



# AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING

## FLOW – THE PSYCHOLOGY OF OPTIMAL EXPERIENCE – MIHALY CSIKSZENTMIHALYI

THIS SWPS™ 7 SERIES TOPIC – 4 FLOW PORTRAIT HOTSPOTS – 3 FINDING FLOW HOTSPOTS – FOR STRONG FOCUS  
YOUR EI/VBC'S® JUDGEMENT PATTERNS RESPONSE REPORT

ENTER YOUR CHOOSING/RANKING NUMBERS BELOW THAT YOU RECORDED ON  
YOUR 4 COMPLETED SWPS™ PORTRAITS LEFT TO RIGHT ORDER 1, 2, 3, 4 BELOW

**4 OUT OF 7 SWPS™ SERIES CHOICES:**

SWPS# 1 SWPS# 4 SWPS# 5 SWPS# 7

<b>4 CHOSEN</b>	<u>1</u>	<b>SUMMATION</b>	<u>1</u>	<u>7</u>
<b>SWPS</b>	<u>4</u>	<b>BOX (SB's)</b>	<u>2</u>	<u>5</u>
<b>PORTRAIT</b>	<u>5</u>	<b>#'s RANKING</b>	<u>3</u>	<u>4</u>
<b>#'s</b>	<u>7</u>		<u>4</u>	<u>1</u>

<b>4 CHOSEN</b>	<u>1</u>	<b>CONCLUSION</b>	<u>1</u>	<u>5</u>
<b>SWPS</b>	<u>4</u>	<b>BOX (CB's)</b>	<u>2</u>	<u>5</u>
<b>PORTRAIT</b>	<u>5</u>	<b>#'s RANKING</b>	<u>3</u>	<u>4</u>
<b>#'s</b>	<u>7</u>		<u>4</u>	<u>1</u>

RANK YOUR 4 SWPS CHOICES				
<b>4 CHOSEN</b>	<u>1</u>	<b>SWPS</b>	<u>1</u>	<u>4</u>
<b>SWPS</b>	<u>4</u>	<b>PORTRAIT</b>	<u>2</u>	<u>1</u>
<b>PORTRAIT</b>	<u>5</u>	<b>#'s RANKING</b>	<u>3</u>	<u>5</u>
<b>#'s</b>	<u>7</u>		<u>4</u>	<u>1</u>

### EI/VBC'S® TRANSFORMS REASONING HABITS

This new method of thinking, "2D <=> 3D perception & perspective shifting," reveals insights as you record both obvious and hidden judgments while you recognize your choice-making patterns. Ultimately, you're using your personal legacy of VALUES BELIEFS CONVICTIONS® (VBS's) that influence and define all aspects of your daily identity.

Use your EI/VBC's Choose-Rank-Reasons-Record-Retain (CR4™) pattern-revealing report to communicate multiple dimensions of meaningful feedback. Articulate new or evolved questions and possible unforeseen answers/solutions, as this SWPS™ series prompts you.

NAME (optional): WM

AFFILIATION (optional): \_\_\_\_\_

### OUR VISION: AN ONLINE SWPS™ PATTERN MATCHUP CENTER

Let's use AI to discover ways to meet humanity's needs and provide fulfillment. Together we can compel Change Agents and Influencers to build an online space where SWPS™ are correlated and matched-up by a beneficially focused algorithm. The possibilities for improving mental health at all ages of life are endless and may build an exciting new frontier of hope, positivity, and unity.

Yes! This SWPS™ Series motivated me to impact social media/digital tech's future development. I am sending my CR4™ response report & my selected 4 SWPS™ with my feedback/suggestions to the email below.

**INFO@EIB4AI.COM**

© 2022- Meysing Match-up Mechanisms, LLC



**EXPERIENTIAL INTELLIGENCE (EI) & VALUES BELIEFS CONVICTIONS® (VBC'S)**

EI includes everything experienced from "womb to tomb" that impacts & shapes human self identity Choose/Rank Judgment Patterns. VBC's® define your personal legacy of "senses driven" ability to perceive and interpret everything you experience 24/7 as either a Positive/Uncertain/Negative encounter in life. A SWPS™ 7 Portrait Series Choose & Rank Thinking Tool provides a comprehension leap forward in better understanding the influences on one's life with your EI/VBC's Judgement Patterns decisions.

(1) The constant autonomic (unnoticed) perspective shifting with 2D<=>3D perception greatly influences interpreted meaning of any digital or printed image.

