

EXPERIENTIAL INTELLIGENCE BEFORE ARTIFICIAL INTELLIGENCE



FINDING FLOW – MIHALY CSIKSZENTMIHALYI

THIS SWPS 7 SERIES™ TOPIC – THE PSYCHOLOGY OF ENGAGEMENT WITH EVERYDAY LIFE
 SHARED WISDOM PATTERNS SNAPSHOTS (SWPS™) HOTSPOTS OF 2D <=> 3D INSIGHT

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 comprehensional 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.

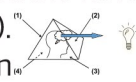
(2) The merging of Human General Intelligence Q&A thought and reasoning (HGI) with AI generated Artificial General Intelligence (AGI) programmed Q&A "thought" that creates our thinking identity.

FINDING FLOW – THE PSYCHOLOGY OF ENGAGEMENT WITH EVERYDAY LIFE

Just like all of us desire to find ways to enrich our lives. To engage in meaningful events that further our life purpose and happiness – Mihaly Csikszentmihalyi has published evolving breakthroughs of insight on the elusive phenomena of the human condition that he has named and defined as FLOW. For over 25 years this author has conducted extensive research and study – producing bestsellers – FLOW in 1990, CREATIVITY in 1996 and FINDING FLOW in 1997. His books are inspiring reads for anyone on a quest for more self-satisfaction and happiness in daily life by creating constant experiences of 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 ____

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

Rank this Summation Box: 1__ 2__ 3__ 4__

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

Rank this Conclusion Box: 1__ 2__ 3__ 4__

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?

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__ 2__ 3__ 4__

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.



AWAKEN EXPERIENTIAL INTELLIGENCE THINKING

FINDING FLOW – MIHALY CSIKSZENTMIHALYI

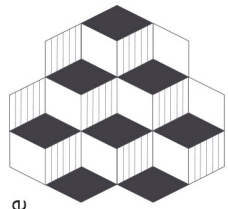
THIS SWPS 7 SERIES™ TOPIC – THE PSYCHOLOGY OF ENGAGEMENT WITH EVERYDAY LIFE

2D <=> 3D PERSPECTIVE SHIFTING OVERVIEW

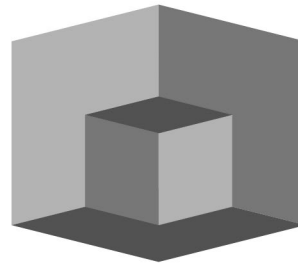
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

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

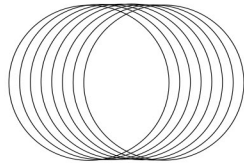


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



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):

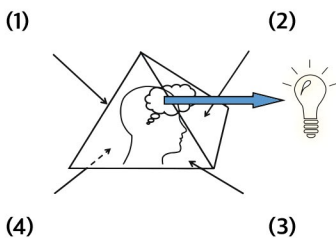
An introduction to the book's hotspot of the author's shared knowledge.

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

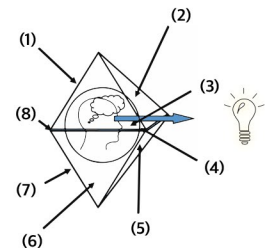
Thinking Head Commentary Collective



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 allow 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™.

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

"If we really want to live, we better start at once to try; if we don't, it doesn't matter, but we better start to die." – W.H. Auden

The lines by Auden reproduced above compressed precisely what this book is about. The choice is simple: between now and the inevitable end of our days, we can choose either to live or to die. Biological life is an automatic process, as long as we take care of the needs of the body. But to live in the sense of the poet means it is by no means something that will happen by itself.

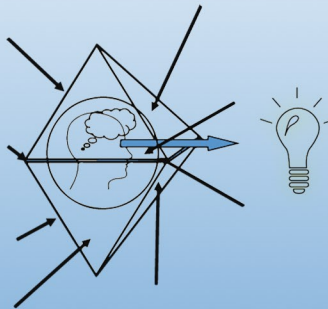
Book
Page
1

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

1. The fact everything conspires against us: if we don't take charge of its direction.

2. Our life will be controlled by the outside to serve the purpose of some other agency.

8. Not wasting our time and potential, taking charge of expressing our uniqueness, overcoming hindrances to finding ways to participate intimately in the complexity of the cosmos.



3. Biologically programmed instincts will use it to replicate the genetic material we carry.

7. We cannot expect anyone to help us live; we must discover how to do it by ourselves.

4. The culture will make sure that we use it to propagate its values and institutions.

6. Whether we infer that all the above is conspiring against us–no one will have regard to how any of this will affect us.

