

T
H
E

S
U
P
E
R
H
U
M
A
N

C
O
D
E

C
W
I
L
S
O
N

M
E
L
O
N
C
E
L
L
S





Disclaimer

No part of this publication may be reproduced in any form or by any means, including printing, scanning, photocopying, or otherwise without the prior written permission of the copyright holder. The author has attempted to present this information as accurate and concrete as possible.

The author will update the material as the data and research become mainstream.

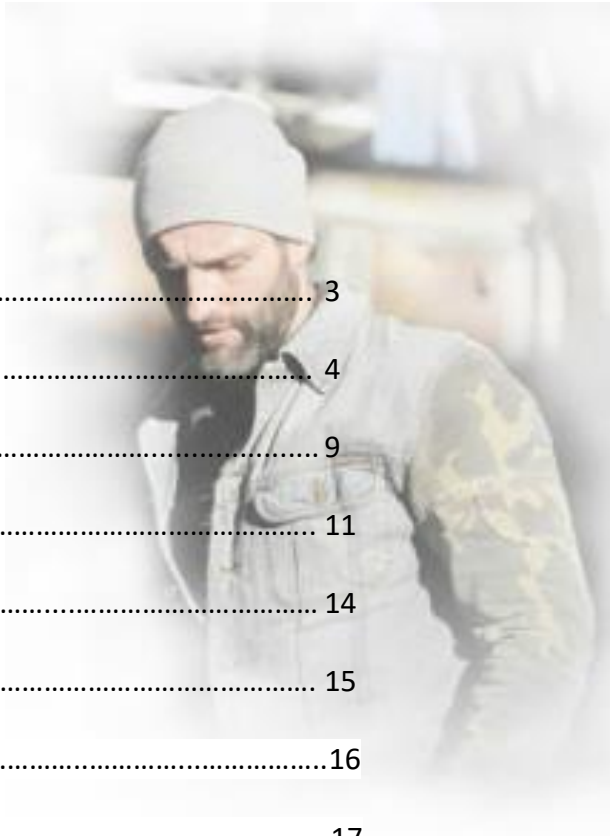


TABLE OF CONTENTS

INTRODUCTION..... 3

THE SCIENCE..... 4

THE FOUR CYCLES OF THE FLOW STATE..... 9

THE WAVE OF FLOW..... 11

DEACTIVATE TO ACTIVATE..... 14

THE FEELING OF BEING ONE..... 15

THREE WAYS TO WORK WITH YOUR SUBCONSCIOUS.....16

SIX REASONS WHY THE FLOW STATE IS ADDICTIVE.....17

THE FLOW STATE19

HOW THE CODE WORKS..... 24

THE SEVEN WEAPONS.....27

THE BREATH.....30

THE FEELING..... 34

REPRESENTATIONAL SYSTEMS.....41

PREPARATION.....43

TRAINING.....44

REFERENCES.....45

INTRODUCTION

Welcome to the program that will dramatically change your level of performance, in record time! How? Because I'm going to show you how to hack into your optimal performance state, which we call the Flow State. With only a few quick and easy but powerful exercises, you'll achieve this state in no time!

Once you've learnt these NEW SKILLS TO CHANGE your performance output, you will then quickly develop a thirst to live in flow. And to live in flow, you require the tools – or Weapons – to get there and stay there.

I'm going to show you how to stay in the Flow State throughout your day, by teaching you the powerful Seven Weapons to do so.

Can you imagine a life in flow? Being able to live in the Flow State, day to day?

This is the journey you have set yourself on – a life in flow.

You know, one of the most overlooked and misunderstood parts of attaining excellence is what you do outside of the gym, outside the park, ring, track, or office. I don't need to tell you what pressures you may have with family, relationships, business and day-to-day interactions. BUT, I probably DO need to remind you that you don't take all of that into account when it comes to your performance.

This has a massive impact on your presence while performing your skill. Deep presence is what we experience while in flow.

Can you remember being in a negative situation that made you feel anxious, angry, frustrated, stressed? Do you think this is a productive state for a professional to be in? Of course not.

Negative situations will always come into your life. But you can change the way you react to them. A negative situation is really only a positive situation with a mask on. The blade of life is only sharpened with the battles we undertake. It's these battles that make us grow. And the warrior who faces and overcomes these battles does so, in the mindset of the Flow State.

Now, imagine what it will be like to be in an optimal state of being, and remain in the Flow State during these day-to-day interactions.

This is what you are going to LEARN with this program. So, let's take the next step into a life of flow.

THE SCIENCE

YOU HAVE THE ABILITY

The information in this section is there for you to see that you have the ability to do anything. There is nothing holding you back from achieving what you want. The only obstacle is yourself. Following this program with belief in the scientific facts below means you WILL live in the flow. And you WILL take your athletic performance to a whole new level.

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."

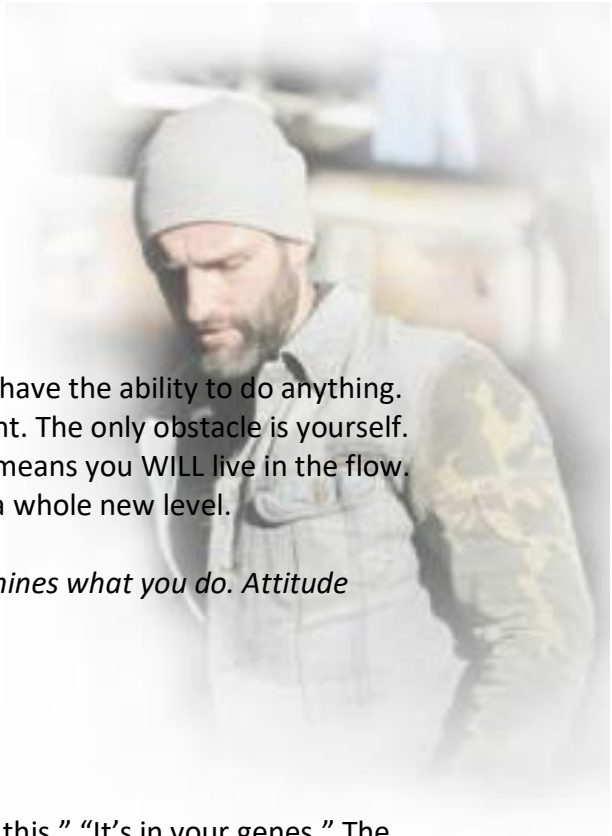
– Lou Holtz

THE CENTRAL DOGMA

"That's just the way I am." "It's in your DNA." "I was born like this." "It's in your genes." The central dogma of molecular biology states that biological information is transferred in a sequence in one direction. It has led us into a belief that we are powerless in the face of determinism. It's all controlled by your genetic code, which you were born with. However, scientists have shattered this dogma and thankfully proven its falsehood.

"Contrary to what many people are being led to believe, a lot of emphasis placed on genes determine human behavior is nothing but theory and doctrine. "We are free to make decisions that impact our lives and those of others. Our beliefs can change our biology. We have the power to heal ourselves, increase our feeling of self-worth and improve our emotional state."

– Konstantin Eriken



EPIGENETICS

WHAT IS IT, AND WHY DO WE NEED TO KNOW?

The concept of epigenetics is well summarised by Bruce Lipton:

“Let's get right to the bottom-line, genes are blueprints. They are actually physical, molecular blueprints on how to make the proteins of the body. The proteins of the body give us our physical structural characteristics but the proteins also provide for the behavior because proteins are molecules that move and change shape, so these are molecules of life.

The characters of the proteins are apparently built into the blueprint. WELL, for the longest time we gave this blueprint this self-actualization character, but it turns out a gene's blueprint is the same as a blueprint in an architect's office. And why I want to bring that up is because think of this situation: we walk into an architect's office and she is working on a blueprint.

We lean over her shoulder and we ask the architect, ‘Is your blueprint on or off?’ And of course the architect will look at you like, ‘What are you talking about? There is no on and off, it's a blueprint!’

And that is precisely the point. The genes are blueprints but they don't self regulate, they don't act on their own and they don't make decisions. They don't control anything. Blueprints are only effective if you have somebody who reads blueprints.

Well, this is what epigenetics is all about. Epigenetics is about the fact that we are beginning to understand who reads the blueprints, who engages with the blueprints and who can modify the blueprints. And it turns out it is OUR PERCEPTION OF THE WORLD THAT ACTUALLY ENGAGES these epigenetic mechanisms.”

– Bruce Lipton

BREAKING DOWN THE WORD: “epi” means “above”, so “epigenetic control” means “control above the genes”.

Old thinking: Genes control the world of life.

The new sciences: “NO, it's our PERCEPTIONS that control life.” – Bruce Lipton

ENERGY

What is the environment we are perceiving? Everything is made of atoms. Look around yourself now. All is made of atoms. Atoms are made up of vortices of energy that are constantly spinning and vibrating, each one radiating its own unique energy signature.

Therefore, if we really want to observe ourselves and find out what we are, we are beings of vibrating energy, radiating our own unique energy signature.