(2) The merging of Human General Intelligence Q&A thought and reasoning (HGI) with AI generated Artificial General Intelligence (AGI) programmed Q&A "thought" that creates our thinking identity.

**FLOW + FINDING FLOW – EMPOWERING SYNERGY**

Best-selling book author – Mihaly Csikszentmihalyi revamped, condensed and reordered the focus of his 1990 best-selling book FLOW – THE PSYCHOLOGY of OPTIMUM EXPERIENCE and in 1997 released FINDING FLOW – THE PSYCHOLOGY of ENGAGEMENT. This provided both old/new generations of knowledge seeking readers to connect with this author's "LIFE ENHANCEMENT DISCOVERY" topic content. If this SWPS 7 Series that has integrated insightful hotspots as portraits from both FLOW and FINDING FLOW resonates – stimulates – justifies further reading for you – find a used copy of this author's book FLOW and thumb through the chapters titled: the conditions of flow, the body and flow, the flow of thought, work as flow, enjoying solitude and other people, cheating chaos and the making of meaning. You will find some of the content in FINDING FLOW presented with more self-insightful detail in his earlier published book FLOW.

**HOW TO COMPLETE A SWPS SERIES™ FOR AWARENESS ENHANCEMENT****CHOOSE 4 SWPS PORTRAITS**

Skim/read the statements positioned around the RTH thinking head clockwise, 1,2,3,4 (or 1-8). Then scan the content in the Summation Boxes (SB) and Conclusion Boxes (CB) on each SWPS Portrait. Review all 7 SWPS Portraits in this series. Choose your 4 favorite SWPS Portraits and note this in the upper right hand corner of your chosen SWPS Portraits. 1st "✓" here to CHOOSE this SWPS \_\_\_\_

*chose 1,4,5,7*

**REASONS NOTES**

What new interpretive EI/VBC's insights have appeared? Write what you deem important on the feedback lines at the bottom of each chosen SWPS portrait.

EI/VBC's Judgement Insights:

**RANK YOUR 4 SWPS PORTRAITS 1-4**

Was it more EI self-awareness satisfying NOW to use your evolved complete brain focus as you rank your 4 chosen SWPS Portraits, 1-4, of this series?

Rank given to this SWPS:

*1 4 2 1 3 5 4 7*

Now **RANK** the 4 Summation Boxes (SB) on the 4 SWPS Portraits you chose.

Rank this Summation Box: 1 *7* 2 *5* 3 *4* 4 *1*

Now **RANK** the 4 Conclusion Boxes (CB) on the 4 SWPS Portraits you chose.

Rank this Conclusion Box: 1 *1* 2 *5* 3 *4* 4 *7*

**RECORD/RETAIN**

Now **RECORD** the choosing/ranking numbers (#'s) from completing this SWPS Series on the Response Report (page 10). **RETAIN** your 4 chosen SWPS Portraits and Response Report for future reviews to enhance your life success and satisfaction.



**SHARE** your recorded EI/VBC's Judgement pattern report with others. Email your 4 SWPS and Response Report with your comments to **INFO@EIB4AI.COM**

Go to **www.EIB4AI.com/NOWWHAT** for further uses and suggestions.

**TAKE A MINUTE TO REFLECT**

Were you aware of any 2D<=>3D mental intentional shifting as you read the RTH Thinking Head statements? Can you recognize if you engaged your whole brain to choose your 4 SWPS Portraits? Were you aware of your EI/VBC's Judgements forming in your thoughts? Did your reasoning go from left brain to right brain and back and forth as you ranked the SB's 1-4, CB's 1-4, on your 4 chosen SWPS?



# Shared Wisdom Patterns Snapshots™ (SWPS™ #4)

Flow – Mihaly Csikszentmihalyi  
The Psychology of Optimal Experience

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS \_\_\_\_\_

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

Rank this Summation Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## SUMMATION BOX (SB): HAPPINESS CAN'T BE PURSUED/IT CAN ONLY ENSUE

Like all adventures worth having, it will not be an easy one. Without some intellectual effort, a commitment to reflect and think hard about your own experience, you will not gain much from what follows. Optimizing our experiences (Flow) will examine the process of achieving happiness through control over one's inner life.

