

Title:

Going With "The Flow"

Word Count:

657

Summary:

Flow state, that mysterious mental zone where time and the outside world seem to disappear, is

Those who cannot suffer ^stage fright,~ ^writer's block~ ^flop sweat~ and numerous other labels

Keywords:

writing, flow, novel, advice

Article Body:

Flow state, that mysterious mental zone where time and the outside world seem to disappear, is

Those who cannot suffer ^stage fright,~ ^writer's block~ ^flop sweat~ and numerous other labels

The key to unlocking this particular inner vault is to look at the phenomenon of flow itself,

We all experience the ^flow~ phenomenon. The last moments before we fall asleep or the first a

All of these moments share something in common: they all deal with the dissolution of the subj

It is a path to genius. One might take the position that the ability to hold flow under stress

There are many disciplines that address flow: meditation, yoga, Tai Chi, prayer, etc. And there

One core technique, used worldwide in thousands of disciplines, is breath control. This is key

To take advantage of this fact,

- 1) Learn to breathe deep in your belly. Lay on your back, and put a book on your tummy. As you
- 2) Five times a day, at every hour divisible by three (9, 12, 3, 6, 9) concentrate on your bre
- 3) Place (or catch) yourself under moderate stress, and practice this breathing. For instance,

There are certainly other methods, but this one, modification of breathing, has worked for tho

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