"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

– Albert Einstein

NEURONS

Neurons are nerve cells that transmit nerve signals to and from the brain at up to 200 mph. The neuron consists of a cell body (or soma) with branching dendrites (signal receivers) and a projection called an axon, which conduct the nerve signal. At the other end of the axon, the axon terminals transmit the electrochemical signal across a synapse (the gap between the axon terminal and the receiving cell).

"Mirror neurons: a special class of brain cells that fire not only when an individual performs an action, but also when the individual observes someone else make the same movement."

– Rizzolatti G, Craighero L., Annual Review of Neuroscience

THE SECOND BRAIN

We have all experienced "butterflies" in the stomach. However, not everyone is aware that this sensation is down to a network of 100 million neurons lining our guts, more than in either the spinal cord or the peripheral nervous system, which is so extensive some scientists have nicknamed it our "second brain".

CELLS

Scientists have recently counted 37.2 trillion cells in our body. They actually broke down the number of cells by organs and cell types. So for example, in a average body there are 50 billion fat cells and 2 billion heart muscle cells.

Cell membrane receptors read vibrational energy fields such as light, sound and radio frequencies. Their messages include thoughts and beliefs and influence the expression of genes.

WATER

The amount of water in the human body ranges from 50 – 75%.

Researcher Dr. Masaru Emoto has documented his research on water in the book, *The Hidden Message in Water*. What Dr. Emoto has proven is that thoughts and feelings affect physical reality:

“Existence is vibration. When we separate something into its smallest parts, we always enter a strange world where all that exists is particles and waves. The fact that everything is in a state of vibration also means that everything is creating sound. Water, so sensitive to the unique frequencies emitted by the world, essentially and efficiently mirrors the outside world. Music and spoken words are vibration; they are easily understood and interpreted by just about anyone. Sounds like the chant created by a human voice at a Buddhist funeral create a healing frequency.”

– Masaru Emoto

ENVIRONMENTAL PROTECTION

The Hypothalamic Pituitary Adrenal (HPA) axis is our central stress response system. It is a complicated set of relationships and signals that exist between the hypothalamus (a part of the brain), the pituitary gland (also part of the brain) and the adrenals (at the top of the kidney). What activated the HPA axis is called a stressor. It could be any moment of imminent physical, mental, emotional danger that triggers stress to any organism. If stressor activates, your hypothalamus releases corticotropin-releasing hormone (CRH) which sends a message to the pituitary. When CRH binds to CRH receptors on the anterior pituitary gland, adrenocorticotropic hormone (ACTH) is released. ACTH then prompts your adrenals to make cortisol. In response to stress, cortisol will be released for several hours after encountering the stressor. Cortisol raises the sugar in your bloodstream and prepares your body for high-energy ‘fight-or-flight’ response that it is anticipating. Your adrenals also release adrenaline which raises your heart rate and increases your blood pressure. The adrenal cortex facilitates conversion of norepinephrine to epinephrine. Together, the effects of cortisol, epinephrine, and norepinephrine engage system-wide defense mechanisms, fostering mobilization through processes such as secretion and distribution of glucose and stored energy.

With prolonged exposure to stressors, your body habituates to the stressor with repeated and sustained HPA axis activation. If it remains elevated for too long, then muscle breaks down, there is a decreased inflammatory response, excess cortisol and negative health effects may occur.

ENVIRONMENTAL GROWTH

There are several monoamine neurotransmitters that can control the regulation of HPA-axis. These are the dopamine, serotonin and norepinephrine .

What happens to you in a neurochemical level while in THE FLOW STATE?

Your brain and body releases a series of neurochemicals that allow you to focus extensively.

Norepinephrine: The hormone and neurotransmitter most responsible for concentration.

Dopamine: A neurotransmitter responsible for cognitive alertness.

Endorphin: Activates the opioid receptor. It makes you feel really good.

Serotonin: The mood balancer.

Anandamide: The name is taken from the Sanskrit word ananda, which means "bliss, delight".

Oxytocin: The love hormone.

Taken together, these neurochemical changes in the brain provide us with performance-enhancing, pleasure-inducing chemicals to create the STATE OF FLOW.

THE FOUR CYCLES OF THE FLOW STATE

1. Struggle Phase
2. Release Phase
3. Flow State
4. Recovery

These are the cycles that new studies indicate you must go through to enter flow and what happens after flow.

STRUGGLE

Frustration, tension, stress, cortisol and adrenaline or epinephrine. What happens in this stage is that there are a combination of nerve and hormonal signals which prompt your adrenal glands to produce a surge of hormones, including adrenaline and cortisol.

Adrenaline: Increases your heart rate, elevates your blood pressure and boosts your energy supplies.

Cortisol: The number one stress hormone; increases your sugars (glucose) in the bloodstream. This enhances your brain's use of glucose, increases the availability of substances that repair tissues, alters immune system responses and suppresses the digestive system. This hormone also communicates with the region of your brain that controls moods, motivation and fear.

You kick into the BETA brainwave stage, which is around 12 – 40 hertz. (We will cover this in more detail later.)

RELEASE

This stage is where you are taking your mind off the problem. Taking a step back and calming down with calm breathing. Einstein would row into a lake, lie down and look up at the clouds to get himself into the release stage.

Think of it as steps in the opposite direction to the stress. So it takes you from stress in the direction of comfort.

Nitric oxide is an important cellular signaling molecule involved in many physiological and pathological processes. It's a powerful vasodilator with a short life span of only a few seconds. This flushes out all the stress hormones.

So you're in the transition into producing ALPHA waves of around 8 – 12 hertz. (We will cover this in more detail later.)

THE FLOW STATE

After those two preceding cycles, we hit the sweet spot, where our mind and body release a series of performance-enhancing neurochemicals:

Norepinephrine: Responsible for concentration

Endorphin: Feeling good

Dopamine: Cognitive alertness

Serotonin: Mood balancer

Anandamide: Meaning “bliss” in Sanskrit

Oxytocin: The love hormone

All of these are the foundation of the Flow State.

RECOVERY

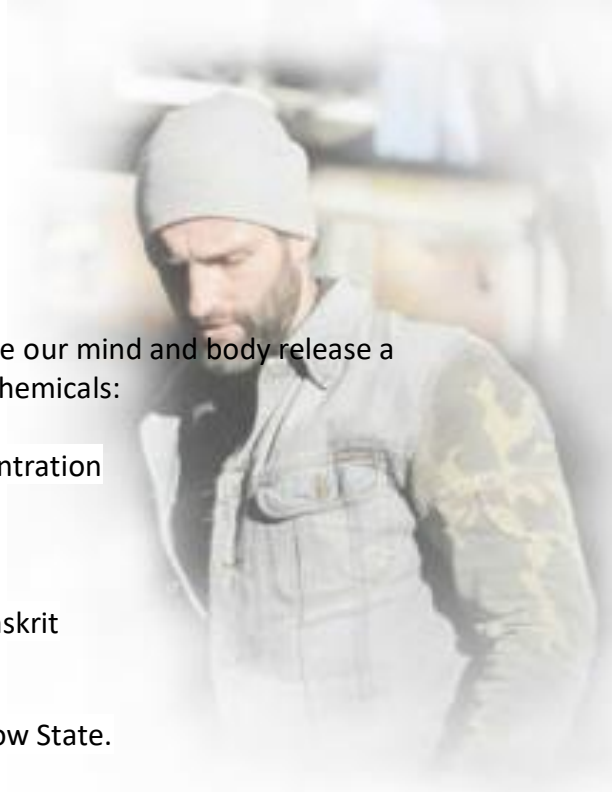
The stumbling block for most athletes and the biggest obstacle for hacking and maintaining the Flow State.

After the dramatic high of the performance-enhancing “feel good” neurochemicals, then comes an equally dramatic low. You will get an emotion drop as you are not feeling superhuman like you did just a while ago.

You need to rebalance and rebuild all those neurochemicals with the correct nutritional requirements, sunlight, breathing, meditation (your Superhuman Code program is packed with thought- and “emotional”-balancing weapons to speed up your recovery process).

You must develop a warrior's mentality. Or an emotional maturity with the knowledge that this is part of the process of learning, training, competition. If you allow yourself to fall into the trap of NOT recovering and beating yourself up, you will begin to produce EXCESS cortisol (the stress hormone we spoke about earlier).

Not recovering properly will limit you by getting you back into the struggle phase, therefore limiting how well you get into flow.



THE WAVE OF FLOW

We are almost at the point of beginning your training, and turning the corner onto the road of excellence. But before that, I would like you to further understand the state you will be putting yourself into when you are performing the exercises, as well as deepening your understanding and knowledge of the Flow State.

We possess five different types of electric patterns, also called “brainwaves”, which pass across the cortex. Brainwaves are produced by synchronized electrical pulses from masses of neurons communicating with each other. The five brainwaves are the Gamma, Beta, Alpha, Theta and Delta, arranged from fastest to slowest. Our brainwaves change according to what we’re doing and feeling. When slower brainwaves are dominant, we can feel slow, sluggish, dreamy or tired. And when faster brainwaves are dominant, we can feel wired or hyper-alert.