Book  
Pages  
6, 7

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

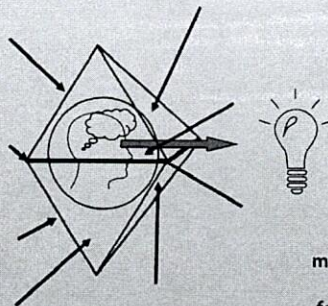
1. We shall begin by considering how consciousness works, and how it is controlled (chapter 2), because only if we understand the way subjective states are shaped can we master them. Everything we experience—joy or pain, interest or boredom—is represented in the mind as information. If we are able to control this information, we can decide what our lives will be like.

8. Finally, the last step will be to describe how people manage to join all experience into a meaningful pattern (chapter 10). When that is accomplished, and a person feels in control of life and feels that it makes sense, there is nothing left to desire. The fact that one is not slim, rich or powerful no longer matters. The tide of rising expectations is stilled: unfulfilled needs no longer trouble the mind. Even the most humdrum experiences become enjoyable.

7. Many lives are disrupted by tragic accidents, and even the most fortunate are subjected to stresses of various kinds. Yet such blows do not necessarily diminish happiness. It is how people respond to stress that determines whether they will profit from misfortune or be miserable. Chapter 9 describes ways in which people manage to enjoy life despite adversity.

6. Most people spend the largest part of their lives working and interacting with others, especially with members of their families. Therefore it is crucial that one learns to transform jobs into Flow-producing activities (chapter 7) and to think of ways of making relations with parents, spouses, children and friends more enjoyable (chapter 8).

2. The optimal state of inner experience is one in which there is order in consciousness. This happens when psychic energy—or attention—is invested in realistic goals, and when skills match the opportunities for action. The pursuit of a goal brings order and awareness because a person must concentrate attention on the task at hand and momentarily forget everything else. These periods of struggling to overcome challenges are what people find to be the most enjoyable times of their lives (chapter 3).



3. A person who has achieved control over psychic energy and has invested in consciously chosen goals cannot help but grow into a more complex being. By stretching skills, by reaching toward higher challenges, such a person becomes an increasingly extraordinary individual. To understand why some things we do are more enjoyable than others, we shall review the "conditions of the Flow experience" (chapter 4).

4. "Flow" is the way people describe their state of mind when consciousness is harmoniously ordered, and they want to pursue whatever they are doing for its own sake. In reviewing some of the activities that consistently produce Flow—such as sports, games, art, and hobbies—it becomes easier to understand what makes people happy.

5. But one cannot rely solely on games and art to improve the quality of life. To achieve control over what happens in the mind, one can draw upon an almost infinite range of opportunities for enjoyment—for instance, through the use of physical and sensory skills ranging from athletics to music to yoga (chapter 5), or through the development of symbolic skills such as poetry, philosophy, or mathematics (chapter 6).

Rank this Conclusion Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## CONCLUSION BOX (CB): OPTIMIZING EXPERIENCES DETERMINES CONTENT OF YOUR LIFE

Thus FLOW will explore what is involved in reaching these aims. How is consciousness controlled? How is it ordered so as to make experience enjoyable? How is complexity achieved? And lastly, how can meaning be created? The way to achieve these goals is relatively easy in theory, yet quite difficult in practice. The rules themselves are clear enough, and within everyone's reach. But many forces, both within ourselves and in the environment, stand in the way. It is a little like trying to lose weight: everyone knows what it takes, everyone wants to do it, yet it is next to impossible for so many. The stakes here are higher, however. It is not just a matter of losing a few extra pounds. It is a matter of losing a chance to have a life worth living.

Book  
Pages  
6, 7

Gained EI/VBC's insights:

My life is for full of moment to moment  
interrupted - Asks robot calls from doctors  
about Apple. My expertise / The SWPS lives program  
Staffing Consultant Personal life keeping in  
touch - Something - a lot of things have to be  
refocused/controlled to create a space for  
cultivating more Flow with this balance.



# Shared Wisdom Patterns Snapshots™ (SWPS™ #1)

Flow – Mihaly Csikszentmihalyi  
The Psychology of Optimal Experience

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

Rank this Summation Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## SUMMATION BOX (SB): *HAPPINESS CAN'T BE PURSUED/IT CAN ONLY ENSUE*

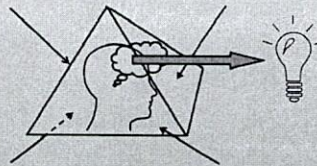
Despite the fact that we are now healthier and grow to be older, despite the fact that even the least affluent among us are surrounded by material luxuries undreamed of even a few decades ago (there were few bathrooms in the palace of the Sun King, chairs were rare even in the richest medieval homes, and no Roman Emperor could turn on a TV set when he was bored) and regardless of all the stupendous scientific knowledge we can summon as well, people often end up feeling that their lives have been wasted, that instead of being filled with happiness their years were spent in anxiety and boredom.