5. Other people will try to take as much of our energy as possible to further their own agenda.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

This book will explore ways of living in fullness. Relying as much as possible on findings from my own research, as well as on the wisdom of the past, in whatever form it was recorded. I will reopen the question of "what is a good life?" In a very modest fashion. I will try to stay as close to reasonable evidence as possible, focusing on the mundane, the everyday events that we typically encounter throughout a normal day.

Book
Page
2

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB):

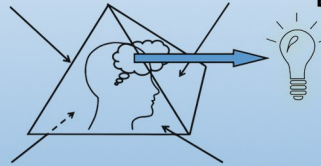
A concrete example of "living a good life" I will share below. Years ago my students and I studied a factory where railroad cars were assembled. The main workplace was a huge, dirty hanger where one could hardly hear a word because of the constant noise. Most of the welders who worked there hated their jobs, and were constantly watching the clock in anticipation of quitting time. Except for one of them. The exception was Joe, a barely literate man in his early 60s, who had trained himself to understand and fix every piece of equipment in the factory. At home, he and his wife built a large rock garden on two empty lots next to their house, and in it he built misty fountains that made rainbows—even at night. The hundred or so welders that worked at the same plant respected Joe. They asked his help whenever there was any problem. Many claimed that without Joe the factory might just as well close.

Book
Pages
2 - 3

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

1. Throughout the years, I have met many CEOs of major companies, powerful politicians, and several dozen Nobel prize winners—eminent people who in many ways had excellent lives, but none that was better than Joe's. What makes a life like his serene, useful and worth living? This is the crucial question this book will address. Three main assumptions underlie my approach.

2. The first is that prophets, poets and philosophers have gleaned important truths in the past, truths that are essential for our continued survival. But these truths have been expressed in the conceptual vocabulary of their time, so that to be useful, their meaning has to be rediscovered and reinterpreted every generation—the sacred books of Judaism, Christianity, Islam, Buddhism, and the Vedas are the best repositories of the ideas that matter most to our ancestors, and to ignore them is an act of childish conceit. But it is equally naïve to believe that whatever was written down in the past contains an absolute truth that lasts forever.



4. The third assumption is that if we wish to understand what real "living" entails, we should listen to the voices of the past, and integrate their messages with the knowledge that science is slowly accumulating. The only path to finding out what life is about is a patient, slow attempt to make sense of the realities of the past and the possibilities of the future as they can be understood in the present.

3. The second plank on which this book is built is that currently science provides the most vital information to humankind. Scientific truth is also expressed in terms of the worldview of the times, and therefore will change and might be discarded in the future. There is probably as much superstition and misunderstanding embedded in modern science as there are in the old myths, but we are too close in time to tell the difference. But shortcuts are dangerous, we cannot delude ourselves that our knowledge is further along than it actually is. For better or for worse, at this time science is still the most trustworthy mirror of reality, and we ignore it only at our own peril.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB):

But the actual quality of life—what we do, and how we feel about it—will be determined by our thoughts and emotions. Studying the stream of consciousness passing through the mind is the providence of phenomenological philosophy. The first step in answering such questions involves getting a good grasp of the forces that shape what we can experience. Whether we like it or not, each of us is constrained by limits of what we can do and feel. To ignore these limits leads to denial and eventually to failure. To achieve excellence, we must first understand the reality of the every day, with all its demands and potential frustrations.

Book
Pages
4 - 5

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

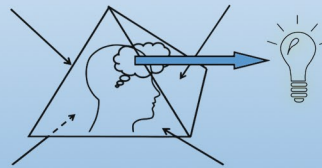
The cycles of rest, production, consumption, and interaction are as much a part of how we experience life as our senses—vision, hearing, and so forth. Because the nervous system is so constructed that it can only process a small amount of information at any given moment, most of what we can experience must be experienced serially, one thing after the other. It is often said of the rich and powerful man that "Like the rest of us, he must pull his trousers on one leg at a time."

Book
Pages
5 - 6

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

1. We can only swallow one bite.

2. We can only hear one song.



4. We can only have one conversation at a time.

3. We can only read one paper.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

Thus the limitations on attention, which determines the amount of psychic energy we have for experiencing the world, provide an inflexible script for us to live by. Across time and in different cultures, what people do and for how long is astonishingly similar.

Book
Page
6

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

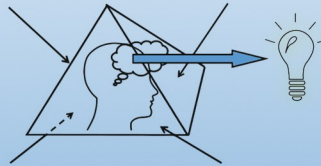
Having just said that in some important respects all lives are similar, one must hasten to recognize the obvious differences. A Manhattan stockbroker, a Chinese peasant, and the bushmen of the Kalahari will play out the basic human script in ways that at first will seem to have nothing in common. Daily life unfolded within the frame of enduring gender and social hierarchies. This is true of all social groups we have knowledge of: how a person lives depends in large part on sex, age and social position. The accident of birth puts a person in the slot that greatly determines what sorts of experiences her or his life will consist of.

