS,  
INCLUDING OURSELVES

UNDERSTANDING THE ARCHETYPAL  
ROLE IN RELATIONSHIPS





# HEALTH



TAKING CARE OF OUR BODY

TAKING CARE OF OUR PSYCHE



TAKING CARE OF OUR ENVIRONMENT



AVOIDING TOXICITY





# WEALTH



AN ABUNDANT MINDSET

CREATING, TRADING, SERVING,  
STORING



ENJOYING THE JOURNEY

A CONSCIOUS WEALTH ATTITUDE







FLWSOPHY

**WITH OUR GOOD  
INTENTIONS, THE  
SONGBIRD FORGETS TO  
FLY, EVEN WITH THE  
CAGE DOOR OPEN.  
UNLESS WE SING, THE  
SONGBIRD'S SONG."**

*- Merrill D'Cruz -*

# *What is Flowsophy, and more about myself*

Flowsophy is a therapy created by myself, Merrill and one that I have been working on for the last fifteen years. It integrates both Western and Eastern Psychology.

Flowsophy is a part of me, as much as I am a part of it. Therefore, I feel the need to combine these two seemingly two sections into one.

I would like to say that I chose to be a counsellor but I know that counseling chose me. I know this because everytime I deviated from the course, life brought me to my knees to bring me back.

Flowsophy is more than a project, or a course. It is my life's work. It is every aspect of myself, my knowledge, my experience, and my gifts moulded into an experience that I know you will be profoundly challenged and enriched through the next 12 months.

During this 12 months, you will encounter forgiveness, solitude, discomfort, anger, ecstasy and bliss at a new level of reality.

Because, this is my life's work, it evolves as I continue to evolve. I devote my time and energy and therefore am selective, working with only a select group of people. It is therefore important for you to be selective as well - see if this program will be a fit for you, and if we can work together.

You will be playing at a higher frequency, beyond your level of imagination. What that is, I cannot say for sure. It is impossible to know. What I do know is that the goal we must set between ourselves is freedom.





# How does your story end?

## **Perhaps, this might have happened.**

Odysseus had led their men to battle. In the belly, their names are from Acamas to Thrasymedes. All the chiefs of Argives sat, benched together. In the mouth, two more - Apollodorus and Tzetzes. They were its eyes. There were no physical voices. Only sounds from the inside, namely chants of fear that echoed resoundingly from every part of their

body - bones, blood, or otherwise. But brave men knew no such fear. It was that that separated man from God.

It was a long journey. One of them had thrown up. It mixed with smell of wood from a cornel tree, the stench of sweat from their feet and under their arms. But it was not to be complained. They would return home victorious. The dead are remembered as heroes - those as big as giants and those as small as dwarfs. And the children of the dead carry with pride the honour of their fathers. The beast was impressive in stature but gentle. Its disposition and eloquence were familiar with its Belgian cousin, "the Shire". Suddenly, the movement had come to a stop. It could be that they had reached the gates. And then, there was light. From that moment on, it would serve as a reminder from Kings to Kings, governments to governments, from a mother to her child. Many years later, even the heavens would remember their names.

## **Perhaps, this might have happened.**

The bitter guzzling of barley and yeast meanders through ridges and valleys of queens; across regions such as the papillae while acknowledging the receptor sites. A bolt of lightning is quickly conducted to the solitary tract. A sudden reflex. It has traveled long and far, from the Czech Republic to the south of the border. But just as it settles into place and conformity, it begins to retract. "Friendly fire! Friendly fire!" The season of ignorance. Man has lost sense of his body. The eyes look but no longer see. The ears hear but no longer listen. The mind accepts at will but no longer thinks. Here we go again. Another drag and a smokescreen fill the passageway. It disperses itself within the grounds and the walls that hold them together. As if no other liquid in the world could quench his thirst. As if no other liquid in the world would satisfy his soul. The one who drinks knows.

## **Perhaps, this might have happened.**

The lady in the straw hat stands arched in the distance. And she disappears, but only for a moment. She promptly returns to the scene. After a series of successive appearances and disappearances, she stands motionless. The sun is now plastered across the sky, a crimson red against the pastel yellow background. Her eyes align with the creased lines on her forehead as she squints. In an intrepid motion, she extends her gaze towards oblivion. She has taken heart that she has first noticed the viewer. Her face is sunken and palest. She never had the good fortune of having rosy cheeks, not that it mattered. Her smile is impeccable, broad, and generous as she opens her mouth. No words escape. She beckons the viewer to come closer. Suddenly, she is not all that tall. Her expressions are vibrant and ecstatic, antagonistic to the clothes she fits in.