Book  
Pages  
1, 2

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Twenty five years before I began to write these lines, I made a discovery that took all the intervening time for me to realize I had made it. To call it a "discovery" is perhaps misleading, for people have been aware of it since the dawn of time. Yet the word is appropriate, because even though my finding itself was well-known, it had not been described or theoretically explained by the relevant branch of scholarship, which in this case happens to be psychology.

2. I "discovered" that happiness is not something that happens. It is not the result of good fortune or random chance. It is not something that money can buy or power command.



4. Yet we cannot reach happiness by consciously searching for it. "Ask yourself whether you are happy," said J.S. Mill, "and you cease to be so." It is by being fully involved with every detail of our lives, whether good or bad, that we find happiness, not by trying to look for it directly.

3. It does not depend on outside events, but rather on how we interpret them. Happiness is, in fact, a condition that must be prepared for, cultivated, and defended privately by each person. People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy.

Rank this Conclusion Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## CONCLUSION BOX (CB): *OPTIMIZING EXPERIENCES DETERMINES CONTENT OF YOUR LIFE*

Viktor Frankl, the Austrian psychologist, summarized it up beautifully in the preface to his book MAN'S SEARCH for MEANING: "don't aim at success – the more you aim at it and make it a target, the more you're going to miss it. For success, like happiness, cannot be pursued; it must ensue... As the unintended side-effect of one's personal dedication to a course greater than oneself."

Book  
Pages  
1, 2

So for us older generation – versus younger generations – that will not be with their nature  
Gained EI/VBC's insights:  
Life age span for many years – what will  
Life enrichment & later "require" – At will do a  
lot but how about the self-identity  
personality of each of us – How do we feel who  
collect, store, recollect, & treasure we are?



# Shared Wisdom Patterns Snapshots™ (SWPS™ #5)

Finding Flow – Mihaly Csikszentmihalyi  
The Psychology of Engagement with Everyday Life

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS \_\_\_\_\_

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

Rank this Summation Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## SUMMATION BOX (SB): *HAPPINESS CAN'T BE PURSUED/IT CAN ONLY ENSUE*

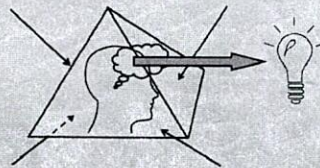
When attention is focused, minor aches and pains have no chance to register in consciousness. Again, with time and day as with the other parameters of life, it is important to find out what rhythms are most congenial to you personally. There is no day or hour that is best for everyone. Reflection helps to identify one's preferences, and experimentation with different alternatives—getting up early, taking a nap in the afternoon, eating at different times—helps to find the best set of options.

Book  
Pages  
47, 48

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. In all of these SB Box examples, we proceeded as if persons were passive objects whose internal states are affected by what they do, whom they are with, where they are, and so forth. While this is true in part, in the last analysis it is not the external conditions that count, but what we make of them.

2. It is perfectly possible to be happy doing housework with nobody around, to be motivated when working, to concentrate when talking to a child. In other words, the excellence of daily life finally depends not on what we do, but on how we do it.



4. Most of us are much more responsive to the situations in which we find ourselves, thus the first step in improving the quality of life is to pay close attention to what we do every day, and to notice how we feel in different activities, places, times of day and with different companions.

3. Nevertheless, before looking at how one can control the quality of experience directly by transforming information in consciousness, it is important to reflect on the effects that the daily environment—the places, people, activities, and times of day—has on us.

Rank this Conclusion Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## CONCLUSION BOX (CB): *OPTIMIZING EXPERIENCES DETERMINES CONTENT OF YOUR LIFE*

Although the general trends will probably apply also in your case—you'll find yourself happier at mealtimes and most often in flow when in active leisure—there might also be surprising revelations. It may turn out that you really like being alone. Or that you like working more than you thought. Or that reading makes you feel better afterwards than watching television, Or vice versa on all these counts. There is no law that says we have to experience life in the same way. What is vital is to find out what works out best in your case.

