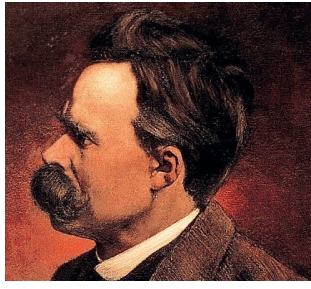


# Flow is a concept developed by Western and Eastern Philosophical Traditions since ages

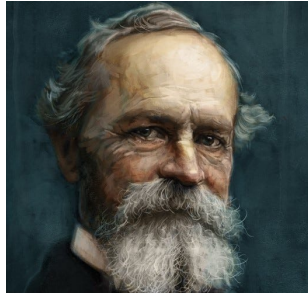
**Western Traditions**



*Goethe*



*Nietzsche*



*William James*



*Mihaly C.*

*Martin Seligman  
Steven Kotler  
Ethan Krass  
....*

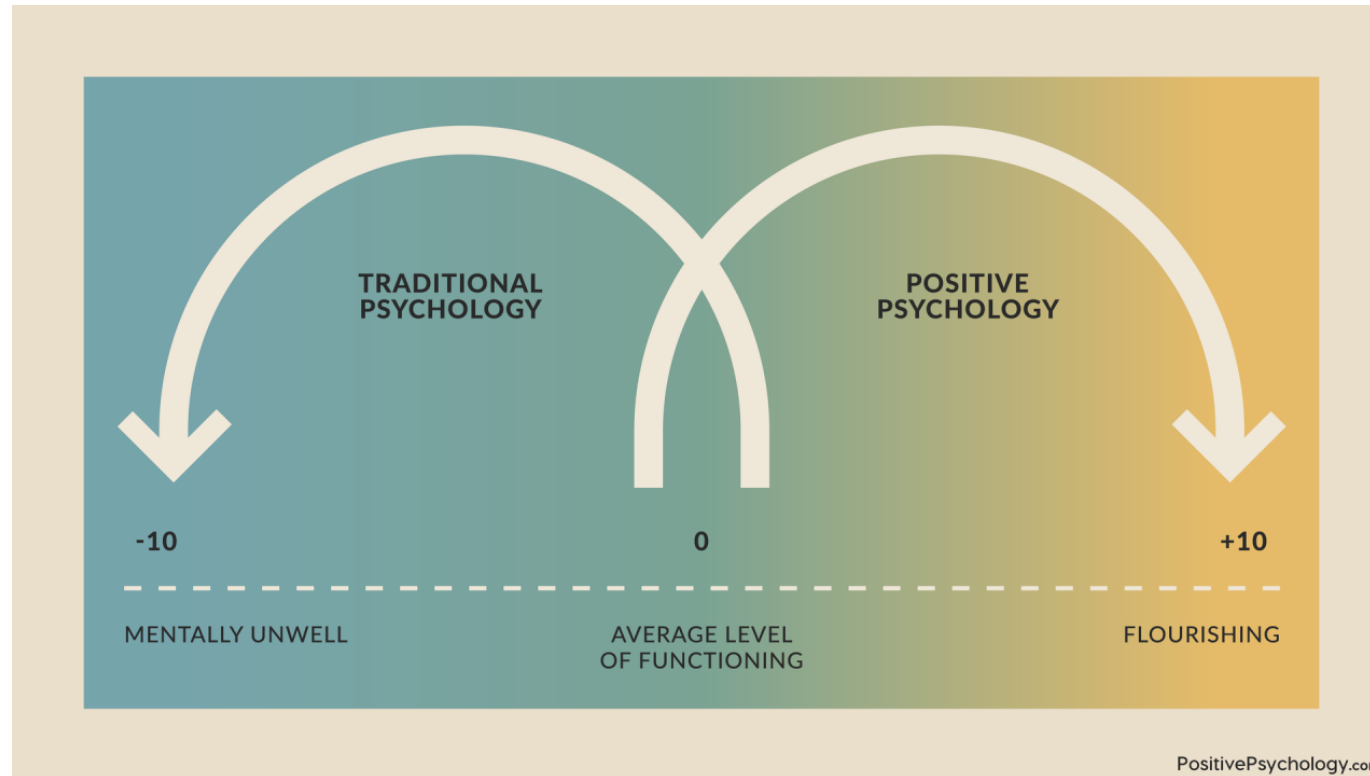