Strapped to her back in a woolen cloth is a child. The sweat from the mother dampens the back of the child's head; the child sleeps at peace without caution. Golden as the sun. The viewer gets close to the lady. Her figure becomes larger as the rest of the background fades away. Finally, she stops. Another child comes paddling after the lady. The little girl stops just a few steps behind her, almost inspired to see the viewer. The atmosphere becomes an arcane rhapsody. The viewer closes his eyes, and when he opens them, the lady, her child, and the baby are absent. What lies is the picture and the straw hat. - Merrill D'Cruz

*What is this life story that we are writing?*

THE STORIES WE TELL  
OURSELVES TELL US WHO  
WE ARE THE STORIES WE  
TELL OURSELVES TELL US  
WHO WE ARE THE  
STORIES WE TELL  
OURSELVES TELL US WHO  
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STORIES WE TELL  
OURSELVES TELL US WHO  
WE ARE THE STORIES WE  
TELL OURSELVES TELL US  
WHO WE ARE

# Write your own Manifesto

At the end of this course, you will have written your own Manifesto. Everyone should seek their highest form of self-expression. There exists a certain quality of humanity that exists in his/her story. We have seen it commonplace in the

Norse Seafarers as they explored and exploited human territory and will; the Nomads in the Desert as they drew resilience and comfort on the back of animal skin and the night stars that guided their way; the Tales of the Mahabharata over 3000 BCE that have fought for the human heart - tarnished, tainted and triumphed.

This is the same spirit that we have told stories of unity and division; that we have ventured outer space - the moon and beyond; inner space - the Higgs Boson element; that we have created both gods and demons; that has driven us to suicide and enlightenment. It is this same notion that we can question ourselves. With this same humility, you have made confident choices in the day, leading you to read this sentence. It is this reverence that will lead to manifestations in your life. At its feeble attempt, you can master aspects of yourself with this course. However, this is not my intention. I sincerely hope this course will guide you to completely dismantle yourself and dissolve the mess you are in so that you may be finally free - to be - to sing your song.

# How it works

## **WEEKLY CALLS (3 X A MONTH)**

During our session, we will discuss pertinent matters that come up during the week, or any issue that you might want to bring to the table. These are 1hr sessions.

## **MONTHLY DEEP DIVE SERIES**

Each month, I will assign you a task to go deep in your own reflections on some of the most profound questions that we need to ask ourselves in this life. I will provide you with readings and questions. Examples of these questions include: What is my Myth? What is my obligation to this world? What is my Shadow and how can I make it conscious?

## **MEASURE YOUR GREATNESS INDEX (1ST SESSION OF THE MONTH)**

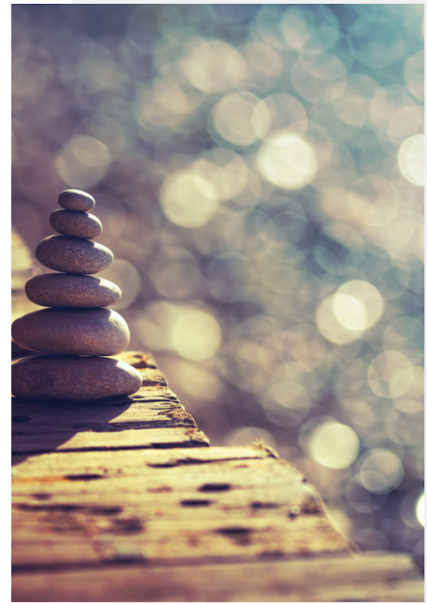
The first day of the month, we will have a two hour session where we will review your greatness index in the four pillars (Vocation, Relationships, Wealth, Health). The measure of your true greatness is at a level that is beyond your imagination.

# Your Commitment

**TURN UP FOR ALL SESSIONS.**

**COMMIT TO PARTICIPATING AT THE HIGHEST LEVEL EVEN IF YOU HAVE NO IDEA WHAT THAT IS**

**BUY A JOURNAL (HARD COPY ONLY) AND COMPLETE YOUR GIVEN TASKS**



Get in touch with Merrill to speak more about this program