



*Flow
with
the Flow*

LIVING WITH AWARENESS

**SANKET
DHAROD**

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Prologue

*“Nothing is softer or more flexible than water,
yet nothing can resist it.”*

Lao Tzu

Being in the 'Flow'

*"The inherent beauty of the flow,
is the 'sheer sense of bliss and joy'.*

*A 'state of being',
which we all yearn for."*

In everyone's life, there are experiences and moments, wherein we are so deeply engrossed – it feels like we are floating effortlessly.

Without a care and oblivious to everything around!

Time passes by without us realizing it.

We are operating in an 'auto-pilot' mode, as if we have a natural flair for performing the activity we are involved in.

There is absolutely no sense of fatigue or energy loss whatsoever.

We are 'connected with something beyond us'!

Language cannot describe or even do justice to this state, it just has to be experienced – something surreal and sublime!

It's as if we have merged with the 'natural rhythm of the Universe'

And become one with it.

This is the magical state of "Being in the Flow"!

".... being completely involved in an activity for its own sake.

The ego falls away. Time flies.

Every action, movement, and thought follows inevitably from the previous one.

Your whole being is involved, and you're using your skills to the utmost."

- Mihaly Csikszentmihalyi, the positivity psychologist credited with pioneering the concept of 'Flow'.

This is further accentuated by unfounded energy levels arising from within, enabling us to go way beyond our benchmark potential capability.

Wouldn't it be anyone's dream to be living in this 'state of being' at all times?!

Why is it that some people seem to be living 'the dream life' – joyful at all times, and having everything easy just about everything going right in their lives?

I believe it is all about 'Flowing with the Flow of Life'!

To attempt to explain it, allow me to take the liberty, of representing it as an imaginary visual interpretation, as a frame of reference throughout the book.

Visualize an infinite 'Ocean of Life' flowing with full force and vigour, bubbling with infinite energy, vibrancy, beauty, force.

Every being is a part of this flowing ocean.

In true essence, it is the '*enlivening*' force running through us all.

Life is a journey, of exploration and experiencing the hidden treasures in this ocean, as we swim along in it!

Any good swimmer knows all too well, that to swim effortlessly for long, it has to be an optimal combination of the right strokes, appropriate breathing and a well-coordinated technique.

Further, it is about having the knowledge and experience, to know as to which waves to 'catch and ride', and which to 'let go'.

The intent is to be able to 'glide through effortlessly', with the 'least resistance'!

Of course, mental and physical fitness is paramount, to ensure we have the stamina, strength, flexibility and endurance to sustain till the very end.

Of equal importance, is that we should also be 'enjoying the swim'.

A good swimmer will seemingly appear to be 'one with the flow of the ocean' ...

So much so that it is perceivably difficult to 'tell the two apart'!

So is the case with life – to live fully, blissfully, beautifully, holistically ...

The deeper we are able to become 'one with the Flow of Life',
the more effortlessly we will be able to 'glide through life',
and the harder it would be to recognize,
as to *where our 'being stops' and 'life starts'!*

"Those who flow as life flows know they need no other force." Lao Tzu

This book endeavors to be an aid, to propel us in the direction of, 'being in the flow' with life, as much as possible.

To jointly explore possibilities and avenues, which can help improve our breathing, strokes and techniques in this 'swim of life'.

To overcome resistance, by reducing obstacles we create for ourselves, and align our direction in sync with the flow.
Swimming with the current, rather than upstream against it!

To finesse ourselves, to be able to 'catch and ride' the right waves, when they arise.

To develop holistic wellbeing, in this Flow of Life – with an inherent sense of natural balance, and to synergize our energies across all dimensions.

*Let's embark on a journey together,
to enable us to 'Flow with the Flow'!*

"Advice from a river :

Go with the flow

Immerse yourself in nature

Slow down and meander

Go around the obstacles

Be thoughtful of those downstream

Stay current

The beauty is in the journey!"

Han Shamir

Your unique 'Stream' for your unique 'Flow'

*"At the 'root' of our very core,
our essence of being,
where we are all connected;
it is all natural, pure, pristine,
blissful, yet unique."*

To take the ocean analogy further, there are infinite streams in this ocean of life.
Each stream is unique, with its own rhythm, undercurrent, natural beauty, journey ahead, infinite sub-streams it's own 'Flow'!

That's the magnificence of the universe – infinite unique 'flows'!

There is no ideal or right or perfect 'stream' – each is an extra-ordinary masterpiece of journey by itself!
It is up to us, to pick the stream we want to flow into, or just keep flowing into whichever stream picks us up!

Every being also has his own unique non-replicable 'flow'
some of us self-discover it in our journey,
to some it is revealed through their life gradually,
while some may be unaware of it till the very end.

For the sake of simplicity, let us get to know our friends, representative of the unique life flows, co-habiting in this 'Ocean of Life'.

