



The Rise of Superman



THE WAY OF FLOW

THE WHERE OF FLOW

THE FLOW SHORTCUT

FLOW TO ABUNDANCE

TIME TO RISE



The Way of Flow



EVERYTHING YOU DO, YOU DO BETTER IN FLOW

- When in the flow, we are so focused on the task at hand that everything else falls away. Action and awareness merge. Time flies. Self vanishes. Performance goes through the roof. It is when we feel our best and perform our best.
- In flow, each action and decision comes naturally, fluidly, and seamlessly to the next. It is high-speed problem-solving.
- Flow directly correlates to happiness at work. Happiness at work directly correlates to happiness at home and success.
- Flow state: being so involved in an activity that nothing else seems to matter. The ego falls away. Time flies. Every action and thought follows inevitable from the previous one. Your whole being is involved and you're using your skills to the utmost and those skills are magnified.

FLOW IS THE ULTIMATE STATE OF PERFORMANCE

- Flow sweeps you away by the river of ultimate performance. It naturally catapults you to a level you're not naturally in.
- Flow transforms an ordinary person into someone extraordinary. Everything you do you do better in flow.
- Learn how to be your best when it matters most. Be more creative, more content, more consumed. Soar and not sink.
- Optimal performance is about being your best. Ultimate performance is about being your best when any mistake can kill.
- Study of top executives show they are 5x more productive when in this state.
- Clear goals. Concentration. Loss of the feeling of self-consciousness. Distorted sense of time. Direct and immediate feedback. Balance activity and challenge. A sense of personal control over the situation. Action is effortlessness. A lack of awareness of bodily needs. Absorption – narrowing of awareness down to the activity itself. Creative problem solving.
- In action adventure sports, "Either find the zone or suffer the consequences. There's no other option." - Danny Way

The Way of Flow



SUDDEN MOMENTS OF CREATIVE INSIGHT

- “Imagination allows us to conceive delightful future possibilities. Pick the most amazing one and pull the present forward to meet it.” - Jason Silva
- Our brain is 2% of our body by weight yet consumes 20% of our energy. As a result it is always looking for ways to conserve.
- Thinking through decisions with the explicit system burns a lot of calories but switching to the implicit system minimizes the amount of energy required to solve problems.
- Creativity lies deeply rooted in the right side of the brain dominated by the implicit system.
- Lateral thinking, or thinking outside the box, occurs when novel stimuli combines with random thoughts and obscure memories. The result is something utterly new.
- The precursor condition for creativity, known as the readiness state, is when the right hemisphere of the brain is engaged.
- There is a brain wave signature of the "ah-ha!" moment. The moment of sudden insight can be seen with an EEG. Exactly 30 seconds before the idea is formed, a burst of gamma waves appear when widely distributed cells bind themselves together into a brand new network.

PATTERN RECOGNITION

- Within the zone, one correct decision always leads to the next correct decision.
- In flow we are our resourceful, imaginative, and genius best. Better yet, the changes stick.
- Time spent in the zone trains the brain to consistently think outside the box.
- If the challenge is too great fear swamps the system. If the challenge is too easy we stop paying attention.



The Where of Flow



INTUITION: PERCEPTION VIA THE UNCONSCIOUS

- Our normal waking consciousness, rationality, is the one specific type of consciousness. There are forms of potential consciousness completely different.
- We may go through life without expecting their existence, but apply their requisite stimulus, and at a touch they are there in all their completeness.
- What is the requisite stimulus? Psychedelic drugs, spiritual practices, unlocking hidden abilities?
- Great emergencies and crises show us how much greater our vital resources are than we had supposed.
- In all mammals, rage, anger, and fear produce an assortment of physiological peculiarities. These are nervous system responses with one purpose: increase strength and stamina. This is known as the flight or fight response.
- Mindset impacts emotion which alters physiology which increases performance.
- If everything is either good news or bad news then the actual picture is distorted. Some outcomes are magnified and others are explained away. This is the absence of self-knowledge.

THE ZONE IS THE SHORTEST PATH TO SUPERMAN

- “We'll try something endlessly, weeks on end, painful failure after painful failure after painful failure. But for me, when it finally snaps together, when I'm really pushing the edge, and am skating beyond my abilities, there is a zone I get into. Everything goes silent. Time slows down. My peripheral vision fades away. It is the most peaceful state of mind I have ever known. I'll take all the pain and failures as long as I know that feeling is coming. That is enough to keep going.” - Danny Way
- If you consistently use this state to do the impossible, you get confident in your ability to do the impossible. You expect it.