GAMMA WAVES (40 – 100 Hz)

Gamma brainwaves are the fastest brainwaves (they have the highest frequency) and are the most recently discovered brainwave state. They relate to the simultaneous processing of information from different brain areas. These are involved in higher processing tasks as well as cognitive functioning. This is important for learning, memory and information processing.

Too many Gamma waves result in: anxiety, high arousal, stress

Too few Gamma waves result in: ADHD, depression, learning disabilities

Optimal Gamma waves result in: binding senses, cognition, information processing, learning, perception, REM sleep

Gamma waves can be increased through: meditation

BETA WAVES (12 – 40 Hz)

Beta brainwaves are associated with normal waking consciousness and a heightened state of alertness, logic and critical reasoning. Having the right amount of beta allows us to focus on our task, whether at school or work, or performing sports. However, exposure to too many beta waves also results in too much stress. Stress produces stress chemicals like cortisol, which is really harmful to our body if we have too much of it.

Too many Beta waves result in: anxiety, adrenaline, high arousal, inability to relax, stress

Too few Beta waves result in: ADHD, daydreaming, depression, poor cognition

Optimal Beta waves result in: conscious focus, memory, problem solving

Beta Waves can be increased through: coffee, energy drinks, flow

ALPHA WAVES (8 – 12 Hz)

Alpha brainwaves are dominant during moments of quietly flowing thought, while you are in deep relaxation, or when you are slipping into a lovely daydream or during light meditation. Alpha is the frequency between our conscious thinking and subconscious mind. This is the Flow State Zone.

Too many Alpha waves result in: daydreaming, inability to focus, too relaxed

Too few Alpha waves result in: anxiety, high stress, insomnia, OCD

Optimal Alpha waves result in: relaxation, Flow State

Alpha Waves can be increased through: alcohol, marijuana, relaxants, some antidepressants

THETA WAVES (4 – 8 Hz)

Theta brainwaves occur most often in sleep but are also dominant during deep meditation. In theta we are in a dream; vivid imagery, intuition and information awareness beyond the normal consciousness. It helps us improve our intuition and creativity, and makes us feel more natural. This is also known as the Flow State Zone.

Too many Theta waves result in: ADHD, depression, hyperactivity, impulsivity, inattentiveness

Too few Theta waves result in: anxiety, poor emotional awareness, stress

Optimal Theta waves result in: Flow State, creativity, emotional connection, intuition, relaxation

Theta Waves can be increased through: depressants

DELTA WAVES (0 – 4 Hz)

Delta brainwaves are the slowest but loudest brainwaves (they have the lowest frequency). They are experienced in a deep, dreamless sleep and in very deep, transcendental meditation. These is also found most often in infants as well as young children. Deep sleep is important for the healing process, as it is linked to deep healing and regeneration.

Too many Delta waves result in: brain injuries, learning problems, inability to think, severe ADHD

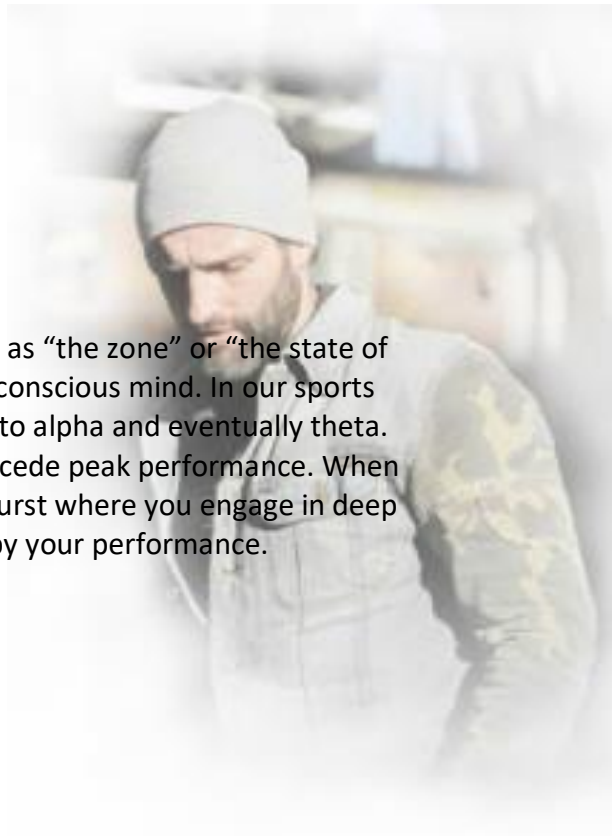
Too few Delta waves result in: inability to rejuvenate the body, inability to revitalize the brain, poor sleep

Optimal Delta waves result in: an optimal immune system, natural healing, restorative sleep / deep sleep

Delta waves can be increased through: depressants, sleep

THE ALPHA-THETA BORDER

The Alpha-Theta border area of around 7 – 8 Hz is recognized as “the zone” or “the state of flow”. This is the border between the conscious and the subconscious mind. In our sports performance we start out with beta, but very quickly move into alpha and eventually theta. According to sports scientists, increased Alpha brainwaves precede peak performance. When you are in intense creativity, you are having a mystical theta burst where you engage in deep dialogue with your divine mind. You’ll be surprised by your performance.



DEACTIVATE TO ACTIVATE

WHY become subconscious? Shut down the conscious mind, save energy and become 5 times more effective!

Our brain is 2% of our mass, but it uses 20% of our energy. We were brought up to believe that we use only 10% of our brain at full capacity. SO, if we want to perform at our optimal level, we need to use a larger % of the brain, right? Well, no. Due to the evolution of neurobiology research, it is showing that the opposite occurs.

CONSCIOUS processing of information very SLOWLY requires a large amount of energy. SUBCONSCIOUS processing is almost the complete opposite. It is very FAST and requires very little energy.

During the research of our optimal performance state – called the Flow State – our research has shown that large parts of the brain shut down. The technical term is transient (temporary) hypofrontality: “A decrease of the neuronal activity of various areas of the frontal lobes.” Hypo is the opposite of hyper. So hypo means slowing down. And frontality refers to the prefrontal cortex, the front of your brain.

So in flow, we are trading conscious processing for subconscious processing. The brain deactivates to become more efficient! We become more subconscious in our actions!

We become faster!
We become more effective!
We become more energy effective!
We become more SUPERHUMAN!

This knowledge of the prefrontal cortex deactivating gives us an understanding of why, in the Flow State, we report a sense of time slowing down.

We have found that time is calculated throughout the brain, especially the prefrontal cortex of the brain. So as we perform in flow and we become more subconscious in our actions, we blur out our perception of past and future. And in doing so, we are pulled deeper into what researchers are now calling “The Deep NOW”.

Another reported side effect of being in the Flow State is that self-consciousness disappears. Why? Because our dorsolateral prefrontal cortex shuts down. This is our self-monitoring zone. In flow, it shuts down and we stop being so self-critical.

THE FEELING OF BEING ONE

Over the past 25 years, brain-imaging technology has gotten better and better, allowing us to look deeper into the brain than ever before. Dr Andrew Newbery at the University of Pennsylvania researched into spiritual experiences in meditation with Tibetan Buddhists and Franciscan nuns. He found that the “state of cosmic unity”, the feeling of “being one” is actually a by-product of transient hypofrontality. That’s when the hypofrontality moves out of the prefrontal cortex and back into the right parietal lobe, which is the part of the brain that separates the self from others. In flow, or deep-focused attention, this portion of the brain shuts down, so we can no longer separate the self from others, hence the sensation of “being one”, also referred to in other ways, like:

“Being one with the waves”
“Being one with the mountain”
“Cosmic unity”
“Being one with the universe”

This knowledge of the prefrontal cortex deactivating gives us an understanding of why in the Flow State we report a sense of time slowing down. David Eagleman’s research on time perception found that time is calculated throughout the brain, especially the prefrontal cortex of the brain. So as we perform in flow and we become more subconscious in our actions, we blur out our perception of the past and future. And in doing so, we are pulled deeper into what researchers are now calling “The Deep NOW”.

THREE WAYS TO WORK WITH YOUR SUBCONSCIOUS

1. Know the difference between your conscious and subconscious mind.

The subconscious mind only thinks in the present. So if you are saying to yourself, when you're in the correct state, "I will..." or "I'm going to..." you're thinking in the future! Your subconscious mind thinks in the NOW, in the present.

The key for working with the subconscious mind is to trick the mind into believing you already have what you want right NOW. So state your affirmation in the present, and feel as if you are doing it NOW.

2. The subconscious mind doesn't know the difference between what is real and what is imagined.

This is the core of mind power exercises, the law of attraction, hypnosis etc.

So once again, the key in using these methods is to feel that you are experiencing what you want, as if it happening right NOW.

3. Your conscious mind is: logical, rational, and analytical. Your subconscious mind is ill-logical, ir-rational, non-analytical.

Your subconscious mind believes ANYTHING, whether it makes no sense, no logical sense at all.

So in your conscious mind, know that it takes time to action goals, while in your subconscious mind, programme it to believe you have already attained them right NOW.

