

Flow 2023

Thomas A. Burns PhD.

Klamath Falls, Oregon

Human Flow Experiences [The experiences cited below 1) depend on Intuitive mental processing fed by positive emotions, 2) evoke expanded self awareness, and 3) reveal a totally connected reality where separateness is an illusion.

Truly Immersive Childhood Free Play/Pretend

Lucid Dreams and Daydreams

Meditation, Mindfulness, Real Prayer

Mature Spiritual Enlightenment at Any Scale

Full Creative or Audience Immersion in Any of the Arts

Verbal Arts – Poetry, Fiction, etc.

Graphic or Plastic Arts – Drawing, Painting, Sculpture, etc.

Performing Arts – Dance, Music, Drama, Film, etc.

High Level Creativity In Any Sphere of Human Activity – [see next entry]

Insight/Revelation Illuminating Unrecognized Connections in Reality

Intense Shared Social Joy/Laughter/Togetherness

High Quality Sexual Intercourse

Dwelling in the “Interior” of Any Sport [After Mastering the Required Skills]

Being Truly “Inside” the World of Nature

Loving/Healing/Uniting With the “Other” – Child, Pet, Flower, Sunrise, etc.

Unification/”Born Again” Religious Experience

Paranormal Events – ESP, Psychokinesis, Precognition, Clairvoyance

The Prevailing View of These Flow Experiences In Modern Life

Most of us at least touch on the majority of these experiences, but in our dominant worldview, we regard few of them as primary or focal.

Most of us 1) fail to experience very many of these events at a really deep level and 2) fail to appreciate the significance of their true value.

Most of us are committed to a reality composed exclusively of separate material entities to be engaged only from the objective, analytical perspective.

The Result

1) We moderns celebrate our separate selves [individual values] and view and behave in the world at all scales from a mostly competitive [ME] perspective.

2) We moderns under value cooperation/responsibility [communal values] at all social and ecological scales and fail to see the world and interact sensitively within it from the subjective, intuitive, unification [WE] perspective.

3) The negative conditions of modern society that collectively threaten the very survival of humanity in a civilized state result from this glaring perspective imbalance that informs our worldview and justifies our subsequent activities.