Figure 1

Original directed network
Numbers on arcs represent flow capacities - no more than 7 trains travel on road connecting 0 to B, for example.
Arrows illustrate flow direction
allowed for transport from 0 to T

*Make original RESIDUAL NETWORK
This is now an undirected network of RESIDUAL CAPACITIES.
I like to picture the trains for each road sitting at either their starting or endpoints.

Pick a path from 0 to T such that every arc has positive residual capacity. This is called an AUGMENTED PATH. The residual capacity of the path is the max flow it can tolerate. That is, how many trains of people can go on this route from 0 to T, e.g.

Path O - C - E - T
Max flow allowed on this path is min(4, 4, 6) = 4.

Think of trains getting through on your path. Adjust the residual capacities by subtracting 4 from the heads of each arc and adding 4 to the tail of each arc in the path. See Figure 4.

Pick another augmented path and adjust residual capacities
O - B - D - T.
Max flow on your path is min(9, 4, 9) = 4

See Figure 5
Augmented path
0 - A - D - T
maxflow on path
is min (5, 3, 5) = 3
Reduce residual capacity
on each arc of 0-A-B-T
by 3. See Figure 6.

Augmented path
0 - B - E - T
maxflow of min (2, 5, 3) = 2
on path
Adjust residual capacities
See Figure 7.

Augmented path
0 - A - B - E - D - T
maxflow of min (2, 1, 3, 5, 2) = 1

There are no more feasible
paths.