SIX REASONS WHY THE FLOW STATE IS ADDICTIVE

The Neurochemistry of the Flow State

While in flow, in our performance-enhancing superhuman state, we release a powerful combination of neurochemicals. There are six in particular: norepinephrine, dopamine, endorphin, anandamide, serotonin and oxytocin. These are neurotransmitters and hormones that send signals around the body. Neurotransmitters are the chemical messengers found in the nervous system, and hormones are chemical messengers found in the endocrine system.

1. **Norepinephrine:** Speeds up heart rate, improves muscle tension, triggers the release of glucose, giving us more energy. When our neural efficiency is up, it boosts arousal and control of emotions.
2. **Dopamine:** Gives the feeling of engagement in a task, excitement, adventure and rewards us for it. Dramatically increases our attention, improves pattern recognition and muscle firing times.
3. **Endorphins:** Pain-relieving neurotransmitters, which can also give that “euphoric” feeling, are pretty strong, to say the least. There are 20 different types of endorphin, one of which is called beta-endorphin. These are reported as being 100 times more powerful than medical morphine.
4. **Anandamide:** The word is taken from the Sanskrit word Ananda, which means “bliss, delight”. This is an endogenous (naturally found in our bodies) cannabinoid (a psychoactive compound found in marijuana). So this won't come as a surprise: anandamide lifts moods, dilates blood vessels and bronchial tubes (improving our breathing), inhibits our ability to feel fear and improves our lateral thinking.
5. **Oxytocin:** The “love hormone”, derived from the Greek word “quick birth”. Functions originally and associated solely with maternal behaviors or between sexual partners. However, recent findings point to a broader scope in human socialising, bonding, trust and emotional behaviors.
6. **Serotonin:** The vast majority of the body's serotonin is found in the gastrointestinal tract. Serotonin affects mood, social behavior, appetite, digestion, sleep, memory and sexual desire. Studies have found that when “When serotonin has arrived, the state has already happened. It's a signal things are coming to an end, not the beginning,” says performance psychologist Michael Gervis. And as Steven Kotler writes in *The Rise of Superman*: “In flow, serotonin is partly responsible for the afterglow effect.”

These are POTENT REWARD CHEMICALS, which means that once we experience these we will go out of our way to find them again. To further see why a flow experience is so addictive, just look at these examples: Cocaine is one of the most popular drugs in the world. When taking cocaine, dopamine floods the brain and blocks out anything else, so the substance stays in the brain longer. While taking Ritalin, you have a dramatic increase in the concentration of dopamine and norepinephrine in your system. Anandamide is the active ingredient in marijuana and THC, while MDMA increases the activity of serotonin, dopamine and norepinephrine. Endorphins are boosted by opiates/opium. We have 20 different endorphins in the body. The most common endorphin is 100 times more potent than medical morphine.

The point is that ONLY IN FLOW do you release all six of these potent chemicals at once. Researchers and scientists don't like the term "addictive". They prefer the term "Autotelic; having a purpose in and not apart from itself" which describes being internally driven, and having a sense of purpose and curiosity.

Perhaps this explains why researchers describe the Flow State as the source code for intrinsic motivation. It is the state of performing an action or behavior because you enjoy the activity itself. Hedonic engineering is "heightened pleasure" like an "orgasm of pleasure." Hedonism is a school of thought that argues that pleasure is the primary or most important intrinsic good.

THE FLOW STATE

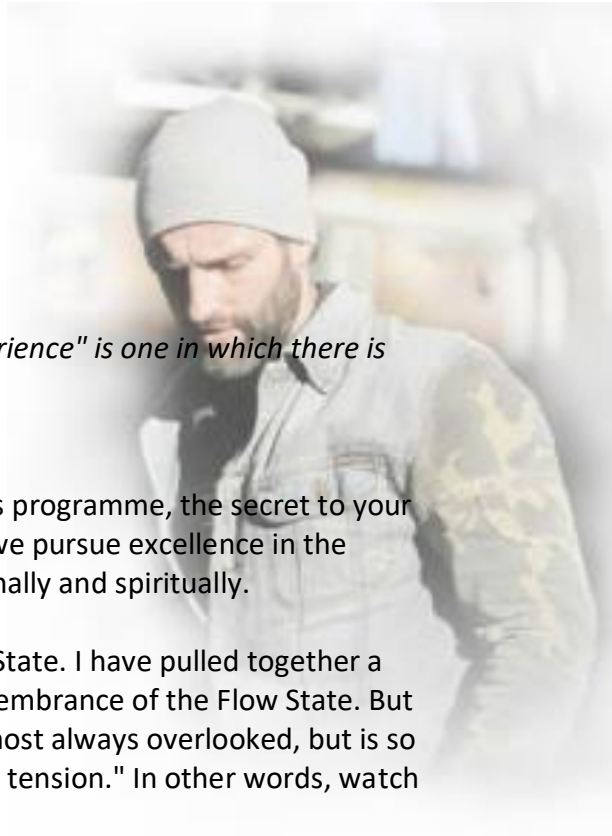
"The flow is a "holistic response" or an "optimal state of experience" is one in which there is order in consciousness..."

– Csikszentmihalyi

The Flow State is our anchor in the moment. It's the core of this programme, the secret to your success. It's from this optimal state of athletic being that we pursue excellence in the movement of energy. Physically, mentally, emotionally and spiritually.

In this chapter, you will deepen your knowledge of the Flow State. I have pulled together a collection of research findings to help your understanding/remembrance of the Flow State. But at this point, I also want to give you a very simple TIP that is almost always overlooked, but is so critical for living in the Flow State: "Too much attention leads to tension." In other words, watch out for overthinking.

You will notice that when you read this section, it will begin to spark memories of your personal experiences of the Flow State. Take notes about them, as remembering these experiences will serve you well, once you start your exercises and meditations. And remember, your experiences of the Flow State don't need to be life threatening. They can be as simple as making a cup of tea.



THE NINE COMPONENTS OF THE FLOW STATE

When in flow, we experience/sense/feel nine components. We don't need to feel all of the nine during a flow experience to call it a flow experience. One is enough. However, these are the reported behaviours expressed when in the Flow State.

- 1. Clear goals:** The rules and your purpose are clear, and you know what to do next.
- 2. Immediate feedback:** When you're in flow, you know how well you're doing. Your body and mind quickly respond to whatever the situation is. You do not need to think of anything else outside the task. You're purely focused.
- 3. A balance between skills and challenge:** The difficulty of a task has to provide the right degree of challenge to a person's ability. A too-difficult workout will leave an athlete frustrated, disappointed and injured. A too-easy one leads to boredom and routine. So flow occurs in range between "too much" and "too little".
- 4. There is no fear:** While you're in Flow State, you're too involved to be concerned about failing. You're not thinking about failure, you just know what has to be done and you just do it. You have complete control but you're not controlling.
- 5. Distractions are excluded from consciousness:** Because you're absorbed in the activity, you're only aware of what's relevant to the task at hand without thinking unrelated things. By being focused on the activity, anxiety and any other forms of distractions are set aside.
- 6. An altered perception of time:** Time flies when you're really engaged in Flow State. Time can either feel condensed – two hours feels like ten minutes, or expanded – seconds feel like minutes. That is why the flow-mode is called "timeless".
- 7. Action and awareness are merged:** You do not feel separated from other actions; you are one with their performance. This feeling of unity can expand to a person's surroundings.
- 8. Self-consciousness disappears:** People often spend a lot of mental energy monitoring how they appear to others. In Flow State, you're too involved in your task that you don't have time to care about protecting your ego. You might even feel connected to something larger than yourself.
- 9. The activity becomes "autotelic":** This is derived from the Greek words *autos* – self and *telos* – goal. Some activities are done for their own sake, for the enjoyment and experience provided, like most arts, music or sports. Other activities which are done for some future purpose or goal – like your job – may only be a means to an end. But some of these goal-oriented activities can also become ends in themselves, and enjoyed for their own sake.

"Flow is also characterized by a heightened sense of playfulness."

– Webster and Martocchio

"Physiological correlates to focused attention may be inferred from a related experience to flow called meditation."

– Goleman, Daniel J. and Schwartz, Gary E.

"Potentially negative experiences can be transformed into flow by 1) setting clear goals to strive toward, 2) becoming immersed in the activity chosen, 3) paying attention to what is happening, and 4) learning to enjoy immediate experiences." The flow state has been defined as "an intrinsic reward for participation in an activity."

– Csikszentmihalyi



WHAT DOES THE FLOW STATE FEEL LIKE?

The flow state requires clear goals that, while challenging, are still attainable. With the application of strong concentration and focused attention, results will exceed expectations and previous levels of attainment. In flow, the activity you undertake is intrinsically rewarding: there are feelings of serenity and a loss of self-consciousness. There is also a sense of timelessness: a distorted sense of time where feeling is so focused on the present that you lose track of time passing. Knowing that the task is doable and that there is a balance between skill level and the challenge presented is important: there needs to be a feeling of control over the situation and the outcome.

