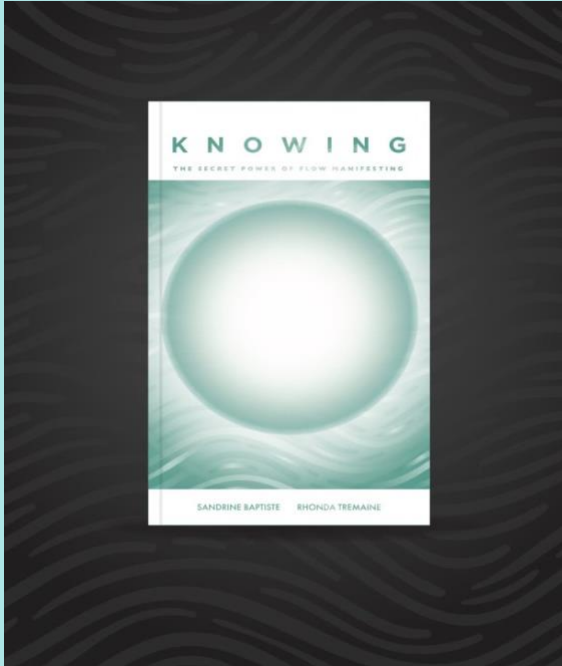


# KNOWING:

THE SECRET POWER OF FLOW MANIFESTING



## KNOWING

**Author:** Sandrine Baptiste and Rhonda Tremaine

For audiences interested in spirituality and/or self-help

**ISBN:** 978-0-9858647-3-6

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**This book addresses stress, worry and negative thinking by pointing the reader to awareness, a state of consciousness that can be reached by getting in touch with your inner knowing. The purpose of this book is to show the reader how.**

People want to live life without being affected by negative circumstances. They want to experience peace in a chaotic world, but wonder how they can achieve that peace. We explain how the desirable state can be achieved through getting in touch with the inner knowing, something that everyone has. When you do connect, you intuitively know just what to do because you are in the flow so the synchronicities flourish. Higher levels of consciousness will be reached, and quality of life will improve. Relaxation, presence and alertness are part of being in that state of awareness to which we point. This book is purposefully short, but is packed with exercises and ideas to allow the reader to lean into this comfortable space. Additionally, deep topics like falling in love and dying are addressed and resolved. The steps to achieving a state of flow is

provided in the final chapter on flow manifesting, which are uncovering passions, setting intentions, using affirmations the right way, visualizing through mental movie-making, living in the moment, and asking for answers. In this flexible book, the reader is not tied to any one method, but rather, creativity and self-discovery is encouraged.

### Reviewers Say

*@lightofconsciousness      TikTok review*

*"...see, this book is one I wish I'd read awhile back. It would have simplified a lot of things that I was going through at the time....takes you through a journey of self-realization."*

*Beth      Amazon review*

"I have spent 16 months processing my grief from the sudden loss of my son. This book, written in plain speak, was the culmination and summation of my journey thus far. It confirmed I am drawing strength from the right sources; the Higher Power, meditation, and Spirit."

### About the Authors

**Sandrine Baptiste** has relied on an inner knowing since she was a small child, something that defines her calling, which is to help people discover the gifts of looking within. Sandrine is a founder and managing partner at ENoetic Press where her connection to source drives every blog, publication, and event, and where she is able to leverage her talent for verbal and written communication. She is also a holistic coach, where her passion for connecting with people culminates in extraordinary and lasting results. Originally from Toulouse, France, Sandrine currently resides in central New Jersey. She moved to the United States soon after completing her studies at the Université de Toulouse-le-Mirail, where she majored in psychology.

**Rhonda Tremaine** has had a passion for astrology since she was a teenager. With assistance from the birth chart, she coaches individuals to explore their soul's evolution. Rhonda is also a founder and managing partner at ENoetic Press where she draws on her innate writing ability and love of marketing to help grow the business. Her commitment to helping others through promoting self-knowledge comes through in her work on the Everything Noetic blog, her books, and her astrological perspective. Rhonda has always lived in the New York City metropolitan area. She studied sociology at the City University of New York's Brooklyn College.