Book  
Pages  
47, 48

How can really reflection occur - when it appears  
Gained EI/VBC's insights: every minute pop up occur AI assistance  
with them or that? Is this SWPS tool a innovative way  
to separate, gather, store and return to review their  
choices/works reports for reflection. Positively embrace than  
VBC's. Use the insights as they reject the AI  
era Fray of transformation of reality transformations.



# Shared Wisdom Patterns Snapshots™ (SWPS™ #7)

Finding Flow – Mihaly Csikszentmihalyi  
The Psychology of Engagement with Everyday Life

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

Rank this Summation Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## SUMMATION BOX (SB): *HAPPINESS CAN'T BE PURSUED/IT CAN ONLY ENSUE*

When goals are clear, feedback relevant, and challenges and skills are in balance, attention becomes ordered and fully invested. Because of the total demand on psychic energy, a person in Flow is completely focused. There is no space in consciousness for distracting thoughts, irrelevant feelings. Self-consciousness disappears, yet one feels stronger than usual. The sense of time is distorted: hours seem to pass by in minutes. When a person's entire being is stretched in the functioning of body and mind, whatever one does becomes worth doing for its own sake; living becomes its own justification. In the harmonious focusing of physical and psychic energy, life finally comes into its own.

Book  
Pages  
31, 32,  
33, 34

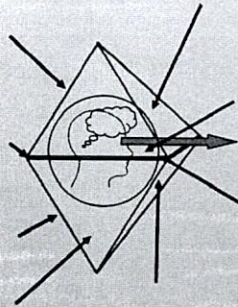
Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. It is the full involvement of Flow, rather than happiness, that makes for excellence in life. When we are in Flow, we are not happy, because to experience happiness we must focus on our inner states, and that would take away attention from the task at hand.

8. Flow is generally reported when a person is doing his or her favorite activity—gardening, listening to music, bowling, cooking a good meal. It also occurs when driving, when talking to friends, and surprisingly often at work. Very rarely do people report Flow in passive leisure activities, such as watching television or relaxing.

7. Or we feel too overwhelmed to imagine we could develop the appropriate skills, so we prefer to descend into the apathy engendered by artificial relaxants like drugs or alcohol. Or escaping to an almost endless variety of entertainment and diversion choices provided by AI. It takes energy to achieve OPTIMAL EXPERIENCES (FLOW), and all too often we are unable, or unwilling, to put out the initial effort.

6. Thus the Flow experience acts as a magnet for learning—that is, for developing new levels of challenges and skills. In an ideal situation, a person would be constantly growing while enjoying whatever he or she did. Alas we know this is not the case.



2. Only after the task is completed do we have the leisure to look back on what has happened, and then we are flooded with gratitude for the excellence of that experience—then, in retrospect, we are happy.

3. The graph in figure 1 (page 31) can also be read to indicate why Flow leads to personal growth. Suppose a person is in the area marked "arousal" on the graph. This is not a bad condition to be in; in arousal a person feels mentally focused, active and involved—but not very strong, cheerful or in control. How can one return to the more enjoyable Flow state? The answer is obvious: by learning new skills.

4. Or let us look at the area labeled "control" in this graph. This is also a positive state of experience, where one feels happy, strong, satisfied. But one tends to lack concentration, involvement, and a feeling that what one does is important. So how does one get back to Flow? By increasing challenges—thus arousal and control are very important states for learning.

5. The other conditions are less favorable presented in this graph. When a person is anxious or worried, for example, the step to Flow often seems too far, and one retreats to a less challenging situation instead of trying to cope.

Rank this Conclusion Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## CONCLUSION BOX (CB): *OPTIMIZING EXPERIENCES DETERMINES CONTENT OF YOUR LIFE*

Because almost any activity can produce Flow provided the relevant elements are present, it is possible to improve the quality of life by making sure that clear goals, immediate feedback, skills balanced to action opportunities, and the remaining conditions of Flow are as much as possible a constant part of everyday life.

Book  
Pages  
31, 32,  
33, 34

I have no doubt AS will enhance many areas of Flow for humanity. But what Gained EI/VBC's insights: Legacy of self-awareness judgement patterns are really the individuals - like their genius - a passing on of their heritage of Values, Beliefs, Conventions (VBC's) that are anchored in generations of their most influential honored Family + Friends

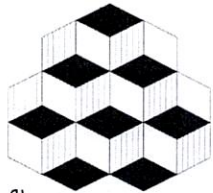




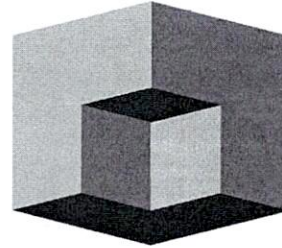
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

Connect with your self awareness to gain perspectives of your comprehension skills from whole brain, left brain, right brain that evolves complete brain thinking.