Mihály Csíkszentmihályi coined the term “the Flow State” back in the 1960s. What he did to illustrate the Flow State, was to create a very simple graph. He used the challenge level and the skill level to meet that challenge. So, as you can see in the image, the drivers for maintaining the Flow State, as Csíkszentmihályi found, were the steady progressive balance between boredom and anxiety.

"Flow has been linked to reported states of euphoria or pleasure that occur during and after states of prolonged exertion."

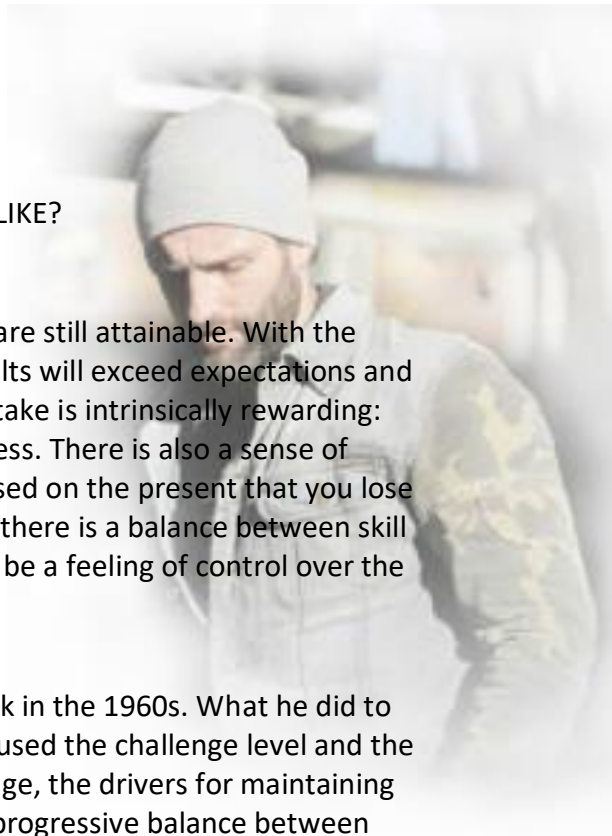
– Jackson and Csikszentmihalyi

"Flow is a state of mind or a state of experience that we feel when we are totally involved in what we are doing."

– Csikszentmihalyi

"I began to notice how important this feeling is."

– Csikszentmihalyi



THE KEY TO FLOW

Our feelings can be described as having a weight to them. For example, tension and anxiety can be described as being heavy or hard, while relaxation and calmness can be expressed as being light or soft in weight.

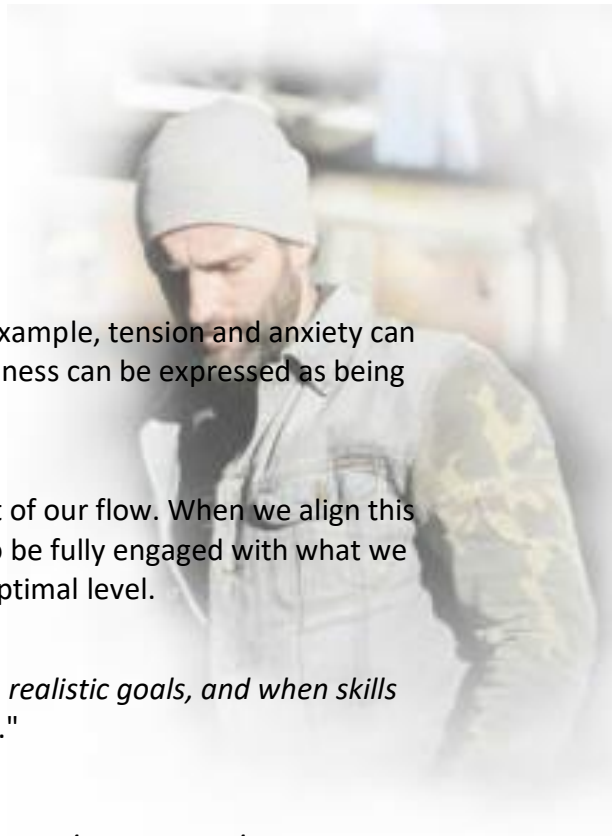
We want learn to tune into our feelings, to tune into the weight of our flow. When we align this vibrational energy of flow, we allow ourselves to be present, to be fully engaged with what we are doing. And in that, we perform to our optimal level.

"This happens when psychic energy, or attention, is invested in realistic goals, and when skills match the opportunity for action."

– Csikszentmihalyi

"Flow provides a sense of discovery, a creative feeling of transporting a person into a new reality. It pushes a person to higher levels of performance, and leads to previously undreamed of states of consciousness. In this growth of self lies the key flow activities."

– Csikszentmihalyi



HOW THE CODE WORKS

"Focus and simplicity. Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains."

– Steve Jobs

This programme has been written with simplicity. It's a practice-based training system that develops your awareness of the Flow State and your ability to stay in the Flow State throughout your day.

You will develop your sensitivity to the Flow State through the correct use of remembrance of optimal experiences. Once remembered, you will then observe and connect to the feeling of that experience.

The following chapters will teach you more about the Flow State, what the Seven Weapons are and then onto the Three Steps to Learning (breathing, feeling, representational systems). This is the core of how to do all the exercises.

THOUGHT

Your development of the Flow State will be done with the correct use of remembrance of experiences. Observe the feeling. Connect to the feeling of that experience. The stronger your remembrance for an experience of flow, the stronger your connection to the FEELING of flow.

Now, your experience of flow can also be your understanding of the Flow State.

THE FEELING

The key to achieving optimal results through this training is to develop the conscious use of feeling, which will develop the ability to get into the Flow State on command. "Feeling" is the missing link to taking your athletic, professional, or personal ability to superman or superwoman status. Think of it like a muscle: the more you train it, the stronger it becomes and the better control you gain over it. This focus on feeling is developing an awareness of how you feel when you are still, when you move, or how you feel between moving and stillness.

HOW TO STAY IN FLOW

A life in flow is not as far off from our evolution as you may believe. Once your familiarity of the feeling of flow, the energy of flow is solidified. You then have a "daily destination", if you like to call it. They say the progressive balance between the challenge and our skill has an incremental

growth of 4%. So let's say we have a micro and macro daily flow graph. The macro would look more like a wave of flow. As we adapt to the multiple varied tasks at hand, even in our "rest" we can "rest in a flow".

WEAPONS TO FACE THE OBSTACLES

There are times that even the greatest flow warriors face unforeseen obstacles that "rock the boat." Here is when you must have weapons to face these obstacles, these traps. They do serve a purpose for our growth, so smile that they have surfaced for you. However, they do block us from completing the "intention" of a task we set up to achieve. So we can use the intention meditation to connect to the energy of intention, and guide ourselves back into the flow. It's like you begin to develop an awareness of your emotions (e-motion, energy in motion). It's like your emotions are the wind to your sailing boat. The winds are forever changing, but if used at the correct time, you can align your boat to advance to your destination.

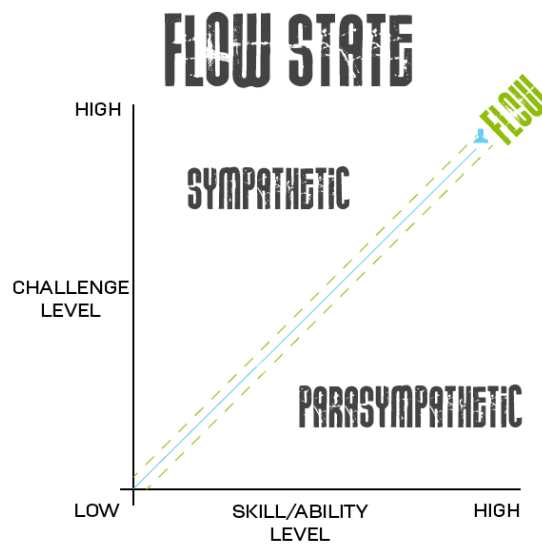
THE AUTONOMIC NERVOUS SYSTEM

"When it comes to emotion, all roads lead to the autonomic nervous system (ANS).

Whether it is the generation, expression, experience, or recognition of emotion, the role of the ANS is critical."

The ANS has two divisions: the sympathetic and the parasympathetic. Each works in opposition to the other, yet they work together to maintain homeostasis (metabolic balance and efficiency).

For example, sympathetic nervous stimulation speeds the heart rate, while parasympathetic stimulation slows the heart rate.



Together, the sympathetic and the parasympathetic divisions work to maintain the proper heart rate, as well as the functioning of all the various organs and glands.

Certain organs are "switched on" by the sympathetic and "switched off" by the parasympathetic, while other organs are "switched on" by the parasympathetic and "switched off" by the sympathetic.

A LIFE IN FLOW

The more you practice hacking into flow, the less hacking you will need to do, to get into flow. You must begin to BE flow. Once this is done, you will begin to notice more flow will come into your life.

THE LAW OF ATTRACTION

"The law of attraction is the ability to attract into our lives whatever we are focusing on."

