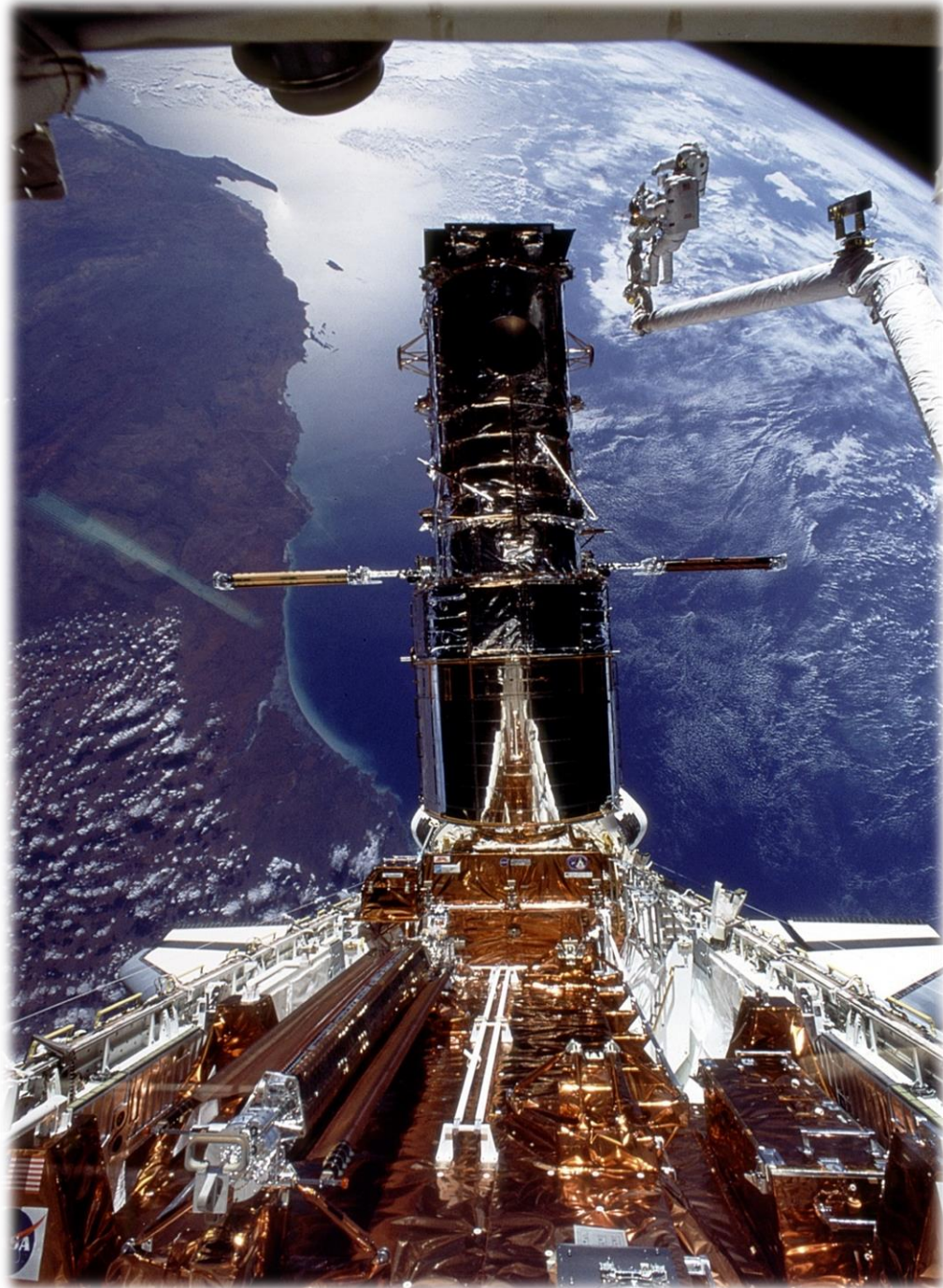


**MASTERY OF INTENTION AND FLOW:  
A FUTURE WORTH HAVING**

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**NASA.GOV**

## **Practices for Synergy Between Intention and Flow**

A person flying an airplane in the sky versus driving a car on a road -- what's the difference? When driving on a road, there are certain inherent factors that affect the path one travels. Weather, daylight, and all sorts of road conditions become variable that may delay or arrest the journey. Roads only work if you stay on them; either because it's the guide to the destination or because there are likely barriers or ditches keeping the car on the road. The road is your course. If a tree falls across the road, it is likely you will have to backtrack and either wait or take a detour. This type of travel has an intention to arrive at its destination, but is unable to flow with the physical space it is in.

