



JOOL'S DEEP DIVE INTO PRESENCE - SESSION 4

Step Into The Flow

ANY TEXT HERE?

Flow or “optimal performance” is often associated with high level athletes, innovative thinkers, and other masterful performers. Flow is something almost everyone experiences from time to time in their lives.

Have you ever been so caught up in doing something challenging that you were, in fact, “lost in thought?” Your focus and concentration become intense. Your sense of both self and time slip away. You’re skillfully and joyfully immersed in the challenging task at hand? Finally, when you emerge from this elevated state, you can’t believe how much time has passed. *This is flow.*

The idea of the “stream” has long been a poetic stand-in for the flow of life. As you gently float along with the current, you need to be aware of each moment *as it’s happening*. Sometimes there may be upcoming rapids or a rock in your path. Flow combined with concentration and skill can help you conquer life’s problems like an athlete’s slam dunk.

Flow is more likely to occur when you’re immersed in a difficult challenge that requires your greatest expertise.

CHALLENGE #4

Take a moment to think back. Try to recall a time when you were “in the flow” -- athletes call it being “in the zone.” Think back to a time when you personally experienced this supercharged, out-of-time, elevated state of consciousness first-hand. *Was it while playing sports? Dashing off a late night essay you postponed to the last minute? People often lose track of time on their wedding day? What about 8 miles in on a wilderness day hike when a panoramic landscape first comes into view?* Whatever it might be, call it to mind and try to remember as many details about it as you can. *How did you feel? Was anyone with you? What were the circumstances that precipitated the experience? Are there aspects of it that you can bring to bear on your day-to-day challenges?*

☐ DID IT!