"Every single second is an opportunity to change your life, because in any moment you can change the way you feel."

– Rhonda Byrne

"All that we are is a result of what we have thought."

– Buddha

"Whether you think you can or think you can't, either way you are right."

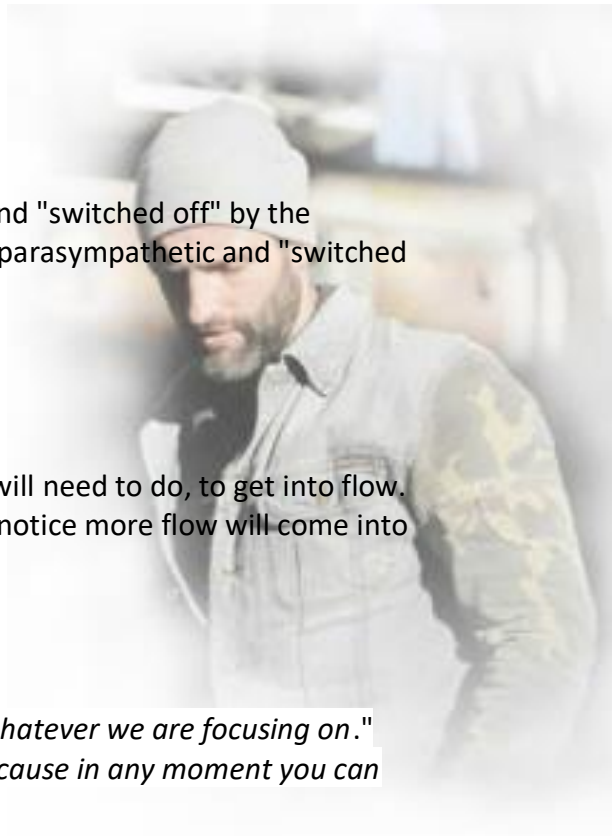
– Henry Ford

"Nothing is, unless our thinking makes it so."

– Shakespeare

"The grateful mind is constantly fixated upon the best. Therefore it tends to become the best. It takes the form or character from the best, and will receive the best."

– Wallace D. Wattles



THE SEVEN WEAPONS

MAINTAIN THE FLOW WITH THE SEVEN WEAPONS

"The greatest weapon against stress is our ability to choose one thought over another."

– William James

The objective here is to use the Seven Weapons to maintain your Flow State and to get back into the flow if you fall. The Seven Weapons give you the ability to do this. You WILL begin to know when and which weapon to use as you develop on your awareness of being in the Flow State.

So, for example: Imagine you are an amateur skier and you're standing on the top of a slope of a black run. You have had the training and your instructor feels you are ready to make the move to this level of slope. So, you're standing on top of the slope looking down. Let's imagine that you are very nervous. You need some courage so you can make that first move. At this point, you quickly activate your feeling of courage (the meditations and exercises you will learn shortly). You have now changed your state from nervousness/worry to courage.

It's like you have become a Warrior of Flow with the mission to protect your Castle of The Flow State.

PERSONAL EXPERIENCE

Even though we all speak the same language, we all have a different understanding and place a different meaning on words. So, for the purposes of this programme, we use the meanings found in the Oxford Dictionary as definitions of the following Weapons. Why have I done this?

Because the key to all the exercises and meditations is the correct use of REMEMBERING PERSONAL EXPERIENCES. So for example, my experience of complete relaxation might be very different to yours. I have a client that likes to relax with the vacuum cleaner on! That's not my idea of relaxation. But for him, it's perfect.

WEAPON 1 – ATTENTION

The mental faculty of considering or taking notice of someone or something. – ORIGIN later Middle English: from Latin *attention*(n-), from the verb *attendere* (see ATTEND).

"If you are interested in something, you will focus on it, and if you focus attention on anything, it is likely that you will become interested in it. Many of the things we find interesting are not so by nature, but because we took the trouble of paying attention to them."

– Mihaly Csikszentmihalyi

"In flow, we are so focused on the task at hand that everything else falls away. Action and awareness merge. Time flies. Self vanishes. Performance goes through the roof."

– Steven Kotler

WEAPON 2 – INTENTION

A thing intended; an aim or plan. – ORIGIN late Middle English: from Old French *entencion*, from Latin *intention*(n-) 'stretching, purpose' from *intendere* (see INTEND).

"Desire is the key to motivation, but it's the determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek."

– Mario Andretti

"I've got the willingness and stupidity to try anything. If I think it's even remotely possible, I'll do it."

– Travis Pastrana

WEAPON 3 – CONSISTENCY

The quality of achieving a level of performance which does not vary greatly in quality over time. – ORIGIN late 16th century (denoting permanence of form); from late Latin *consistentia*, from *consistent-* "standing firm" (see CONSISTENT).

"An extraordinary person is someone who consistently does the things ordinary people can't do or won't do."

– Nido Qubein

"Success isn't always about 'greatness'. It's about consistency. Consistent hard work gains success. Greatness will come."

– Dwayne "The Rock" Johnson

WEAPON 4 – PATIENCE

The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious. – ORIGIN Middle English; from Old French, from Latin *patientia*, from *patient-* 'suffering', from verb *pati*.

"If you're patient and focused, you can cultivate better gut wisdom."

– Jeremy E. Sherman, Ph.D.

"To really achieve anything, you have to be able to tolerate and enjoy risk. It has to become a challenge to look forward to. In all fields, to make exceptional discoveries you need risk—you're just never going to have a breakthrough without it."

– Steven Kotler

WEAPON 5 – BELIEF

A acceptance that something exists or is true, especially one without proof. – ORIGIN Middle English: alteration of Old English *gelēafa*; compare with BELIEVE.

"Visualize this thing that you want, see it, feel it, believe in it. Make your mental blueprint, and begin to build."

– Robert Collier

"I'm not the best. I just believe I can do things that people think are impossible."

– Anderson Silva

WEAPON 6 – COURAGE

The ability to do something that frightens one: bravery. – ORIGIN Middle English (denoting the heart as the seat of feelings): from Old French *corage*, from Latin *cor* 'heart'.

"Courage is a resistance to fear, mastery of fear – not absence of fear."

– Mark Twain

"Courage is doing what you are afraid to do. There can be no courage unless you are scared."

– Eddie Rickenbacker

WEAPON 7 – RELAXATION

The state of being free from tension and anxiety. – ORIGIN Late Middle English: from Latin *relaxare*, from *re-*(expressing intensive force) and *laxus* 'lax, loose'.

"The ability to be in the present moment is a major component of mental wellness."

– Abraham Maslow

"Tension is who you think you should be. Relaxation is who you are."

– Unknown

THE BREATH

DEVELOP YOUR SENSITIVITY

"Your breathing should flow gracefully, like a river, like a water snake crossing the water, and not like a chain of rugged mountains or the gallop of a horse. To master our breath is to be in control of our bodies and minds. Each time we find ourselves dispersed and find it difficult to gain control of ourselves by different means, the method of watching the breath should always be used." – Thích Nhất Hạnh

Step one for learning the exercises is the breath. We use the breath to calm ourselves down, to relax. In this way, you can open your sensitivity to your feelings. In this chapter, I will break down this method of breathing, allowing you to develop the kinaesthetic ability to instantly hack into the Flow State and instantly draw upon any Weapon you may require for a given situation.

My number one tip for breathing correctly for the meditations is also one of the hardest to master. Each time I remind clients of this tip, they nod their head in agreement, but seldom practise without me. Take a deep a breath in, WITHOUT TENSION. Breathe as FULLY and as DEEPLY as possible, without tension. That's it. Simple, right? Hahahahah.

Where you MUST be fully attentive is in the transition between your INhalation and EXhalation. The tool for this awareness of growth is the Pendulum Principle, which I will explain shortly. Why is this tip so beneficial? Try it now. You will see how you will pay a lot of attention to the transition of the breath. And as you relax with your breath, you will also notice that your mind and body will begin to copy this relaxed, focused state. Perfect for your meditations.

THE BALANCED BREATH

What we want to achieve is a sense of calm and control. Equilibrium and the breath. Relaxation and the breath. The pendulum of the breath.

The balancing mechanism is the breath. The breath is like the hand wiping the steam off the mirror allowing you to see your true self. Thinking about the Weapons that we encountered in the last section, we can understand how the breath allows them to work for us. For example, if your attention is out of balance, or there is a lack of consistency in your training and in life, it

leads to tension. The breath maintains the ability to keep all these requirements working together in unison, allowing the athlete to remain attuned to what is most important for optimum performance.

Attention without breath leads to tension.

Intention without breath leads to staleness.