**Eastern Traditions**



*Taoism (wu wei)*

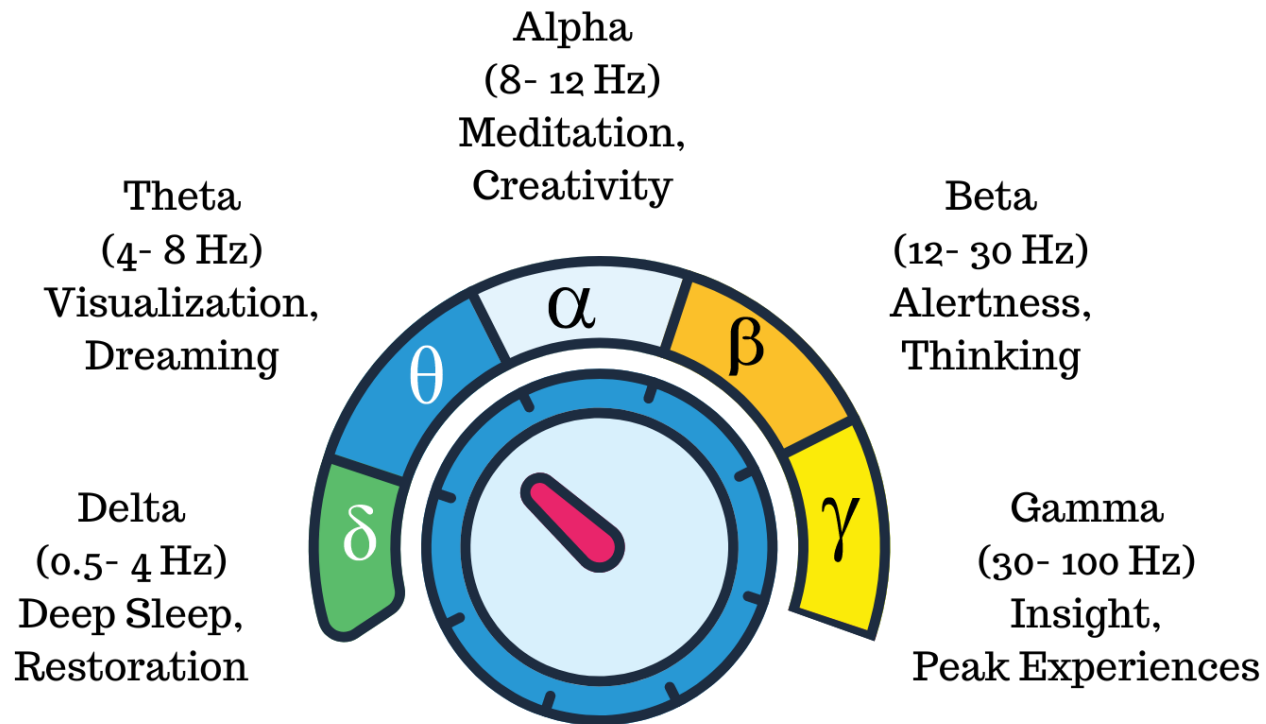
Source: Western - Steven Kotler, What are Flow States? – youtube video

In the current times in Western Traditions, its getting traction as a part Positive Psychology



Source: [positivepsychology.com](http://positivepsychology.com)