### Automatic Shifting Autonomous Reasoning

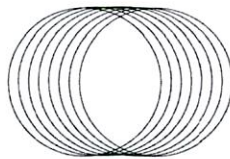


Black and White Cubes:  
The figure reverses so that either 6 or 7 cubes are perceived.  
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



With continued inspection, the 2D drawing shifts from a cube with a corner missing to a cube in the corner. (Source unknown)

Friendly tip: Turn this page 90° to the right to enable quicker shifting.



Series of Rings: Either end of the series of rings may be seen at the near or far end of a tube.  
(Sensation + Perception Pg 321, Fig 17.15d Schiffman)

### Intentional Shifting Rational/Intuitive Reasoning

#### SUMMATION BOX (SB):

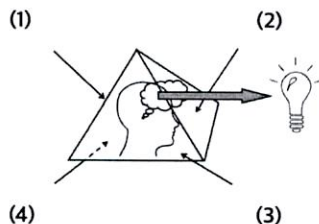
An introduction to the book's hotspot of the author's shared knowledge.

Reference  
Book's  
Pages

Read statements related to the hotspot topic clockwise, as they go around the 2D<=>3D RTH encapsulated thinking head.

#### 4-sided RTH

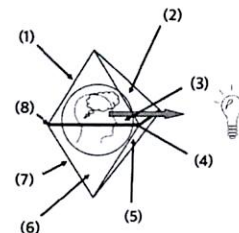
Thinking Head Commentary Collective



The RTH Thinking Head Commentary Collective (4 or 8 sided) transcends 2D<=>3D "this or that" perception habits and escalates a complete brain understanding for viewing. The SB and CB components of the SPWS Portrait allowing a Left to Right Brain - back and forth shifting.

#### 8-sided RTH

Thinking Head Commentary Collective



#### CONCLUSION BOX (CB):

Insights that add guidance to take action or a decision making process.

Reference  
Book's  
Pages

Retain these "Complete Brain" insights of awareness-shifting as you choose/rank your 4 chosen SWPS™.



# Shared Wisdom Patterns Snapshots™ (SWPS™ #2)

Flow – Mihaly Csikszentmihalyi  
The Psychology of Optimal Experience

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

Rank this Summation Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## SUMMATION BOX (SB): *HAPPINESS CAN'T BE PURSUED/IT CAN ONLY ENSUE*

Our perceptions about our lives are the outcome of many forces that shape experience, each having an impact on whether we feel good or bad. Most of these forces are outside our control. There is not much we can do about our looks, our temperament, or our constitution. We cannot decide—at least so far—how tall we will grow, how smart we will get. We can choose neither parents nor time of birth, and it is not in your power or mine to decide whether there will be a war or a depression. The instructions contained in our genes, the pull of gravity, the pollen in the air, the historical period into which we are born—these and innumerable other conditions determine what we see, how we feel, what we do. It is not surprising that we should believe that our fate is primarily ordained by outside agencies.

Book  
Pages  
2, 3, 4

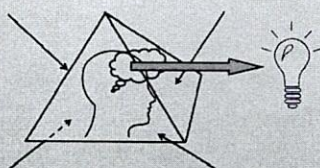
Experience intentional 2D=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Yet we have all experienced times when, instead of being buffeted by anonymous forces, we do feel in control of our actions, masters of our own fate. On the rare occasions that it happens, we feel a sense of exhilaration, a deep sense of enjoyment that is long cherished and that becomes a landmark in memory for what life should be like.

2. This is what we mean by OPTIMAL EXPERIENCE (FLOW).

It is what the sailor holding a tight course feels when the wind whips through her hair, when the boat lunges through the waves like a colt—sails, hull, wind, and seahumming a harmony that vibrates in the sailor's veins.

It is what a painter feels when the colors on the canvas begin to set up a magnetic attention with each other, and a new thing, a living form, takes shape in front of the astonished creator. It is the feeling a father has when his child for the first time responds to his smile.