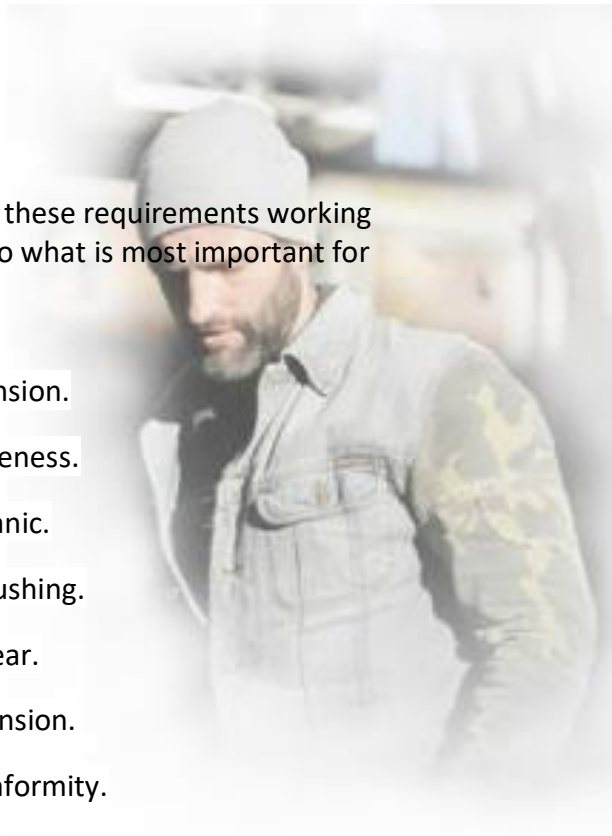
Patience without breath leads to panic.

Consistency without breath leads to rushing.

Courage without breath leads to fear.

Relaxation without breath leads to tension.

Belief without breath leads to social conformity.



DEVELOPING YOUR BREATH

The four steps to develop your breath for your exercises and meditations:

1. Diaphragmatic Breathing
2. Pendulum Principle
3. Feet Breathing
4. Full Body Breathing

DIAPHRAGMATIC BREATHING

Diaphragmatic breathing – also known as abdominal breathing, belly breathing, bellow breathing or deep breathing – is performed by contracting your diaphragm. The diaphragm is a large dome-shaped muscle at the bottom of the rib cage. In action, you will be aware of the following:

BREATHING IN: You will see your stomach rise.

BREATHING OUT: The stomach falls.

PENDULUM PRINCIPLE

If you can imagine the movement of a pendulum, swinging up to one side and down to the other, then you can imagine a way to control your breathing patterns. The athlete's breath moves in this way. Allow your breath to follow the movement of the pendulum. Copy the way in which the pendulum moves. This is the doorway to the movement of the athlete's breath. One of the teachings of the "wisdom" of the pendulum is that it allows us to understand more about the way in which we breathe: it is a continuous movement in breath.

Therefore, the wisdom of the movement of the pendulum will reveal the secrets of movements internally and externally. The secret of breathing is discovered through the consistent practise of the pendulum.

BREATHING FROM THE FEET

The breath now begins from the heels and ends at the heels. Don't worry about over-complicating this. As you become more conscious of how you use your breath, this becomes natural. Just bring your attention to your heels and perform your breathing.

FULL BODY BREATHING

In this way, we can begin a process of unity: both unifying the mind and body, as well as feeling a sense of connecting with what we are standing on and touching – the ground – and a greater sense of connectedness with everything around us. This is important to understanding the process of flow.

"Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders."

– Dr. Andrew Weil

"Breathing is one of the most profound and direct ways we have of changing or tuning our chemical and biological state to affect our neurology. Within breath is contained life-force (energy, ki, chi, prana, etc.). The assimilation and direction of life-force can be further increased through awareness."

– Dr. Laura De Giorgio

"Concentration, focus, intention, meditation, visualization, affirmation, emotional resolution, attitudinal harmony and toning are more advanced aspects of the practice of self-applied health"

enhancement. These self-applied tools generally serve to support the practitioner in moving beyond the first layer of the quest for greater health and comfort."

– Roger Jahnke, O.M.D.



THE FEELING

“My research has shown me that when emotions are expressed—which is to say that the biochemicals that are the substrate of emotion are flowing freely—all systems are united and made whole. When emotions are repressed, denied, not allowed to be whatever they may be, our network pathways get blocked, stopping the flow of the vital feel-good, unifying chemicals that run both our biology and our behavior.”

– Dr. Candace Pert (1946-2013)

“The mind reflects the body, the body reflects the mind.”

We cannot hide the energy we are radiating as well as some of us may believe. And as you now understand, when I say energy, I mean emotions, feelings, mindset etc. So in this chapter, I want to explain the MOVEMENT of feelings/energy. Training and refining this skill is the secret rocket fuel for instantly hacking into the Flow State and any Weapon you want, whenever you need.

THE MOVEMENT OF FEELINGS

Feelings move. Feelings have routes and pathways. When you are relaxed yourself with your breathing, you can blend into the movement of the feeling, and observe its routes, and its different pathways. If it is a productive feeling, follow the path. If it is not productive, don't follow it. Simple.

There is no set rule; just observe the movements of your feeling. Once you observe the movement, ask yourself, “How does it feel?” Does the weight of the feeling stand out to you? Is there a temperature? Is it soft or light? These questions we are asking are called submodalities.

We will learn more on submodalities in the next section.

Below I've added a few images to help grasp this concept of following the flow and the movement of feelings.

CIRCULAR MOVEMENT

Example:

The feeling starts in my chest.
The feeling moves in a circular motion –
clockwise.
The feeling feels light.
The feeling ends in my chest.



VERTICAL MOVEMENT

Example:

The feeling starts in my chest.
The feeling moves horizontally from my chest
to the left and the right.
The feeling feels light and I sense the colour
green.



HORIZONTAL MOVEMENT

Example:

The feeling starts in my head.
The feeling moves horizontally from my chest
to the left and the right.
The feeling makes a noise and when the
feeling.



“Life is a series of natural and spontaneous changes. Don’t resist them – that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.”

– Lao Tzu

INTENSITY OF FEELINGS

You will have already drawn your eye over the images below. These are simply there to show that when I ask you during the exercise to make the feeling bigger or stronger, you want to get the sense that the feeling is growing and growing. It will get to a point that you want to sense that the energy of the feeling is, for example, vibrating into every cell of your body. Like your body is pulsing with the energy of the Flow State. Sounds very cool, right? Well, with everything we have shared together in this programme, you have the ability to do this. You have the ability to be in flow in every moment.

“Whatever the mind can conceive and believe, it can achieve.”

– Napoleon Hill

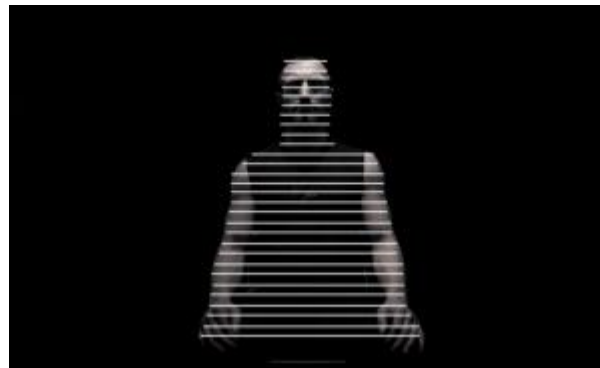
CIRCULAR MOVEMENT GROWTH

These images are added to give you a visual example of what the growth of a feeling may feel like.



VERTICAL MOVEMENT

These images are added to give you a visual example of what the growth of a feeling may feel like.



HORIZONTAL MOVEMENT

These images are added to give you a visual example of what the growth of a feeling may feel like.



SEVEN POSTURES

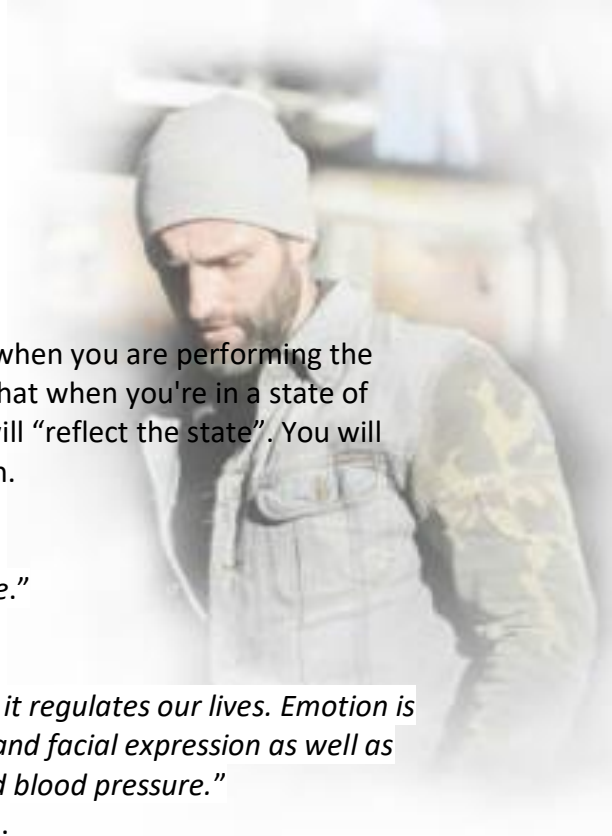
As you progress forward with the code, you will notice that when you are performing the intention meditation (for example), you will quickly notice that when you're in a state of intention, your posture will take the form of intention. You will "reflect the state". You will become the Weapon of Intention.