Book
Page
6

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

1. A boy of six or seven years, born into a poor family in one of the industrial regions of England 200 years ago, was likely to wake up around five in the morning, rushed to the mill to service the clanking mechanical looms till sunset, six days a week. Often he would die of exhaustion before reaching his teens.

2. A girl of 12 in the silk making regions of France around the same time would sit next to a tub all day, dipping silkworm cocoons in scalding water to melt the sticky substance that held the threads together. She was likely to succumb to respiratory diseases as she sat in wet clothes from dawn to dusk, and her fingertips eventually lost all feeling from the hot water.



4. The same differences in life chances are still with us. What can a child born into an urban slum in Los Angeles, Detroit, Cairo or Mexico City expect to experience during their lifetime? How is that going to differ from the expectations of the child born into an affluent American suburb, or a well-to-do Swedish or Swiss family? Unfortunately there is no justice, nor any rhyme or reason, in one person being born into a starving community, while another starts life with good looks, good health and a large bank account.

3. In the meantime, in that same timeframe—the children of the nobility learn to dance the minuet and to converse in foreign languages.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

So while the main parameters of life are fixed, and no person can avoid resting, eating, interacting, and doing at least some work, humanity is divided into social categories that determine to a large extent the specific content of experience. And to make it all more interesting, there is, of course, the matter of individuality.

Book
Page
7

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

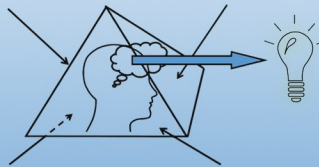
To live means to experience – through doing, feeling, thinking. Experience takes place in time, so time is the ultimate scarce resource we have. Over the years, the content of experience will determine the quality of life. Therefore one of the most essential decisions any of us can make is about how one's time is allocated or invested. Of course, how we invest time is not our decision alone to make. As we have seen earlier, stringent constraints dictate what we should do either as members of the human race or because we belong to a certain culture and society. Nevertheless, there is room for personal choice, and control over time is to a certain extent in our hands.

Book
Page
8

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

1. The terms we use in talking about time—budgeting, investing, allocating, wasting—are borrowed from the language of finance. Consequently some people claim that our attitude toward time is colored by our peculiar capitalistic heritage. It is true that the maxim "time is money" was a favorite of that great apologist of capitalism, Benjamin Franklin.

2. But the equation of the two terms is certainly much older, and rooted in the common human experience, rather than in our culture alone. In fact it could be argued that it is money that gets its value from time, rather than the other way around.



4. And we value money because to a certain extent it liberates us from the constraints of life by making it possible to have free time to do in it what we want.

3. Money is simply the most generally used counter for measuring the time invested in doing or making something.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

What, then, do people do with their time? There is a table on page 9 of this book which overviews the percentages of time we spend during the 16 or so hours a day in which we are awake and conscious. The figures are by necessity approximate, because depending on whether a person is young or old, man or woman, rich or poor, vastly different patterns might result.

1) Productive Activities – working at work, or studying 20-45%, talking, eating, daydreaming while at work 4-15%

2) Maintenance Activities – housework (cooking, cleaning, shopping) 8-22%, eating-3-5%, grooming (washing up, dressing) 3-6%, driving, transportation-6-9%

3) Leisure Activities – media (TV, streaming and reading) 9-13%, hobbies, sports, movies, restaurants 4-13%, talking, socializing 4-12%, idling, resting-3-5%

What we do during an average day can be divided into these three above major kinds of activities. The first and largest includes what we must do in order to generate energy for survival and comfort.

Nowadays this is almost synonymous with "making money", since money has become the medium of exchange for most things.

Book
Pages
9 - 10

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB):

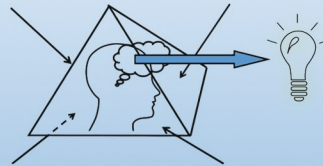
Intentions focus psychic energy in the short run, whereas goals tend to be more long-term, and eventually it is the goals that we pursue that will shape and determine the kind of self that we are to become. Without a consistent set of goals, it is difficult to develop a coherent self. It is through the patterned investment of psychic energy provided by goals that one creates order in experience. This order, which manifests itself in predictable actions, Emotions, and choices, in time becomes recognizable as a more or less unique "self."