If the travel is by flight, then there are inherently different factors that affect one's path. When flying, the destination is still a fixed point, but the path to get there is marked by a series of waypoints that exist in free space. The intention is held in the mind [of both pilot and computer], while the flow exists in the way the aircraft gets from point to point. The path between each waypoint is the course. One may drift a few feet away from the course before correcting, or many miles. If there is a storm or danger, waypoints can be changed to create a different course that can still lead to the same destination. Rather than backtracking, a flight plan allows for the detours needed to be part of the forward movement. One means staying on fluid course with small adjustments vs being bound by the conditions of a single, permanent course.

Insight: Some factors, like fuel or the pilots' energy share fundamentals, and all long trips require pit stops and usually a team.

Insight: "When I asked you, what's the magic, what's going on that has you able to swing that glass meteor around and come up with that wondrous looking whatever it was?", you said it was "the perfect integration of intention and flow."

The more experience and knowledge one has before creating an intention, the less fear there is when making an adjustment. Less anxiety during turbulence. A clear and calm mind is able to move with the flow of the evolving path.

## **What Is Synergy Between Intention and Flow?**

Having flow doesn't mean letting go of the intention. And having intention does not mean being immobile to how that intention is achieved. The fear of flow

causing a loss of focus and the fear of intention causing rigidity can create an avoidance of both, rather than their integration. Not everywhere, but it happens a lot.

The experience of being in a moment of intention and flow is like having supernatural abilities. At least, when working in the physical world. Making art, building something, constructing something, performing an athletic ability, that kind of stuff. It's the feeling of being totally there, in the moment, doing that and only that thing, yet aware of everything surrounding you. If there, it has its own timing and yet is part of something larger that's always in the back of the mind as a guide. It's a place where one's ability can be used to explore the material and create new work/techniques, it can be used to create/accomplish a very specific goal (landing a plane or making a commission), or it can be used to assist another in either of those. This state of being allows the best of one's skills, focus, and creativity to combine in a state of powerful fusion.

It feels like having the right shape when moving against a powerful wind. Without the integration, it's a flat surface using most of its force to fight the pressure of the wind. With the integration, it's a cone that works with and moves through the wind. Being like water. Moving, filling, carving, flowing. Baking ingredients as alchemists, making chemical and physical changes.

Intention exists internally, inside you in your body and mind.... and flow exists externally, both inside you and outside you, in the environment. Intention starts with a thought. It does not exist anywhere that can be found and traveled to. It can't be seen or pointed at by anyone or anything but the creator's mind. It is a guiding compass to an external destination. Intention in the mind provides a guiding path or arrow.

The flow is also a path. The path of flow can shift and change as it moves through the environment. The intention is a rigid path that is not naturally able to shift and move without needing to change the original intention. An intentional path gains the ability to shift when it is working flow. This mutuality brings focus to the overly shifting of the flow and brings fluidity to the rigidity of the intention.

### **Practice Mutuality**

Feel like Us. We are in it together. It's not me or you, or me and you. We are both in the space between. When there is mutuality, it feels like there is confidence

and understanding in the space. Mutuality gives life because with it, the experience flows more freely. Navigating a complex life challenges the body and the mind of any living creature. Mutuality can free the mind of stress and aid the body in survival. It's a feeling of safety during whatever might happen. It's knowing that there are multiple people tackling the problems or tasks.

### **What Does It Mean to Be/Feel Like to Be Mutual?**

The feeling of mutuality is having total trust in the ship and its crew. Both are keeping each other afloat. Knowing that if I do my part then the group will be able to persevere and navigate anything that comes our way. That brings a sense of choice about the paths possible. With a destination in mind, the personal care and commitment of each participant creates a world of possible accomplishments without the limitations of what only one could do. This brings both a sense of freedom and of grounding. Opening to new course lines while also a greater focus/awareness on the current path arises. More awareness and more openness.

