

## The “Flow” of Success



As a professional athlete, then as an entrepreneur, I’ve noticed a very specific and recurring pattern. Things move the easiest — performance, business, family life, friendships, my goals — when I am in “the zone”, otherwise referred to as a state of “Flow.”

What do I mean by “the zone”?

People refer to it in many ways: being on a roll, being in a groove, being on fire, having the magic touch, being on the ball. Each of these descriptions really express the same concept. As a professional football player, my experience of “the zone” included attributes like: feeling calm and relaxed; being completely absorbed into the task at hand (the game); having fun; performing with effortless ease; altering my “normal” sense of time and space; experiencing great “luck” with many things “going my way”; having fun; and feeling in control.

Shortly after retiring from the NFL, I wondered how I could ever replicate that experience of “unity and boundless power” that so many athletes are drawn to in competitive sports. I’ve found that as an entrepreneur, a business owner, a husband, a father, a friend, and a teacher the attributes of being in “the zone” or “state of flow” are precisely the same. The only difference is that actions and results fall into place over a relatively longer period of time

That is why we spend so much time at the Vaughn Center teaching how to cultivate an inner state that gives rise to more “flow” in life. When you look at the big picture of life, “Flow” is simply a feeling of joy in the present while having a positive expectancy for the future.

It’s composed of two fundamental ingredients.

The first is being happy in the present moment. This means being happy, joyful, and grateful in the now. Regardless of your circumstances, you’re not distracted by disappointment and frustration. You are genuinely happy and grateful in your present state, and as a result, you have lots of energy. You embody the truth that it’s about the journey and not the destination. The destination is the journey. The journey is now.

The second ingredient is having a clear vision. It's about having a powerful, beautiful dream for who you want to be and what you want to accomplish and contribute to the world in the future. The higher the vision, the more powerful it becomes. In other words, if your vision is centered in how you can better serve others and enrich or improve their lives in any way, then you can really harness the power of coincidence and "good luck". It's as if the whole universe is conspiring for you, rather than against you.

Taking these two fundamental ingredients into consideration, we can therefore exist in 4 states of mind based on these two ingredients.

- 1) This is the "Debbie Downer" or "Negative Ned" syndrome. When you are unhappy in the present moment, and have no clear vision of the future (what you want and what your higher purpose is) you embody the "Debbie Downer/Negative Ned" syndrome and create the negative spiral effect in life. Things feel bad now, and as a result of your negative mindset, you create a cycle for more bad in the future. You don't see that you even have a glass in your hand.
- 2) If you are totally happy in the present, but lack a clear vision for the future, then you're just "Content". Content isn't bad, it just isn't quite THAT good. You're leaving potential and energy on the table and neglecting the possibilities you have for greater impact in the world. Growth and Contribution are two of our deepest needs. These are the desires of our soul. Without a clear future vision of who you want to be and what mark you want to make on the world, you are a glass half full.
- 3) The third state is the predominant trait among today's workaholics and "career advancers". A workaholic will have both a clear and strong vision of the future, but is seemingly incapable of experiencing happiness in the present. This is a recipe for more stress and more anxiety. You are determined to chase after your goal and achieve it, but it's because you're unhappy in the now. The vision of the future becomes a mirage or illusion at best. If or when you achieve it, the fantasy all but vanishes before your eyes, and you are left feeling more lack and unhappiness than before. You are a glass half empty.
- 4) The final and most natural state is "Flow" or "the zone". Your motivations are intrinsic in nature. You are both happy in the present moment AND have a crystal clear vision of what you want for the future. This is Flow. When you have a positive expectancy of the future, it is more of a "knowingness". It is an inner "knowing" that is deeper and stronger than belief. As a result, your mind is free to become absorbed into the moment. You are able to immerse yourself into the task, the action, the journey. You are both soaking up the potential of the moment and giving your best creatively. This is how you bring magic into daily life. Your glass is overflowing.

When you are in a state of flow, you are no longer swimming against the current. You've tapped into an intelligence that guides you to find the wave, and ride it. Coincidences increase while luck and good fortune become more common. This is why, when we're in a state of Flow, so

many things in our life just seem to go right. The right people step into our lives, the right opportunities fall into our laps. It's as if the Universe is conspiring on our behalf.

I urge you to find more flow in your life. Do this by being clear about your intentions for the future and answering the following questions: Who am I? What do I want? What is my higher purpose in life? Make sure your goals are bold and exciting, because you deserve nothing less. Then, let them go and immerse yourself into the task at hand. Be grateful and know that you have everything you need at this very moment. Master the art of balancing positive expectation with present-moment awareness, and find yourself slipping into the flow of success with much more ease and frequency.

Learn how to master the art of "Flow" by enrolling in one of our courses offered at the Agave Spa. "Meditation CalmQuest" is a quick and easy jump start into the power of meditation. "Primordial Sound Meditation" is a longer introduction into how meditation aligns you into a state of flow. "CalmQuest Immersion" is a weekend retreat designed to create powerful transformation. Making a change is usually temporary. Past habits can eventually bring you back. Transformation elevates you into something new. There is no turning back.

Visit us online at [www.vaughncenter.com](http://www.vaughncenter.com) to learn more, or call us at 480.621.0140.

Wishing you all the best,

Damian Vaughn

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