Alchemy

Transforming individuals & organisations from within

Come and play the Flow Game Online

Wednesday 18 June 2025 – 2:00-4:30pm (GMT)

Flow Game as a Portal of Ancient Wisdom



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.

The Flow Game has been described as a portal of wisdom. The ancient wisdom of the Medicine Wheel with its 6 directions is combined with the authentic inquiry of each player creating the 7th direction, which in turn invites flow represented by the four rivers.

The concept behind the Flow Game consists of various well-known methods and processes, which have their own universal nature including dialogue, open space technology, art of hosting, insightful questions, inspirational quotes coaching, reflection practices and the Medicine Wheel structure. It is the combination of these that makes it unique.

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.*

About Monica



Many of my clients use the word “magic” or “intuitive” when they describe working with me. I have been blending energetic and intuitive ways of knowing into my coaching and supervision for almost 25 years.

I have a deep trust in the wisdom of the “knowing field” and our connection to it. The Flow Game, which was developed by a group of seasoned consultants practiced in the Art of Hosting, attracted me as a way to work with the “field”.

Each player in bringing and refining a question that is important and meaningful to them, through the quality of the interaction with their fellow participants, unleashes and activates the collective intelligence which results in life changing insights and commitment.

I believe that the quality of the relationship we co-create will determine the quality of the work we do together. I have a deep commitment to spending time on co-creating the container so that the quality of presence, connection, safety and openness allows what wants to emerge to emerge, individually and collectively.

My own experience of the Flow Game is that it has led me into greater integrity with myself and the courage to make life-changing decisions both personally and professionally, and I have seen similar results for other players who have been whole-hearted in their inquiry.

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 boundaried but gentle approach to hosting. Along with Monica's generosity of spirit it was a very useful and enjoyable game. KG*

Practical Details

WHEN: Wednesday, 18 June 2025 – 2:00-4:30pm (GMT)

WHERE: Online on Zoom

INVESTMENT: €125 (+ VAT if applicable)

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.

Please complete the attached Booking Form to secure your place.

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



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.



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



Mouse – South – Community

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



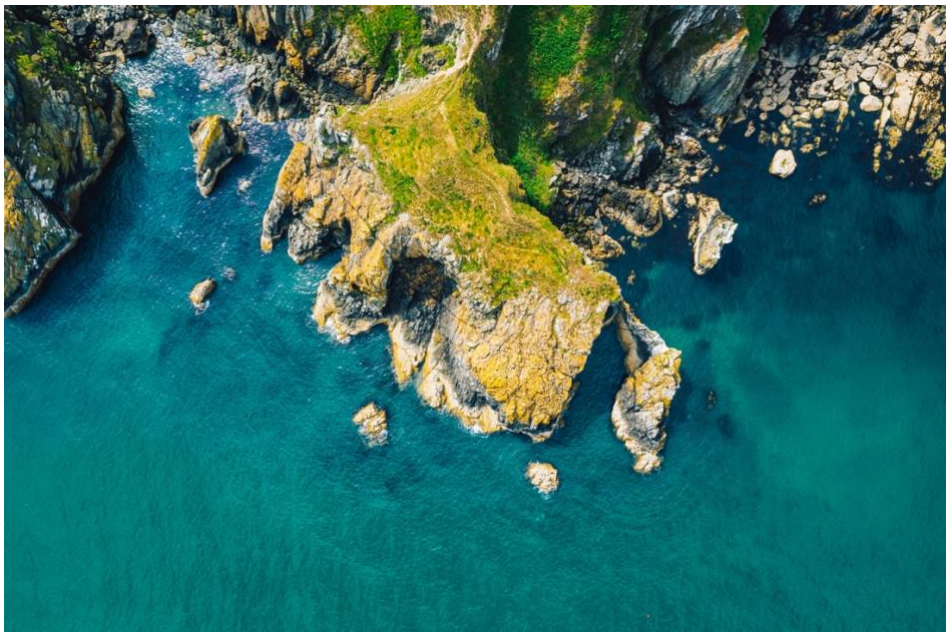
Bear – West – Action

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

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*



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



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

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*