



CREATE YOUR OWN BEST FLOW

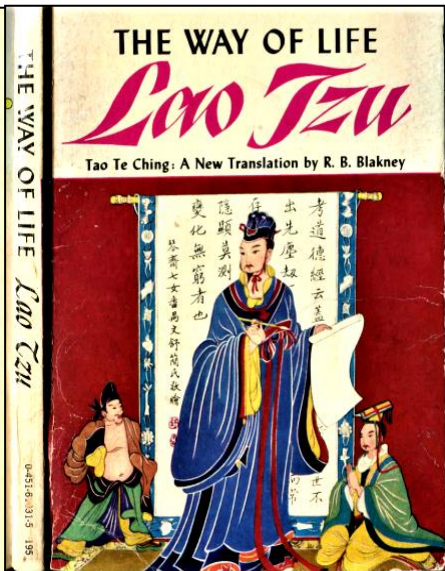
1. What is FLOW?

Tao Tê Ching, here translated under the title of *The Way of Life*, is ancient China's great contribution to the literature of mysticism. It also brings a message of living simply, finding contentment with a minimum of comfort, and the prizing of culture above all else.

Tao Tê Ching contains the time-honored teachings of Taoism, the philosophy and faith of Lao Tzu and other religious hermits in China centuries ago.

This is a brilliant new translation, by a noted authority, of the eighty-one poems constituting an Eastern classic, the mystical and moral teachings of which have profoundly influenced the sacred scriptures of many religions.

Tao Tê Ching has been translated more frequently than any other religious book except the Bible.



The ancient Taoist, Lao Tzu's, book the *Tao Te Ching (The Book of The Way)* is about philosophy of flow and the paradox of wisdom and truth. Chuang Tzu is another Taoist philosopher who discusses the philosophy of flow. He states happiness is "wei" or being, effortless, being in flow with our environment. 4th ct BC. Many worldly philosophers, thinkers, etc have written about flow and its impact on human being, life and engagement. Many people have written about FLOW!
- <https://en.wikipedia.org/wiki/Laozi>

Have fun finding your own flow...
Have fun going with your own flow...

2. What is the concept of FLOW based on?

Being one with yourself fully in the moment: When have you flowed?

3. How is creativity integral to FLOW?

Creativity and focus can be vehicles to tap into a full flow state: How?

4. Where does FLOW matter?

Flow is maximizing experiences, for athletes, artist, thinkers: Where?

5. When can you creatively utilize FLOW?

Learn to recognize flow and recognize your best ways there: When?



- Take your notes, thoughts, observations put them in a special bowl, jar whatever works for you and make it you GOAL/BOWL of your best flow moments, goals, wishes, dreams! How can you use flow to grow goals?
- Your GOAL/BOWL can be a bowl of infinite possibilities to fill, visit, celebrate, track, expand & create new flow goals; create your best flow!

Discover Creative Life Coaching!