Deep Dive, the Dolphin : intelligent, smart, looks at the world through intellect, everything has to make logical sense, sometimes critical (to the point of being cynical)

Open Ocean, the Octopus : ambitious, outgoing, worldly smart, keen to explore the entire ocean, ensures a good reputation, conscious about image and status

Soft Stream, the Sea horse : emotional, kind, nice, sweet, gentle, experiences highs and lows based on feelings, trusts easily, gets hurt more easily (but keeps it to self)

Wild Wave, the Walrus : easy going, fun, impulsive, dynamic, aggressive, lives in the moment, instant gratification is the key driver, 'care a damn' attitude

True Tide, the Turtle : wise, mature, measured, balanced, slow to act, old school thinking, yet open to change, guides and mentors (when approached), widely experienced

These '*Flowing Five*', as they like to call themselves, will be our 'swim-pals' through the book, as a frame of reference, for enhanced relativity and conceptual understanding.

Our 'flow' merges seamlessly into the flow of some 'streams',
which is when we effortlessly and seamlessly “Flow with the Flow”.
That's the ultimate desire!

*“The Universe is saying :
Allow me to flow through you unrestricted,
and you will see the greatest magic, you have ever seen.” Klaus Joehle*

On one hand, we can 'self-discover' our unique flow, and then strive towards 'discovering' the stream which blends with its rhythm.

On the other end, we just flow and let the stream pick us up – it could be a perfect match, partial match, or complete mismatch.

This is the key insight into any person's present life state, and how it is!

*If it's a perfect match, life is a breeze.
You are living in the 'Flow state'.*

Tapping into your highest potential, or as some like to call it – your 'creative genius'.

These are the people, we believe to be the 'blessed ones', with 'super-human capabilities'.

As if they are tapping into some higher energy source, beyond our normal comprehension.

A classic case of 'partial match' is someone considered 'successful' by the world around, but yet is 'unhappy' and 'dissatisfied' to everyone's surprise!

That's because he is 'in the flow' partially, due to some aspects of his 'swim' being in sync with the stream, yet not everything is 'in tune with the flow'.

Going back to our swimming analogy, maybe his technique is right but not his breathing, or he is breathing right but strokes are not perfect.

It's a matter of self-analyzing to identify the gaps, and then working on the same.

We come across so many people, who just quit, at 'what the world considers' peak of their careers or art – just to do something unexpected, and trivial in comparison, like giving back to society, undertaking a creative pursuit, or simply moving closer to nature.

We judge it to be a backward leap or a huge mistake.

But that person is so much more at peace with himself and his life.

He is re-aligning back into his flow!

Finally, the complete mismatch situation, is where one feels that life is a burden, and their day-to-day life is nothing more than drudgery.

They are desperately kicking, just to stay afloat, completely exhausted and out of breath.

Unfortunately, this is true for a whole lot of people around.

Don't get me wrong – I fully respect and acknowledge, the invisible hand of fate or luck or timing (call it by any name), which is beyond us and our comprehension.

It is not about poverty or physically challenged or life-threatening conditions, that I am referring to here.

With all due respect, they surely have been given a 'disadvantaged start', beyond our perceptible reasoning or logic.

Yet, we also come across so many inspiring stories, who grow beyond these externalities and barriers; and create wonderful lives for themselves out of these very situations.

On the other hand, we have so many unfortunate people, who despite not having any of these 'pre-assigned handicaps'; are living a miserable existence.

They are incessantly swimming 'arduously against the stream'.

They are in the 'wrong direction of the stream', or maybe 'the wrong stream itself'.

They would have to change direction, or pick a different stream.
A 'course correction' is the only recourse for them
to change their very experience of life!

"A great life is to be able to ebb and flow." Robin Wright

Trying to change your personal flow, is a different ballgame altogether and highly improbable, because it is the very core essence of your being.

A wonderful insight, is the realization that what may seem a challenging and unfavorable stream to you, may actually be just the stream meant for someone else.

It's because their 'flows' match & merge within each other.

To illustrate, while mountaineering, may seem so full of risks and struggle to most; for a mountain climber, it's just the place they want to be in.

They consciously choose that life, because it is their natural calling.

The 'perfect fit' stream for them!

Not everyone wants to be,
a rich businessman,
or a powerful leader,
or a famous celebrity.

Nothing is scarce in this abundant universe.

Not everybody wants the same one thing!

Each with our 'unique flow',

for our 'unique stream'!

"When you realize nothing is lacking, the whole world belongs to you."

Lao Tzu

Life is simple!

Why do we complicate it?

Each one of us desires something unique from life.

Why do we compare and contrast our lives with each other?

Life is in the finer details, subtle feelings, sublime memories, aha experiences ...

Why are we so entangled in the grosser outwardly compulsions of money, fame and power?

The endeavor is to access Life in its natural, free, serene, at ease, full-on existence.

Why do these not signify our definitions of a happy satisfying enriching life?

'Flow' is a journey of tapping into our highest potential of creative energy.

It is a 'state of being' – to be in a harmonious sync with Life's Flow!

It's the blissful art of becoming an enlivening force of Bliss itself!

An expression of bliss to and for everything that we touch or touches us.

A life of 'Flow with the Flow'!

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