*NOT Chase*

4. Contrary to what we usually believe, moments like these, the best moments in our lives, are not the passive, receptive, relaxing times—although such experiences can also be enjoyable, if we have worked hard to attain them. The best moments usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile. OPTIMAL EXPERIENCE (FLOW) is thus something that we make happen.

3. Such events do not occur only when the external conditions are favorable, however: people who have survived concentration camps or who have lived through near-fatal physical dangers often recall that in the midst of their ordeal they experienced extraordinary rich epiphanies in response to some simple events like: hearing the song of a bird in the forest, completing a hard task, or sharing a crust of bread with a friend.

Rank this Conclusion Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## CONCLUSION BOX (CB): *OPTIMIZING EXPERIENCES DETERMINES CONTENT OF YOUR LIFE*

Such experiences are not necessarily pleasant at the time they occur. The swimmers muscles may have ached during his most memorable race, his lungs might have felt like exploding, and he might have been dizzy with fatigue—yet these could have been the best moments of his life. Getting control of life is never easy, and sometimes it can be definitely painful. But in the long run Optimal Experiences (Flow) add up to a sense of mastery—or perhaps better, a sense of participation in determining the content of life—that comes as close to what is usually meant by happiness as anything else we can conceivably imagine.

Book  
Pages  
2, 3, 4

Gained EI/VBC's insights: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



# Shared Wisdom Patterns Snapshots™ (SWPS™ #3)

Flow – Mihaly Csikszentmihalyi  
The Psychology of Optimal Experience

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS \_\_\_\_\_

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

Rank this Summation Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## SUMMATION BOX (SB): *HAPPINESS CAN'T BE PURSUED/IT CAN ONLY ENSUE*

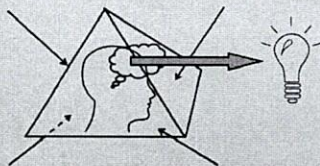
Because no branch of science deals with consciousness directly, there is no single accepted description of how it works. Many disciplines touch on it and thus provide peripheral accounts. Neuroscience, neural-anatomy, cognitive science, artificial intelligence, psychoanalysis and phenomenology are some of the most directly relevant fields to choose from; however, trying to summarize their findings would result in an account similar to the descriptions the blind men gave of the elephant: each different, and each unrelated to the others. No doubt we shall continue to learn important things about consciousness from these disciplines, but in the meantime we are left with the task of providing a model that is grounded in fact, yet expressed simply enough so that anyone can make use of it.

Book  
Pages  
25, 26,  
34, 40,  
41

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. With this framework in mind, what, then, does it mean to be conscious? It simply means that certain specific conscious events (sensations, feelings, thoughts, intentions) are occurring, and that we are able to direct their course—but this does not fully suggest the importance of what it conveys. Since for us outside events do not exist unless we are aware of them, consciousness corresponds to subjectively experienced reality. While everything we feel, smell, hear, or remember is potentially a candidate for entering consciousness, the experiences that actually do become part of it are much fewer than those left out.

2. We realize that the "I" or the "self" as we shall refer to it from now on, is also one of the contents of consciousness. It is one that never strays very far from the focus of attention. Of course my own self exists only in my own consciousness. The self is no ordinary piece of information, however. In fact, it contains everything else that has passed through consciousness: all the memories, actions, desires, pleasures, and pains are included in it. And more than anything else, the self represents the hierarchy of goals that we have built up, bit by bit, over the years. When a person is able to organize his or her consciousness so as to experience Flow as often as possible—even the usually boring routines at work become purposeful and enjoyable.



4. Flow helps to integrate the self because in that state of deep concentration consciousness is unusually well ordered. Thoughts, intentions, feelings and all the senses are focused on the same goal. Experience is in harmony. And when the Flow episode is over, one feels more "together" than before, not only internally but also with respect to other people and to the world in general. The self becomes complex as a result of experiencing Flow. Paradoxically, it is when we act freely, for the sake of the action itself rather than for ulterior motives, that we learn to become more than what we were. When we choose a goal and invest ourselves in it to the limits of our concentration, whatever we do will be enjoyable. And once we have tasted this joy, we will redouble our efforts to taste it again.

3. Following the Flow experience, the organization of the self is more complex than it had been before. It is becoming increasingly complex that the self might be said to grow. Complexity is the result of two broad psychological processes: differentiation and integration. Differentiation implies a movement towards uniqueness, towards separating oneself from others. Integration refers to its opposite: a union with other people with ideas and entities beyond the self. A complex self is one that succeeds in combining these opposite tendencies. Complexity is often thought to have a negative meaning, synonymous with difficulty and confusion. This may be true, but only if we equate it with differentiation alone.