# What is happening during the Flow States in our brains?

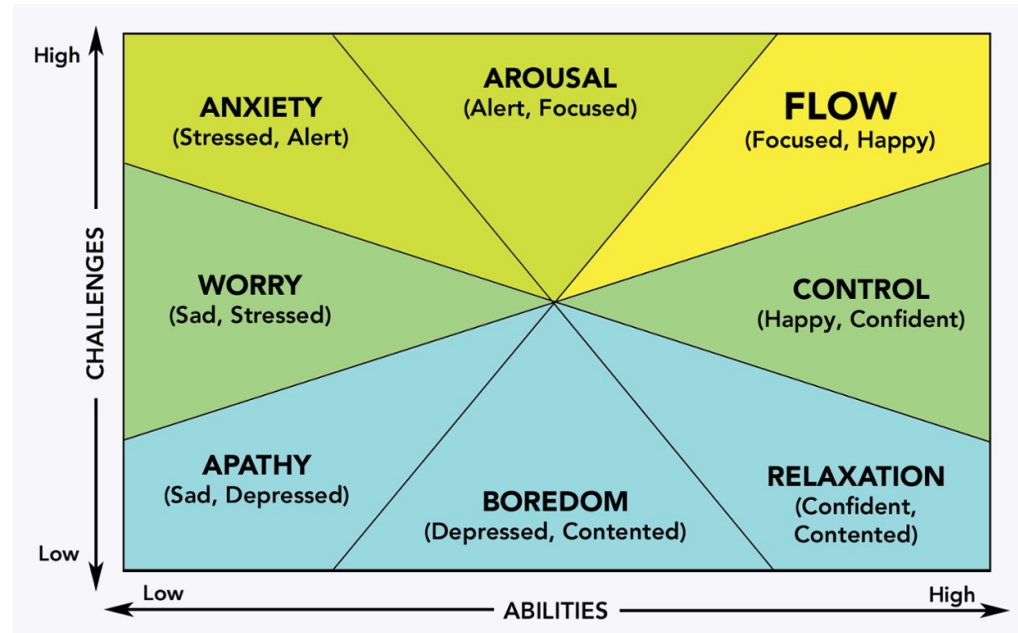
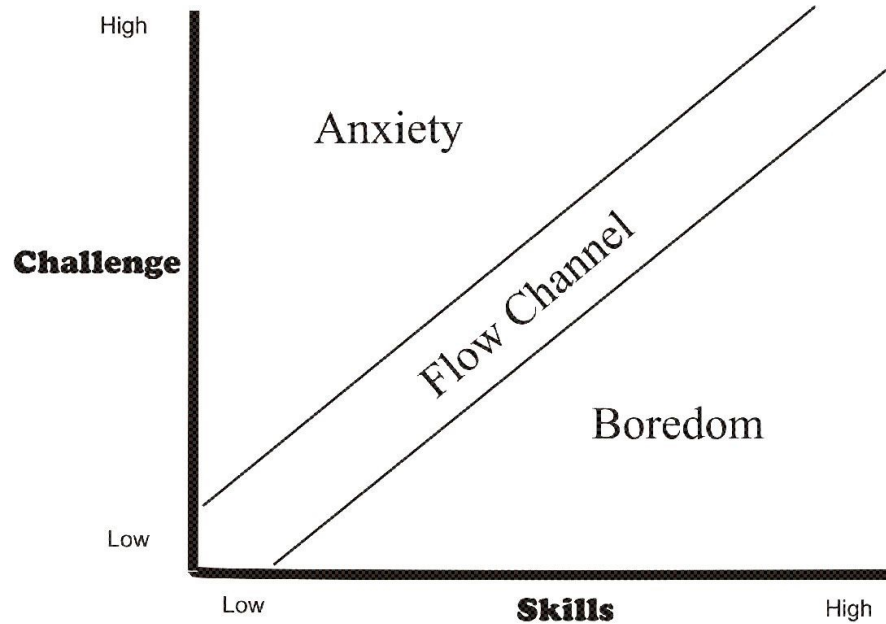


## During Flow States:

- We first move to *Alpha* and *Theta* brainwaves
- These states, with the intention of action, give rise to *Gamma* states where Flow happens
- During these states, all “feel good” hormones flow, allowing for motivation, creativity, and learning

*Will to Flow States or Flourish – Condition of being Human*

Yes, there is a matrix even for that....