"As you think, so shall you become."

– Bruce Lee

"Emotion is a very adaptive form of physiological response, and it regulates our lives. Emotion is expressed largely in the theater of the body, through posture and facial expression as well as through such internal processes as heart rate and blood pressure."

– Antonio R. Damasio, MD. Ph.D.



REPRESENTATIONAL SYSTEMS

"We can control our lives by controlling our perceptions."

– Bruce Lipton

HOW WE EXPERIENCE THE WORLD

Everyone structures their experience of the external world through the five senses: seeing, hearing, feeling, tasting and smelling. However, not everyone is aware these external senses are mirrored internally, in what we call representational systems. These systems are also known as modalities and can be refined down to submodalities, which I will explain below. Do you notice that every action you take, or sentence you say, is preceded by one or more of these internal representations?

Visual: *"I see this book in front of me."*

Auditory: *"I hear that sound."*

Kinaesthetic: *"I feel that; do you?"*

The words someone uses reflect the representational system they are using and this can give us an insight into how their brain is sorting information at that time.

Under the system you are learning, you are being taught to expand the quality of meditation that you're undertaking. So for instance, when I ask you to "think of a time when you were in the Flow State", you can strengthen the image in your mind by going over the submodalities.

SUBMODALITIES

Submodalities are the detail of the modality. An example would be: In my mind I can *see* (modality) the *green and blue ocean* (submodalities) out *in front* (submodality) which the *heat* (submodality) of the sun on my chest and the *sound* (submodality) of the waves...

Below, I've listed some examples of submodalities for you.

VISUAL Submodalities

Movie or picture
Framed picture or a panoramic view
Location (left, right, top, bottom, centre)
Near or far away (centimetres or metres)
Size of the image (centimetres or metres)
Clear or dull
3D or flat
Location in space

AUDITORY Submodalities

Internal or external
Direction sound
Location (left, right, top, bottom, centre)
Near or far away (centimetres or metres)
Volume (scale of 1–10)
Pitch: high or low

KINAESTHETIC Submodalities

Size
Movement
Intensity
Weight/pressure
Temperature
Intensity
Breathing rate
Pulse rate

GUSTATORY & OLFACTORY Submodalities

Sweet
Sour
Salty
Bitter
Aroma
Fragrance
Intensity



PREPARATION

Fantastic! You're ready to hack the flow!

"The secret of getting ahead is getting started."
– Mark Twain

WHEN TO TRAIN THE CODE

For the first two weeks of your training, all meditations and exercises should be performed in the mornings. From Week 3 onwards, meditations and exercises should be performed first thing in the morning and the last thing at night. This is my suggestion, as in general the door to the unconscious is slightly more open at these times. However, you must listen to your intuition for your ideal training times, as if you are tense, it's as if the door is locked with a key! So listen to yourself, tune into to the correct training times and practice every day.

SPEED OF PROGRESSION

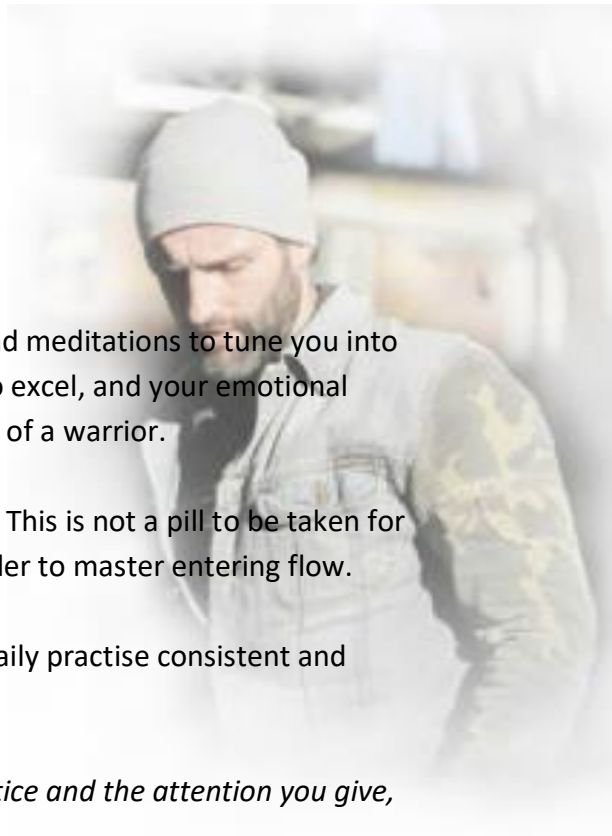
Nature's spiral – all growth in the universe, including all strength, blossoms in the form of nature's spiral. Natural sequences of growth can be shown with the Fibonacci sequence (each number is the sum of the previous two numbers: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89...)

Similar to your development through the Superhuman Code system, the beginning is slow, until momentum is created. The path has many sharp turns until your momentum grows and your development feels continuous, natural and expanding, reflecting the form of the spiral.

IMMERSION

I have designed this programme in order that you can immerse yourself in it. Every moment of the day you must remember consciously what you are doing. Catch yourself when you begin to feed any worries or self-doubt. Kick self-doubt out of your mind – for good. You will find all the self-empowering exercises in here that you need, in order to rid yourself of a lack of self-belief. Read as many books on similar subjects as you can. I find audiobooks to be best, because you can trust your unconscious is listening and learning. I recommend listening to audiobooks as often as you can.

"Whatever the mind can conceive and believe, it can achieve."
– Napoleon Hill



TRAINING

Your training is set up over six weeks of breathing exercises and meditations to tune you into flow. Over this time, your personal awareness will begin to excel, and your emotional awareness and “control” will turn into those of a warrior.

Daily exercises must be done to achieve your presence in flow. This is not a pill to be taken for the headache to go. You must practice being in flow, in order to master entering flow.

Print off your Superhuman Code wall chart to keep your daily practise consistent and monitored.

"It's the quality of your intention, the consistency of your practice and the attention you give, that will hack you into the Flow State." - C Wilson Meloncelli

Begin your training >> [Click to begin](#)

Print off your Superhuman Code wall chart >>[Click to print](#)

REFERENCES

- Csikszentmihalyi, Mihaly (1990). *Flow, The Psychology of Optimal Experience*. Harper Collins.
- Csikszentmihalyi, Mihaly (1977). *Beyond Boredom and Anxiety*. Jossey Bass.
- Csikszentmihalyi, Mihaly (1997). *Finding Flow*. Basic Books.
- Molecules of Emotion (Paperback): *The Science Behind Mind-Body Medicine*. Simon & Schuster, New York, 1999.
- Goleman, Daniel J. and Schwartz, Gary E. (1976). Meditation as an intervention in stress reactivity. *Journal of Consulting and Clinical Psychology*.
- Webster J. and Martocchio J. (1992). Microcomputer playfulness: development of a measure with workplace implications. *MIS Quarterly*, 16, 201-226.
- Flow States: Answers To The Three Most Common Questions About Optimal Performance
The Method To Their Madness: Flow And The Final Four.
<http://www.forbes.com/sites/stevenkotler/2014/04/01/the-method-to-their-madness-the-secret-science-of-the-final-four/>
- Rizzolatti G, Craighero L. The mirror-neuron system. *Annual Review of Neuroscience*. 2004;27:169-192.
<http://www.loc.gov/loc/brain/emotion/Damasio.html> - Antonio R. Damasio, M.D, Ph.D.
Molecules of Emotion: The Science Behind Mind-Body Medicine, Dr. Candace Pert.
<http://www.brainfacts.org/brain-basics/neuroanatomy/articles/2008/mirror-neurons/>
<https://www.brucelipton.com/resource/article/epigenetics>
<http://www.inc.com/will-yakowicz/how-to-be-5-times-more-productive.html>
www.social-consciousness.com/2013/01/the-scientific-power-of-thought
www.blogs.psychcentral.com/relationships/2011/08/the-neuroscience-of-changing-toxic-thinking-or-behavior-patterns
www.social-consciousness.com/2012/12/science-of-heart-institute-of-heartmath.html
<http://wakeup-world.com/2012/03/26/the-science-of-epigenetics-how-our-minds-can-reprogram-our-genes/>
<http://www.humanillnesses.com/Behavioral-Health-A-Br/Brain-Chemistry-Neurochemistry.html#ixzz3ltaobtaM>
- <http://articles.mercola.com/sites/articles/archive/2012/04/11/epigenetic-vs-determinism.aspx>
[http://www.brainfacts.org/about-neuroscience/core-concepts/DNA, RNA and protein – the Central Dogma](http://www.brainfacts.org/about-neuroscience/core-concepts/DNA%2C-RNA-and-protein-%20the-Central-Dogma)
Bruce Lipton. *Epigenetics*.
<http://www.smithsonianmag.com/smart-news/there-are-372-trillion-cells-in-your-body-4941473/?no-ist>
<http://chemistry.about.com/od/waterchemistry/f/How-Much-Of-Your-Body-Is-Water.htm>
Water Crystals