The Where of Flow



UNSTUCK IN TIME

- Time dilation: flow causes this radical shift in time perception.
- When in the zone, and part of the pre frontal cortex offline, perception to compute time is then distorted.
- Instead of keeping time we are taking in more data per second and processing it more completely. It is this data that elongates the current moment.
- Temporal awareness is calculated by multiple areas of the brain working together. This means that time is a summary judgment, a democratic conclusion reached by a vast pre-frontal caucus.
- Our sense of how long the "now" lasts is directly correlated to information processing. The more stuff we are processing the longer the moment seems to last.
- Longer the moment lasts the better quantity and quality of information we have at our disposal.
- More data gives us shots at sudden insight. Better data leads to more creative solutions. Both allows us to fine tune our reactions. This is a reason so many people have survived near death situations.

ONENESS

- The superior proprietor lobe is a navigation system that keeps track of our body's exact location. To do this it must also produce a boundary line between the division of self and space. Between finite us and infinite not us (the rest of the universe).
- When this part of the brain deactivates under intense moments of focus for the brain to conserve energy, it stops reporting those calculations. Without this data stream it is blinded.
- Once this happens we can no longer draw a line of where self ends and the universe begins. So the brain concludes that at this moment you are one with everything.

The Where of Flow



TRANSIENT HYPOFRONTALITY

- Human beings have two explicitly distinct systems for processing information: conscious and unconscious.
- The explicit system – rule based, can be expressed verbally, and can be tied to conscious awareness. The implicit system – gut feelings, hunch, relies on skill and experience, and cannot be described verbally.
- In flow, parts of the prefrontal cortex are not becoming hyperactive, parts are actually deactivating.
- Efficiency exchange: trading energy usually used for higher cognitive function for heightened attention and awareness.
- The greater the deactivation of neuronal structures, the more profound and bizarre the experience.
- Normally, people can access about 65% of their absolute strength. Trained weight lifters can access about 80%. If we could access all of our strength on command we could easily over extend ourselves causing serious damage.
- In the zone the brain releases a number of pain killers that deadens us to the damage being done allowing us to push ourselves to maximal strength.
- Transient hypofrontality removes our sense of self. With the prefrontal cortex deactivated there is no risk assessor, future predictor, or inner critic to monitor the situation.

FEAR

- Adrenaline junkie? No. "If I am feeling adrenaline that means I am feeling too much fear. It means I have not done my homework and I need to get out and reassess the situation." - Tao Burman
- Training in high stress situations increases situational awareness. This allows you to keep cool when all hell breaks loose.
- Embrace your suffering. Move through it. Then keep moving.

The Where of Flow



THE NATURAL CHEMICAL PERFORMANCE ENHANCER

- Purpose of the neocortex is to predict the future based on previous experiences. When the brain guesses correctly, we get a reward. A release of dopamine. (Cocaine, one of the most addictive substances on earth, merely causes the brain to release dopamine.)
- This reward causes us to learn new patterns to obtain more dopamine.
- Flow turns pattern recognition into full-blown ESP.
- Flow is a feel good experience and a natural chemical performance enhancer. Unlike drugs, flow naturally revitalizes life.
- Norepinephrine speeds up heart rate and respiration which releases glucose in the system so we have more energy.
- In the brain, norepinephrine increases arousal, attention, neural efficiency, and emotional control. This keeps us locked on target, avoiding distractions.
- Endorphins, natural opiates, relieve pain and produce pleasure.
- The most commonly produce endorphin is 100x more powerful than medical morphine.
- Anandamide, which is released during exercise flow states, elevates mood, relieves pain, dilates blood vessels and bronchial tubes, and which aids in respiration, and amplifies lateral thinking.
- Anandamide, the same chemical released by marijuana, blocks fear and the memory of fear.
- At the end of a flow state the brain releases serotonin, which allows people to deal with adversity (like Prozac).
- Prescription drugs have surpassed car accidents as the number one accidental cause of death in the United States.
- Americans are literally killing themselves trying to artificially achieve the same sensations flow produces naturally.
- Mood altering, mind altering, and performance-enhancing drugs: 22% of America has an illicit drug problem, 1 of 10 take anti-depressant, 26% of kids are on stimulants for so-called ADHD. This is a \$1 trillion public health crisis.