*Flow Follows Focus – Steven Kotler*

Source: Mihaly C., *Flow*; *Tedx Talk*

# Flow at Work can be created via Autotelic Personality or Autotelic Jobs

*Autotelic – Having an end or purpose in itself*

## **Autotelic Personality:**

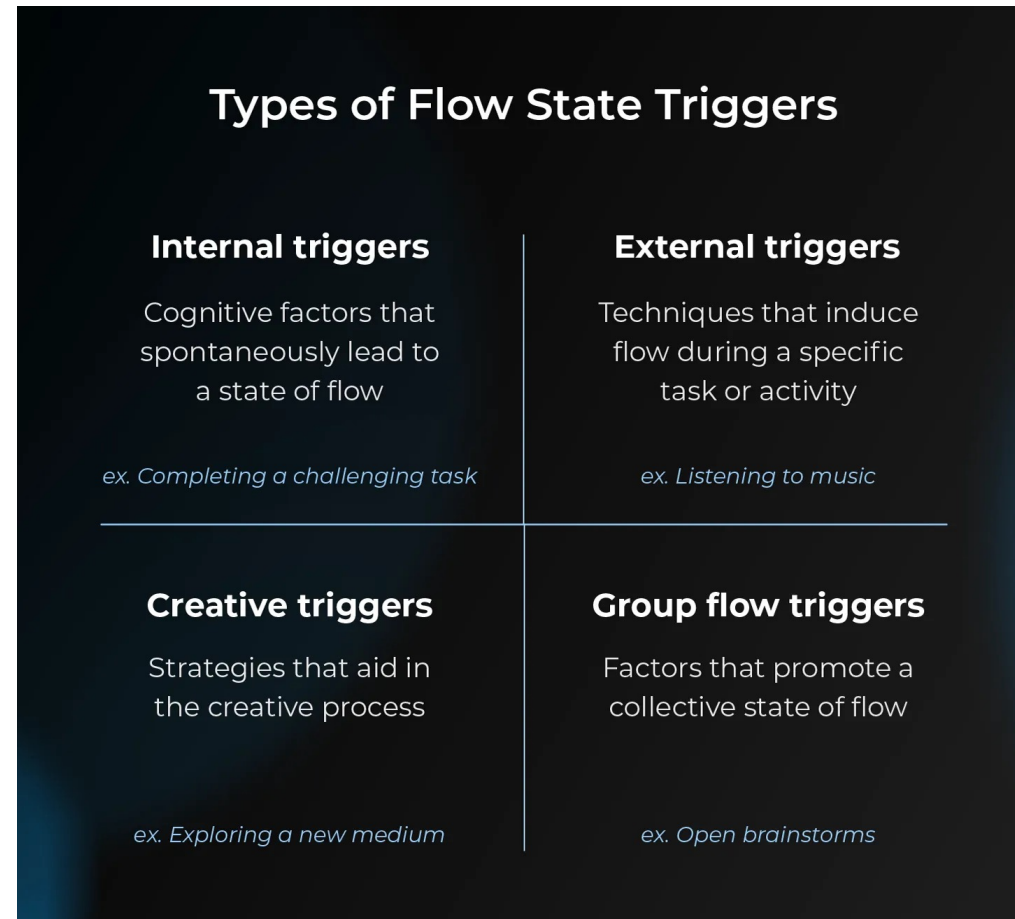
Making the most out of the current situation with an inner attitude and creating flow in every task or situation you encounter

## **Autotelic Work:**

Conducting work that matches the flow states generated by the right balance of skills-challenge, and keep on creating new conditions

*Involve in an activity for its own sake, not for the rewards it brings – Mihaly C.*

# Flow Triggers across four sections



Source: *The Flow Research Project*, Steven Kotler