Book
Page
23

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

1. The goals one endorses also determine one's self-esteem, self-esteem depends on the ratio of expectation to success. A person may develop low self-esteem either because he sets his goals too high, or because he achieves too few successes.

2. Contrary to what one would expect, Asian-American students who get excellent grades tend to have lower self-esteem than other minorities who are academically less successful, because proportionately their goals are set even higher than their success.



4. There are other misconceptions concerning intentions and goals. For instance, some point out that Eastern religions, such as the various forms of Hinduism and Buddhism, prescribe the abolition of intentionality as a prerequisite for happiness. They claim that only by relinquishing every desire, by achieving a goalless existence, can we hope to avoid unhappiness. In my opinion this reading of the Eastern message is rather superficial. After all, to try abolishing desire is itself a tremendously difficult and ambitious goal. Most of us are so thoroughly programmed with genetic and cultural desires that it takes an act of almost superhuman will to still them all. Good looks, good health and a large bank account.

3. Mothers who work full-time have lower self-esteem than mothers who do not work at all, because although they accomplish more, their expectations still outpace their achievements.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB):

To make sure that we survive in a dangerous world dominated by scarcity, our genes have programmed us to be greedy, to want power, to dominate over others. For the same reason, the social group into which we are born teaches us that only those who share our language and religion are to be trusted. Learning to manage one's goals is an important step in achieving excellence. The best solution might be to understand the roots of one's motivation, and while recognizing the biases involved in one's desires, in all humbleness to choose goals that will provide order in one's consciousness without causing too much disorder in the social or material environment. To try for less than this is to forfeit the chance of developing your potential, and to try for much more is to set yourself up for defeat.

Book
Pages
24 - 25

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB):

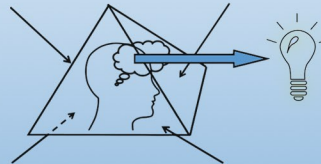
To pursue mental operations to any depth, a person has to learn to concentrate attention. Without focus, consciousness is in a state of chaos. The normal condition of the mind is one of informational disorder: random thoughts chase one another instead of lining up in logical casual sequences. Unless one learns to concentrate, and is able to invest the effort, thought will scatter without reaching any conclusion. Even daydreaming—that is, the linking together of pleasant images to create some sort of mental motion picture—requires the ability to concentrate.

Book
Pages
26 - 27

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

1. Concentration requires more effort when it goes against the grain of emotions and motivations. A student who hates math will have a hard time focusing attention on a calculus textbook long enough to absorb the information it contains, and it will take strong incentives (such as wanting to pass the course) for him to do so.

2. When a person likes what she does and is motivated to do it, focusing the mind becomes effortless even when the objective difficulties are great.



4. It is possible to extend the concept of intelligence to include the ability to differentiate and use all kinds of information, including muscle sensations, sounds, feelings, and visual shapes. Similarly small advantages at the beginning of life can develop into large differences in visual, athletic, or mathematical abilities.

3. When the issue of thinking comes up, most people assume it must have to do with intelligence. They are interested in individual differences in thinking, such as: "What's my IQ" or: "He is a genius at math." Intelligence refers to a variety of mental processes; for instance, how easily one can represent and manipulate quantities in the mind, or how sensitive one is to information indexed in words.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB):

But innate talents cannot develop into a mature intelligence unless a person learns to control attention. Only through extensive investments of psychic energy can a child with musical gifts turn into a musician, or a mathematically gifted child into an engineer or physicist. It takes much effort to absorb the knowledge and the skills that are needed to do the mental operations an adult professional is supposed to perform. By learning to concentrate, a person acquires control over psychic energy, the basic fuel upon which all thinking depends.

Book
Pages
27 - 28

Gained EI/VBC's insights: _____



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING

FINDING FLOW – MIHALY CSIKSZENTMIHALYI

THIS SWPS 7 SERIES™ TOPIC – THE PSYCHOLOGY OF ENGAGEMENT WITH EVERYDAY LIFE
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#___ SWPS#___ SWPS#___ SWPS#___

4 CHOSEN	_____	SUMMATION	1	_____
SWPS	_____	BOX (SB's)	2	_____
PORTRAIT	_____	#'s RANKING	3	_____
#'s	_____		4	_____

4 CHOSEN	_____	CONCLUSION	1	_____
SWPS	_____	BOX (CB's)	2	_____
PORTRAIT	_____	#'s RANKING	3	_____
#'s	_____		4	_____

RANK YOUR 4 SWPS CHOICES

4 CHOSEN	_____	SWPS	1	_____
SWPS	_____	PORTRAIT	2	_____
PORTRAIT	_____	#'s RANKING	3	_____
#'s	_____		4	_____

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): _____

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