Here, Possibility can be created with more than what one element can know. This feels good. And that is wonderful. A successful mutual relation does not need to feel good to produce results. But when the system is in flow, having the experience of feeling good is an amazing component that can generate more energy for all. That energy can be turned into focus or into possibility/creativity.

Mutuality is a team you want to be a part of and a place you want to go. Possible mutuality draws people in because there's excitement about creating something. A project. A destination. A personal understanding. A way to contribute. A real chance. A new idea.

**Seek Vibrational Energy** -- the strength and vitality required for sustained physical or mental activity. Synonyms: vitality, vigor, life, liveliness, animation, vivacity, spiritedness, verve, enthusiasm, zest, vibrancy, spark, sparkle, effervescence, ebullience, exuberance, buoyancy, sprightliness.

**Practice Curiosity** -- the urge to know more about something. The state of being curious includes inquisitive interest in others' concerns, wondering, ready to poke around and figure something out. In mathematics, a square is the result of multiplying a number by itself, e.g., two times two. In Curiosity, among individuals or groups, squaring is the acceleration of the experience of mutual wonder such

that “I” becomes “Us.” Accelerating Curiosity is an energetic phenomenon. Its nature is neither linear nor conceptual.

A woman who counseled me was Zoe Morai, a genius who worked at Harvard in science research. Zoe had a near-death experience and after that, started trusting only her ‘present’ experience. What she was experiencing in the present moment is all that she would trust. She became the most amazing counselor and scientist in the area of personal growth, energy expansion, and making betterment happen. Zoe described herself as a scientist who brings vibrational magic and said that “Vibration is a consciousness that goes to our core. You and I have it. It goes to your core and to my core. I feel it. It’s a higher order, based in a vibrational spirit, which completes our old experience of being separate, of being different, and moves beyond that resistance and control, to vibrational flow.”

### **Put Experience Before Intention**

The more experience and knowledge one has before creating intention, the less fear when making adjustments in relation to that intention. And more balance between the intention and flow. A clear and calm mind is able to move with the flow of the evolving path. In the context of glassblowing, there's a fundamental baseline of muscle memory. You have to spend enough time building up the ability to properly talk to the material. Like with a martial art, it takes a certain amount of time and experience training your body to move and react well. You have to build up enough experience so that, when letting go and flowing in the environment, your body will react. If you let go without those fundamentals you can hurt yourself or the thing being created. Being unable to let the intention go and then feeling like taking charge with forcing more intention can result. Moving with the flow can work around the tension that’s still there.

### **Find Waypoints**

A waypoint is a point of reference that can be used for location and navigation. It can be a specific latitude and longitude of a location, or a well-known landmark. Ultimately, integration between Art and Science, Intention and Flow is all a matter of Waypoints, like a sailor on the sea moving from one buoy marker to another, one point on the horizon to another, one point on the ship’s ‘radar’ to another, until you get to a desired end. Traveling between Waypoints consists of

flow, direction, and intention -- and none is exclusive. The path crosses guiding markers with no course set in stone

### **Hold Synergy of Intention and Flow, Art and Science as Brother and Sister**

At best, brothers and sisters support each other's development. The same can be true while integrating Art and Science. Science can help Art advance with new technology, tools, paints, ways of photographing at the macro scale and micro scale, inspirational images and scientific findings that generate art. Even the practical assistance of listening to music can help science advance. Music, movies, concept art, drawing and paintings, can all inspire the search for knowledge and to further exploration of a subject. The two can inspire one another to push boundaries and pursue new endeavors. Listening to music during that creative process seems to be able to play a supportive role in a lot of different creative processes. When science or art can't answer questions, they can look to the other for answers. An interesting benefit of the mutual relationship is that if the Science can't conclude a satisfying answer, art has the power to provide something fulfilling. Much the same, if something needs a type of clarification that art can't provide, science often provides something satisfying.