The Flow Shortcut



CLARITY GIVES US CERTAINTY

- In places where anything can happen, a wandering mind is a dangerous mind.
- Deep embodiment is paying attention to all of your sensory inputs simultaneously.
- Consciousness and emotion are there to correct your trajectory. When what you are doing is seamlessly perfect, you don't need them.
- We tend to exist in a distracted present where forces on the periphery are magnified and those immediately before us are ignored.
- Our ability to plan, much less to follow through, are undermined by our need to improvise through distractions that threaten to derail us at any moment.
- Clear goals that define immediate success, backed by belief in why we are doing it, narrows our focus to only the important.

WHEN SELF DISAPPEARS SO DO OUR LIMITS

- Most people live in a very restricted circle of their potential beings. They make small use of their possible consciousness and their soul's resources.
- “The doors of perception must be open to reveal our cosmic unity.” - Aldus Huxley
- Fear stands between us and action. Fears are grounded in self, time, and space. With our sense of fear out of the way we are liberated from doubt and insecurity. With time gone, there is no yesterday to regret or tomorrow to worry about. When our sense of space disappears so does our fear of physical consequences.
- When all three vanish at once, something incredible occurs. Our fear of death, the most fundamental of all fears, can no longer exist. If you're infinite and a-temporal you cannot die.

Flow to Abundance



FLOW IS FOUND AT THE EDGE OF OUR ABILITIES

- High achievers are intrinsically motivated. They are committed to stretching limits and testing potential. Frequently using intensely focused activity for exactly this purpose.
- The happiest people on earth work hard for their experiences. They don't just have them, they have devoted their lives to having these experiences. At times going to extreme lengths.
- The secret to centuries of thriving and longevity: the ability to learn faster than your opponent.
- We must learn to live thousands of lives in our lifetimes. Not lives of quiet desperation but of ruckus innovation.
- A relentless challenge of the status quo. An everlasting belief in our own possibility. A playful excellence in the face of mortal consequence.

THE PEAK EXPERIENCE

- During a peak experience the individual experiences an expansion of self, a sense of unity, and meaningfulness in life.
- The experience lingers in one's consciousness and gives a sense of purpose, integrations, self-determination and empathy.
- These experiences are the commonality within all higher achievers and the source-code of intrinsic motivation.
- The peak experience is felt as a self-validating, self-justifying moment. It is felt to be a highly valuable and uniquely valuable experience. So great even to attempt to justify it takes away from its dignity and worth.
- For some, the peak experience justifies not only itself but living itself. They prove meaning in life.
- In the office, what matters is not the amount of time you are present, but the amount of time that you are working at your full potential.
- Flow is the phone booth where Clark Kent changes clothes and Superman emerges.



Time to Rise



WHAT YOU FOCUS ON IS WHAT YOU CONNECT WITH

- In the last two decades we have seen exponential growth of human performance. Where, if anywhere, do our actual limits lie?
- When sucked in by the incomprehensible complexity of geologic time scale and epic beauty, reality pauses. In this moment we taste the pinpoint focus, the loss of consciousness, and time dilation.
- The road to magic is achieving 4% more difficult of a task day after day, month after month, year after year.
- Scientists who study human motivation have recently learned that after basic survival needs have been met, the combination of autonomy (the desire to direct your own life), mastery (the desire to learn, explore, and be creative), and purpose (the desire to matter and to contribute to the world) are our most powerful intrinsic drivers. All three of these are deeply woven within the fabric of flow.
- “We all become better by standing on the shoulders of giants.” - Isaac Newton

THE WORLD NEEDS SUPERMAN, THE WORLD NEEDS YOU TO RISE

- It is in a radical and rare state of consciousness where the impossible becomes possible.
- Asking the question where do our limits lie, is another way of asking, how far can we stretch our imagination?
- If we really want to be our best, we don't just have to rethink the path towards mastery, we need to reconsider the way we live our lives.
- If we can master flow, there are no limits to what we can accomplish. We are our own revolution.
- You need fierce commitment to your vision and a persistent pursuit of excellence.
- “Don't ask what the world needs, ask what makes you come alive. For what the world needs most, is more people who have come alive.” - Howard Thurman