

FLOW: THE PSYCHOLOGY OF OPTIMAL EXPERIENCE

(1990: Mihaly Csikszentmihalyi. Harper Perennial: New York)

as interpreted by Frank Young

SOME NOTES FOR DREAMSEEKERS:

FLOW - "The state in which people are so involved in an activity that nothing else seems to matter; the experience itself is so enjoyable that people will do it at great cost, for the sheer sake of doing it." (p.4). Knower & known, subject & object, all are One, the moment is eternal; unity, blend, distinct calm in the blur of motion and purpose, focused action, observing, selecting, opening, aware, every-moment Zen.

A PROPOSED MISSION FOR DREAMSEEKERS:

A group of travellers on the road of consciousness, sharing experiences, supporting each other in fellowship, cheer, vulnerability, doubt, wonder, and awe at the mysteries of the unknown or the vaguely known. All have respect and reverie for their individual and consensual shared wisdom, folly, humor, and irony. They share the content of their experiencing, the process of their intuiting, and the depth of their knowing. They talk a little more than an hour each month about their dreams, un lucid, pre lucid, and lucid. They commit minimally of their time to the group, for they are indeed busy people. Nevertheless, they have a vague but common bond in the discovery of the beyond-ordinary. They are a fascinated but (regarding dreams) an undisciplined lot, for the most part, but each one secretly wishes to transform a fascination into a desire, a desire into a passion, and a dream into a reality. This group supports that translation and transformation.

The group supports its mission by people getting together in various friendship nets throughout the month, supporting subsets of the collective synergy system.

OPTIMAL CONDITIONS FOR FLOW: THE ELEMENTS OF ENJOYMENT

- * A challenging activity that requires skills.
- * The merging of action and awareness.
- * Clear goals and feedback (note the requirement of measurement).
- * Concentration on the task at hand (note the requirement of simplicity).
- * The paradox of control, not being in control, but exercising control in difficult situations.
- * The loss of self-consciousness (losing ego, finding the transcendent Self).
- * The transformation of time.
- * Autotelic activity. The outcome is the process per se.

PROPOSED METHODS FOR DREAMSEEKERS:

- * A daily dream journal. Fill it in before you read anything except the time on the alarm clock.
(An ideal, not expected, goal).
- * Whenever possible, wake up 2 hours before you have to get up. Take about 15-30 minutes to do a mildly awakening task and set intent, then return to bed for the last hour and a half. Do this routine twice per week.
- * Share at least one dream fragment per day with a friend.
- * Focus on at least one dream skill per month.
- * Clear 2 hours from your schedule for one Tuesday noon per month to share your experiences with other members of the group.
- * Enjoy the mutual contact with our fellow explorers. They are a select group of people who are there to promote our mutual enlightenment.
- * Read and share your readings from books and topics of consciousness development and spirituality.