### **Challenges in Making a Dent in Practicing the Synthesis of Intention and Flow**

- The space between people "US" is decisive and the "Power of Us" is necessary for human survival.
- Organizing a cause is that it "starts out with as a wonderful purpose, becomes a business, and then becomes a racket." *Eric Hoffer*.
- The persistent dark side in countless human beings is the absence of commitment to betterment and is widespread for whatever reason.
- In my lifetime there are a few prominent examples (Jesus Christ, Nelson Mandela, Buddha, a Martin Luther King, Abraham Lincoln, Franklin Roosevelt and Eleanor Roosevelt), who had the capacity to hold a Singularity that brought order out of disorder,
- In ever so many important situations in the United States and many other countries, money, power, and position are more important than people.
- There is no requirement in corporations and other institutions for freedom of speech, or for always having senior leaders vetted for competence, honesty, courage, forbearance, compassion, kindness, and commitment to doing the right thing no matter how they feel.

## **Predictions**

Synthesizing intention and flow, Art and Science, is a moonshot that can save the future of humanity from choices that lead to extinction. If many people practice Synthesizing Intention and Flow:

- Societal and global cultural transformation will be enabled.
- Debilitating conflict will diminish everywhere.
- Increased permission to behave in positive, natural ways will produce better and more sustainable results than pressure to perform.
- With the success of these practices, corporations will figure out how to sell with it.
- There will be an increased experience of freedom and morality, rather than resistance to arbitrary rules and force.

## **Frequency**

We suggest that Transformation is a frequency and not a process (a series of actions or steps taken in order to achieve a particular end). A frequency is counterintuitive, and the challenge is that most everybody needs their own reality to make sense.

(A Frequency is the rate at which something occurs or is repeated over a particular period of time or in a given sample such as, *'Shops have closed with increasing frequency during the period.* Frequency is the rate at which a vibration occurs that constitutes a wave, either in a material (as in sound waves), or in an electromagnetic field (as in radio waves and light). It's usually measured per second. *'Different thicknesses of glass will absorb different frequencies of sound.'* It also refers to the particular waveband at which a radio station or other system broadcasts or transmits signals, *e.g., a radio station on a single AM radio frequency.*)

## **What We've Learned About Synthesizing Art and Science, Intention and Flow**

- Always Counter-intuitive
- Minimize Self-importance
- Not accessible from subject-object language



- Non-linear
- More about what you don't do than what you do.
- No, or minimal use of force
- The importance of silence
- Minimal Explanation
- No Transaction
- Oblique shafts of illumination
- One-liners for captivating impact
- No measurement as policy

### **Create a Mythology**

Myths are stories that are based on tradition. Some may have factual origins, while others are completely fictional. But more than mere stories, they serve a profound purpose in ancient and modern cultures. Myths are sacred tales that explain the world and man's experience. They can create a positive future for humanity, our children, and what we love.

In The Hero's Journey, Joseph Campbell said that "the first function of mythology is to evoke a sense of grateful, affirmative awe before the monstrous mystery that is existence.

The second function of mythology is to present an image of the cosmos, an image of the universe round about, that will maintain and elicit this experience of mystical mystical awe and explain everything that you come into contact within the universe around you.

The third function of a mythological order is to validate and maintain a certain sociological system: a shared set of rights and wrongs, proprieties or improprieties, on which your particular social unit depends for its existence.

The fourth function is psychological. That myth must carry the individual through the stages of his life, from birth through maturity, through senility to death. The mythology must do so in accord with the social order of his group, the cosmos as understood by his group.



### **3.5 HOUR SELF-DIRECTED INQUIRY: SYNTHESIZING INTENTION AND FLOW**

1. Where have I successfully synthesized Intention and Flow, Art and Science, in the past 12 months?
2. With others, what were my biggest disappointments or regrets in the past year?
3. What did I discover in working with others in the past year?
4. How do I limit myself, and how can I stop?
5. What are my ideals and principles, really?
6. What gets most attention in my life?
7. In the next 12 months?
8. What's missing in my life and work which if it were present would make a big difference?
9. What's not there, absent, missing, when synthesis of intention and flow, art and science is there?
  - Force?
  - Judgment?
  - Timelessness?
  - Identity?
  - Deadlines?
  - Explanation?
  - Identity?
  - Noise?
  - Transaction?
  - Not stepping away from the canvas, seeing that the whole is greater than the sum of the parts, stepping back from the world and the mind?
10. What are my 5-10 goals for the next year..., and how can I make sure that I achieve them?