FLOWGENOME PROJECT

From Altered States to Altered *Traits*:
Hacking the Flow State to
Accelerate Human Development

Jamie Wheal
Executive Director

This is the story of how we begin to remember

Anamnesia—the forgetting of the forgetting

This is the story of how we begin to remember

1801-Cane Ridge, Kentucky, Second Great Awakening

It's easier than ever to get high

(and just as hard as it's always been to stay that way)

So why do we keep falling back to Earth?

'Cause there's a hole in my bucket...

But what if we could fill the holes and turn the colander into a chalice?

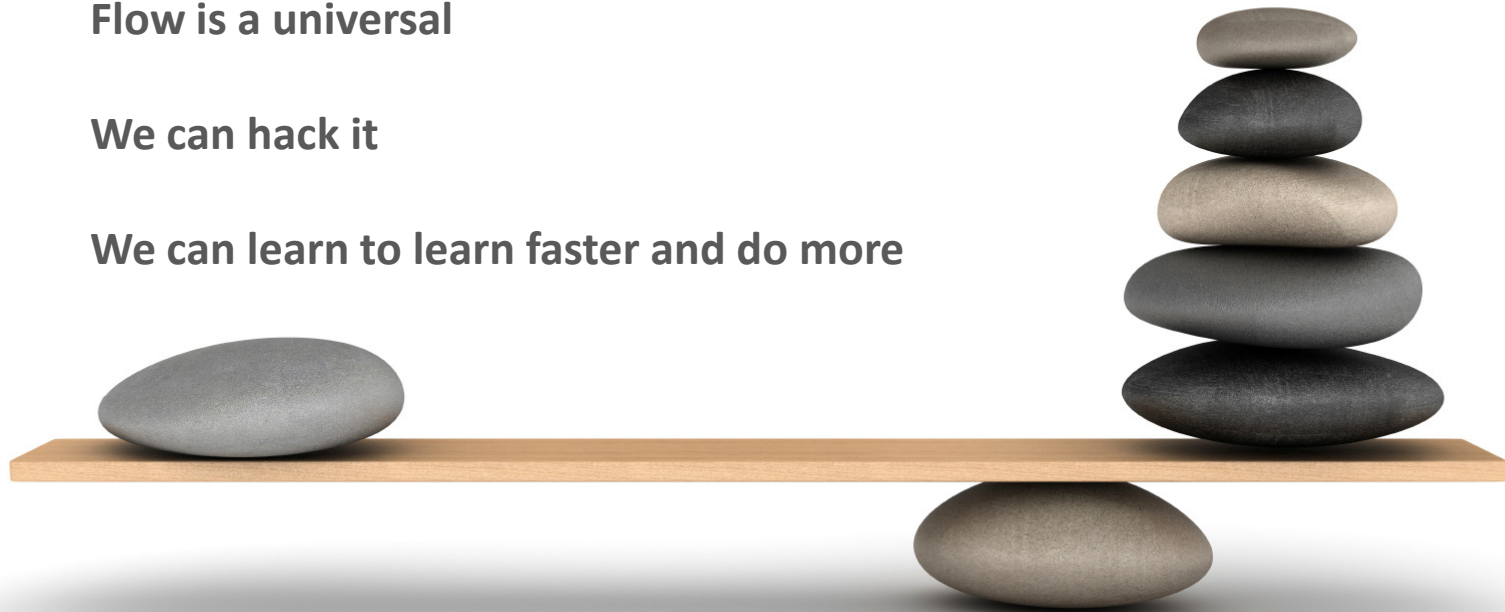**What if we could learn to transform our passing illuminations into *abiding* Light?**

The Three Big Ideas

Flow is a universal

We can hack it

We can learn to learn faster and do more

Part I:
Flow is universal

While the lingo is endless, the experience is *timeless*

peak experience

runner's high

being "in the zone"

or "in the pocket"

Everything slows down, the Self vanishes.
Action and awareness merge. You enter Flow.

(and then spend the rest of your life trying to find it again)

Tap the wisdom of the crowd—what's it like for *you*?

What's *your* Flow-file?

Age 3-10

Age 12-18

Age 21-Now

Answer each question with *only one breath* of air

Where was I?

Who was I with?

What was I doing?

How did it feel?

Part II:
We can hack it

Ditch the Tar Baby of ego

Lead the witness—the Flow Genome Matrix

Category	Flow Genome Matrix			
Cognitive Development	**Pre-Conventional**	**Conventional**	**Post-Conventional**	**Integrated**
Neurologic	Delta	Beta	Alpha	Theta/Elective
Cardiac	Catabolic	←	→	Anabolic
Endocrine	Cortisol/Adrenaline	Testosterone/Estrogen	Serotonin/Oxcytocin	Tryptamines
Respiratory	Parasympathetic	Thoracic	Abdominal	Dynamic
Chronologic (temporal awareness)	Achronic (No Time)	Diachronic (Linear Past-Present)	Synchronic (Present)	Polychronic (Functional Adaptive)
Postural	Frontal	Sagittal	Transverse	Multi-axial

Part III:
Flow *could* get us
to Abundance
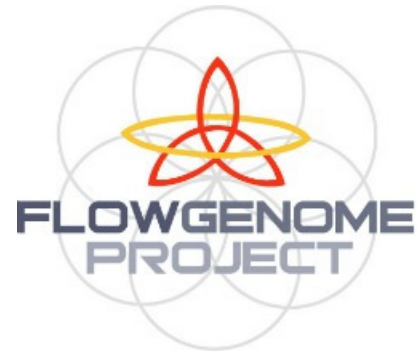
From Flow to Abundance: (A Tale of Two TEDsters)
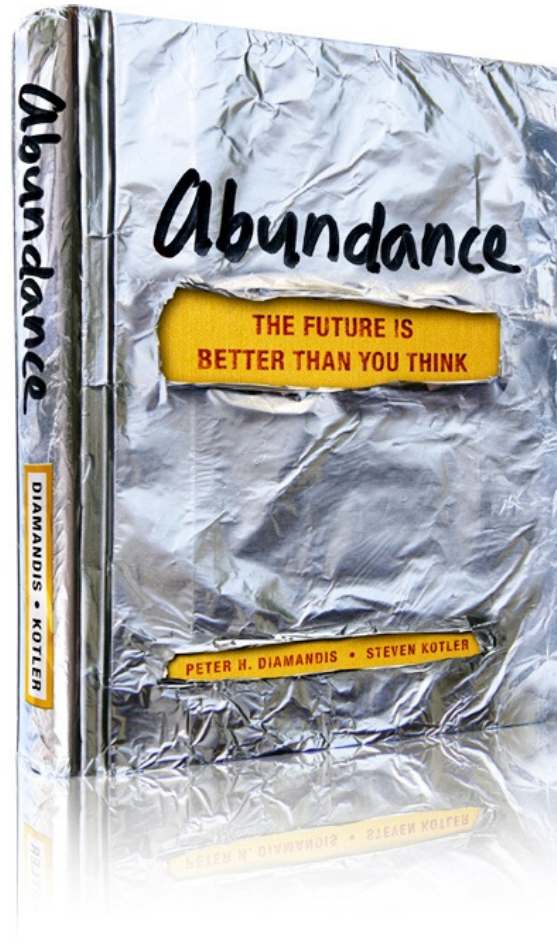
**Because when times are at their worst,
we're going to need people at their best**

Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that.

Because what the world needs is people who have come alive.

--Howard Thurman

From Altered States to Altered *Traits*:
Hacking the Flow State to
Accelerate Human Development

Jamie Wheal
Executive Director