



The Flow State

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What is Flow?

Is the optimal state of consciousness a human can achieve. It is where we feel and perform at our best. Our brain filters out everything that is not necessary and focuses only on what is important at the time. Flow has been the target of high performing athletes, CEO's, entrepreneurs, professionals, artists and writers. It allows you to expand the possibilities of human performance and consciousness.

Flow State Symptoms

- Time dilation
- Feeling "In the zone" or "on fire"
- Laser focus
- Insane alertness
- Everything happens effortlessly
- Near perfect decision making
- Decreased sense of self
- Out of body experience

5 States of Flow

1. The Struggle Phase
2. The Release Phase
3. Flow State
4. Peak Flow State
5. Brain Rewiring and Memory Consolidation Phase.

What Happens to Your Brain while in a Flow State?

In Flow your brain releases a chemical cocktail with the following ingredients:

- Norepinephrine - hormone and neurotransmitter most responsible for concentration.
- Dopamine - neurotransmitter responsible for cognitive alertness.
- Endorphin – makes you feel good and activates the opioid receptor.
- Anandamide - makes you feel blissful; the name is taken from the Sanskrit word ananda, which means "bliss, delight".

Training to Get Better at Getting into The Flow State

Grow your focus:

Find a dark quiet place and sit in a comfortable chair or on the floor. For 10 min focus on a candle, pen light or take a piece of paper and draw a black dot on paper. Focus on that and nothing else. If your mind wanders, reel it back in. Do this 10 minutes a day, every day for 1 week. After the first week, add a minute every additional day until you reach 20 minutes total.

N.B:

The first time you do it, will be the most difficult. It's not fun but trust the process. You will feel like a crazy person, so don't do it in a coffee shop or at the local park.

Do more of these:

Creative: Drawing, writing, and sculpture are a few examples of creative activities
Athletic: Playing sports, lifting weights, going for a run, hiking in the mountains or canoeing.

Environmental: Pushing the your comfort zone and traveling to new places is often a great jumping off point for Flow.

Interpersonal: Getting deeply engaged in a conversation and meeting new people.

Project Based: Any project that involves deep focus, complexity and some harmless risk.



How to **Get into The Flow State**

In order to achieve flow state, there are common conditions that need to be met:

1. You need to care about the task at hand

Do something you love. Doing something you love can satisfy your mind's craving for something that's challenging but doable and something that you're good at.

2. The activity, job or task cannot be too easy or too difficult

A slight stretching of your skills, or attempting something that is a little more advanced than your current abilities, can foster a flow state.

3. Optimally, the activity should be something that you are good at

According to Csikszentmihalyi, flow is most likely to occur when your skill level is perfectly aligned to the challenge that the activity presents.

4. Minimise distractions

Multitasking and other distractions will disrupt the Flow state. Set aside a time and space that will allow you to work on a project without being interrupted or distracted. Turn off your phone, television or other devices that might pull you away from the task at hand.

5. Your mindset surrounding the task should be focused on the journey, not the destination

While having a goal is important, Flow requires enjoying the journey and not just fixating on the end product. Allow yourself to simply live in the present moment without worrying too much about the ultimate outcome of your efforts.

Achieving flow can be a pleasurable experience, but it may also have other benefits as well. Research suggests that the benefits of Flow include increased skill development and improved performance. Becoming more skilled and capable at a task can help improve our self-esteem in that area and give us a boost of self-confidence related to those skills.

Thank you for joining us and [learning all about FLOW!](#)