



# Flow History and Flow Foundations and Flow Science and Triggers

## Key Takeaways

- 1 Flow 101
- 2 Csikszentmihalyi's Big 6
- 3 Phenomenology Of Flow
- 4 Neurophysiology Of Flow
- 5 The Core Characteristics Of Flow
- 6 History Of Flow
- 7 Flow Is Trainable
- 8 22 Flow Triggers

## Quote:

“Flow is what people feel when they enjoy what they are doing when they don't want to be doing anything else. What makes flow so intrinsically motivating? The evidence suggests a simple answer: in flow, the human organism is functioning at its fullest capacity. When this happens, the experience is its own reward”

— Mihaly Csikszentmihalyi

## Exercise 1

### Flow Audit

See next page for details

## Exercise 1

### Flow Audit

1. What three periods of your life (at least one month long) did you experience the most flow?
2. What were the common denominators within those periods? (e.g. Living with friends, regularly practicing yoga, eating a ketogenic diet, meditating a lot)
3. What activity, as a child drove you most deeply into flow? (e.g. Soccer, martial arts, painting)
4. What recent activity drives you most deeply into flow? (e.g. Writing, snowboarding, speaking)
5. What 3 words describe your deepest flow states?

## Exercise 2

### Flow Audit

Schedule at least 90 mins this week for your Primary Flow Activity. Make sure you handle objections now. Clarify your intentions with people whose schedule will be affected and ask for their support. If you are worried that you won't follow through, ask a friend to join you. Make sure you plan well for this time. This is your rocket fuel for the week. Prioritize it.

## Glossary

**Complete Concentration:** Complete concentration on a limited field of information. Engagement, enjoyment and total absorption in right here, right now. Attention locked on the task-at-hand.

**The Merger of Action and Awareness:** That is the front edge of that “oceanic boundlessness”, that sense of oneness with everything. It means that sense of duality, that sense of being both an outside observer and an active participant in your life melts away.

**An Altered Sense of Time:** Technically, “time dilation”. Either time slows down, and we get that freeze-frame effect, of time speeds up, and five hours pass by in five minutes. Past and future vanish, and we are plunged into an eternal present, the “the deep now”.

**The Vanishing of Self:** Self vanishes. Our sense of self-consciousness as well. The inner critic is silenced. The voice of doubt disappears.

**Paradox of Control:** We have a powerful sense of control over the situation-often in a situation that is normally not (quite so) controllable. In this moment, we are the captain of our own ship, master of our destiny.

**Autotelic Experience:** “Flow is what people feel when they enjoy what they are doing, when they don’t want to be doing anything else. What makes flow so intrinsically motivating? The evidence suggests a simple answer: in flow, the human organism is functioning at its fullest capacity. When this happens, the experience is its own reward.” Mihaly Csikszentmihalyi

The Phenomenology of Flow (STER):

1. Selfless
2. Timeless
3. Effortless
4. Richness

## Glossary

### 80/20 of Emotional Intelligence:

1. Empathy
2. Active Listening
3. Imagination
4. Autopilot Awareness
5. Language Reprogramming

### The Core Characteristics of Flow

- Complete Concentration
- Merger of Action and Awareness
- Loss of Self
- Time Dilation
- A sense of Control
- Autotelic Experience
- Immediate Feedback
- Clear Goals
- A Balance Between Challenge and Skills

**Transient Hypofrontality:** "In flow, parts of the brain aren't becoming more hyperactive, they're actually slowing down, shutting down. The technical term for this is transient, meaning temporary, hypofrontality. Hypo - H - Y - P - O - it's the opposite of hyper means to slow down, to shut down, to deactivate. And frontality is the prefrontal cortex, the part of your brain that houses your higher cognitive functions, your sense of morality, your sense of will, your sense of self." -Steven Kotler

### The Networks of FLOW:

1. Salience Goes Up
2. Executive Attention Goes Up
3. Default Mode Goes Down
4. The DMN/Creative Issue

### Autotelic Personality:

1. Curiosity
2. Persistence
3. Low Self-Centeredness
4. High in Autonomy/Independence
5. High in Collaborative/Cooperative Tendencies

## Notes

## Lesson Resources

### Flow triggers:

1. [Rise of Superman](#)- By Steven Kotler
2. [Stealing Fire](#)- By Steven Kotler and Jamie Wheal
3. [Flow: The Psychology of Optimal Experience](#)- By Mihaly Csikszentmihalyi
5. [Group Genius](#) by Keith Sawyer

### Neuroanatomy of Flow:

6. [How enlightenment changes your brain](#)- By Andrew Newburg
7. [Functional neuroanatomy of altered states of consciousness: The transient hypofrontality hypothesis](#) by Arne Dietrich
8. [Neurocognitive mechanisms underlying the experience of flow](#) by Arne Dietrich
9. [Neural correlates of experimentally induced flow experiences](#) By Martin Elric

### Neuroelectricity of Flow:

10. [EEG Correlates of the Flow State: A Combination of Increased Frontal Theta and Moderate Frontocentral Alpha Rhythm in the Mental Arithmetic Task](#) By Kenji Katahira
12. [EEG theta waves and psychological phenomena: a review and analysis](#) By Daniel L. Schacter

### Neurochemicals of Flow:

13. [Exercise activates the endocannabinoid system](#) By Arne Dietrich
14. [The Moral Molecule: How Trust Works](#) By Paul Zak
15. [Satisfaction: Sensation Seeking, Novelty, and the Science of Finding True Fulfillment](#) By Gregory Berns
16. [The Molecule of More](#) By Daniel Z. Lieberman
17. [The Breakout Principle](#) by Herbert Benson
18. [Molecules Of Emotion: The Science Behind Mind-Body Medicine](#) by Candace Pert