Rank this Conclusion Box: 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

## CONCLUSION BOX (CB): *OPTIMIZING EXPERIENCES DETERMINES CONTENT OF YOUR LIFE*

Optimizing our experiences (Flow) is important both because it makes the present moment more enjoyable, because it builds the self-confidence that allows us to develop skills and make significant contributions to humankind. Even though there is no easy shortcut to Flow, it is possible, if one understands how it works, to transform life—to create more harmony in it and to liberate the psychic energy that otherwise would be wasted in boredom or worry.

Book  
Pages  
25, 26,  
34, 40,  
41

Gained EI/VBC's insights: \_\_\_\_\_



# Shared Wisdom Patterns Snapshots™ (SWPS™ #6)

Finding Flow – Mihaly Csikszentmihalyi  
The Psychology of Engagement with Everyday Life

1st "✓" here to CHOOSE this SWPS \_\_\_\_\_

Rank given to this SWPS \_\_\_\_\_

1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_

Rank this Summation Box: 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_

## SUMMATION BOX (SB): *HAPPINESS CAN'T BE PURSUED/IT CAN ONLY ENSUE*

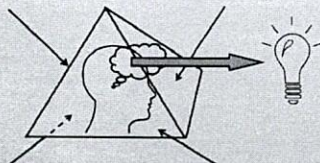
Rarely do we feel the serenity that comes when heart, will, and mind are on the same page. Imagine, for instance, that you are skiing down a slope and all your full attention is focused on the movements of the body, the position of the skis, the air whistling past your face, and the snow-shrouded trees running by. The run is so perfect that all you want is for it to last forever, to immerse yourself completely in that experience. If skiing does not mean much to you, substitute your favorite activity for this vignette. It could be singing in a choir, programming a computer, dancing, playing bridge, reading a good book. Or if you love your job, as many people do, it could be when you are immersed in a complicated surgical operation or a close business deal. Or this complete immersion in the activity may occur in a social interaction, as when good friends talk to each other, or when a mother plays with her baby.

Book  
Pages  
28, 29

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. What is common in such moments is that consciousness is full of experiences, and these experiences are in harmony with each other. Contrary to what happens all too often in everyday life, in moments such as these what we feel, what we wish, and what we think are in harmony.

2. These exceptional moments are what I have called Flow experiences. The metaphor of "Flow" is one that many people have used to describe the sense of effortless action they feel in moments that stand out as the best in their lives. Athletes refer to it as "being in the zone," religious mystics as being in "ecstasy," artists and musicians as aesthetic rapture.



NOT  
CHOOSE

4. Another characteristic of Flow activities is that they produce immediate feedback. They make it clear how well you are doing. After each move of a game you can tell where you have improved your position or not. With each step, the climber knows that he has inched higher. After each bar of a song you can hear whether the notes you sang matched the score. The weaver can see whether the last row of stitches fits the pattern of the tapestry as it should. The surgeon can see as she cuts whether the knife has avoided cutting any arteries.

3. Flow tends to occur when a person faces a clear set of goals that require appropriate responses. It is easy to enter flow in games such as chess, tennis, or poker, because they have goals and rules for action that make it possible for the player to act without questioning what should be done, and the same clarity of goals is present if you perform a religious ritual, play a musical piece, weave a rug, write a computer program, climb a mountain, or perform surgery. Activities that induce Flow could be called "Flow activities" because they make it more likely for the experience to occur. In contrast to normal life, Flow activities allow a person to focus on goals that are clear and compatible.

Rank this Conclusion Box: 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_

## CONCLUSION BOX (CB): *OPTIMIZING EXPERIENCES DETERMINES CONTENT OF YOUR LIFE*

Flow tends to occur when a person's skills are fully involved in overcoming a challenge that is just about manageable. Such optimal experiences usually involve a fine balance between one's ability to act, and the available opportunities for action. If challenges are too high one gets frustrated, then worried, and eventually anxious. If challenges are too low relative to one's skills one gets relaxed, then bored. If both challenges and skills are perceived to be low, one gets to feel apathetic. But when high challenges are matched with high skills, then deep involvement that sets Flow apart from ordinary life is likely to occur.

Book  
Page  
30

Gained EI/VBC's insights: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_