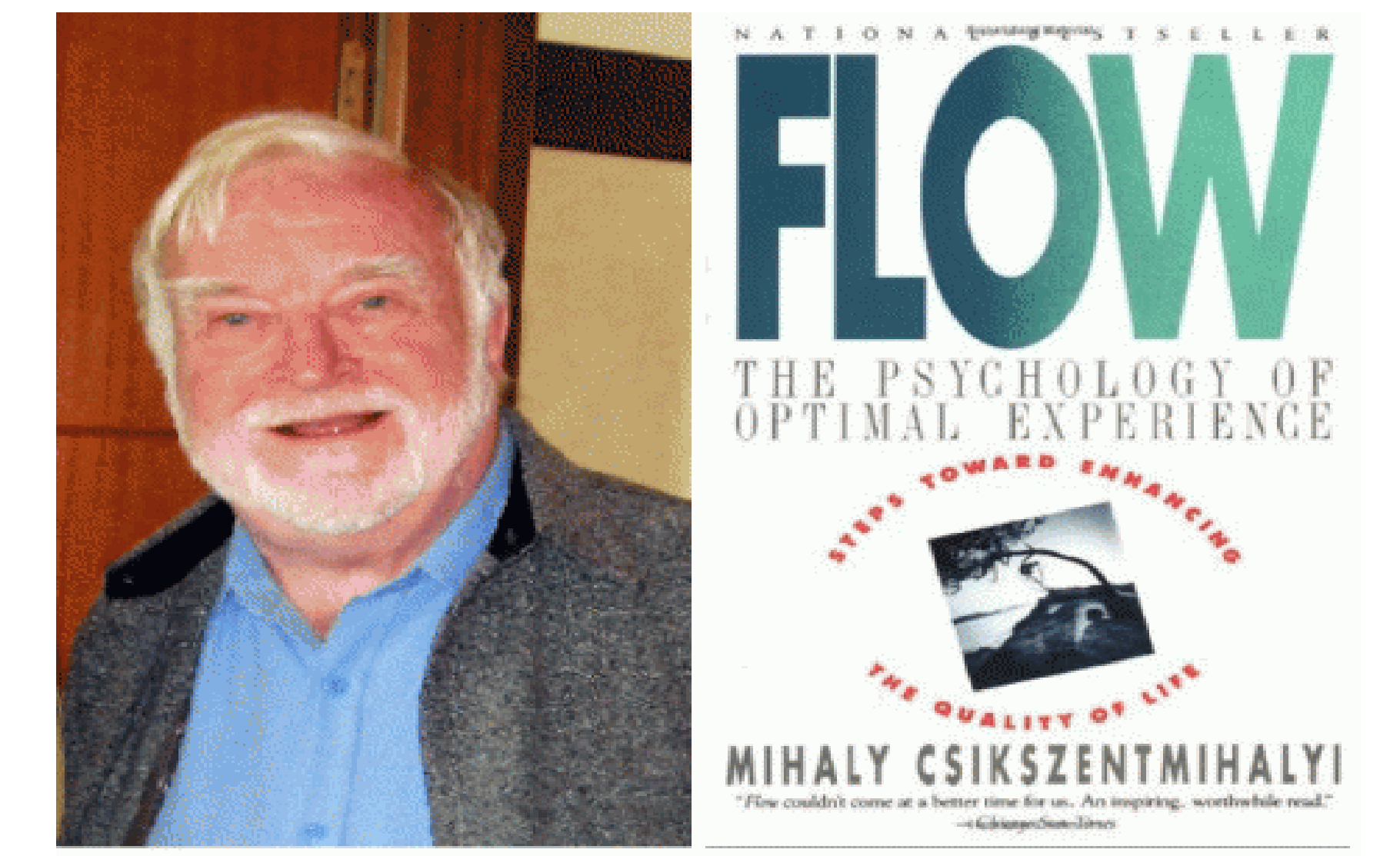


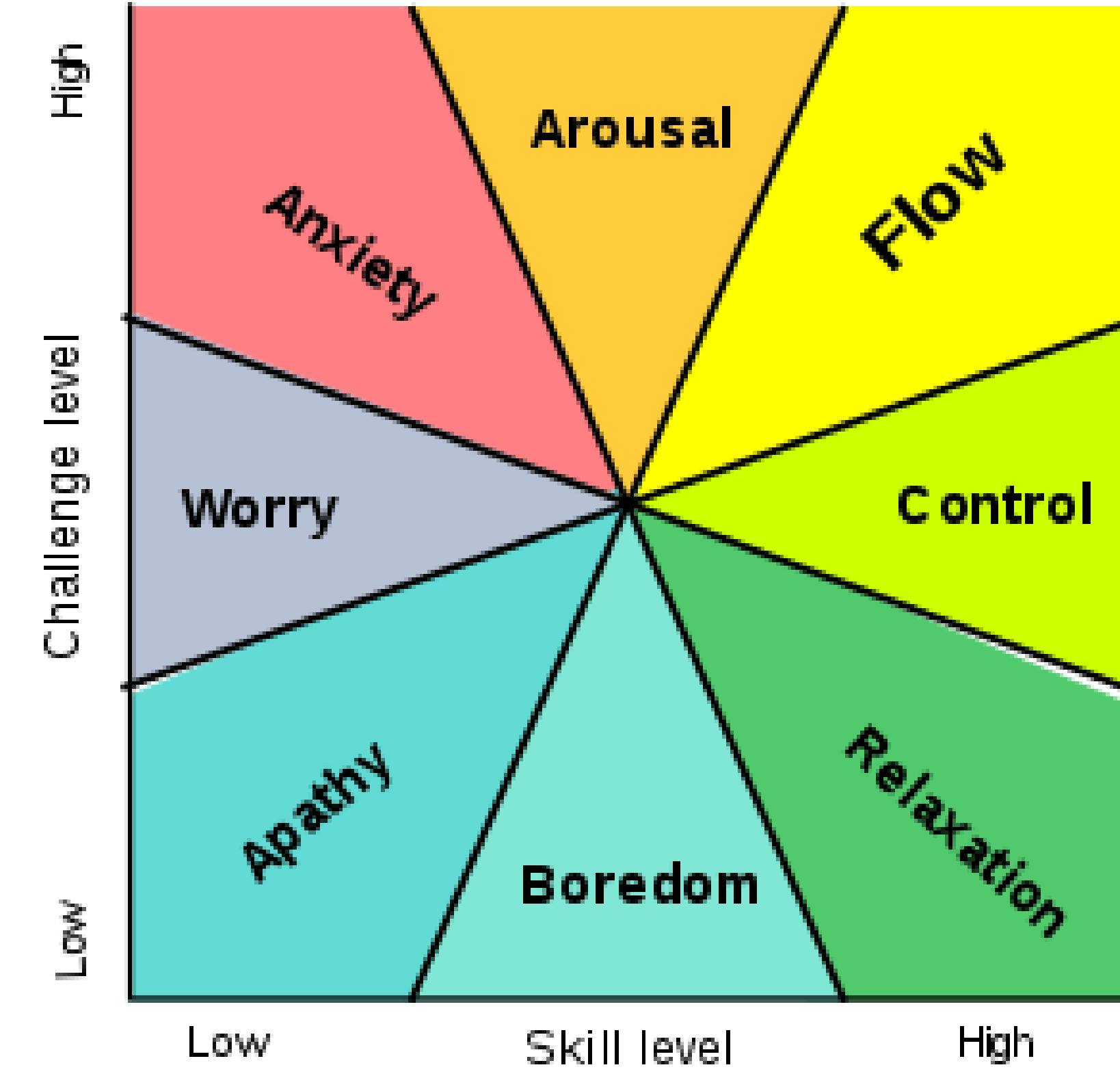
# Flow State of Mind

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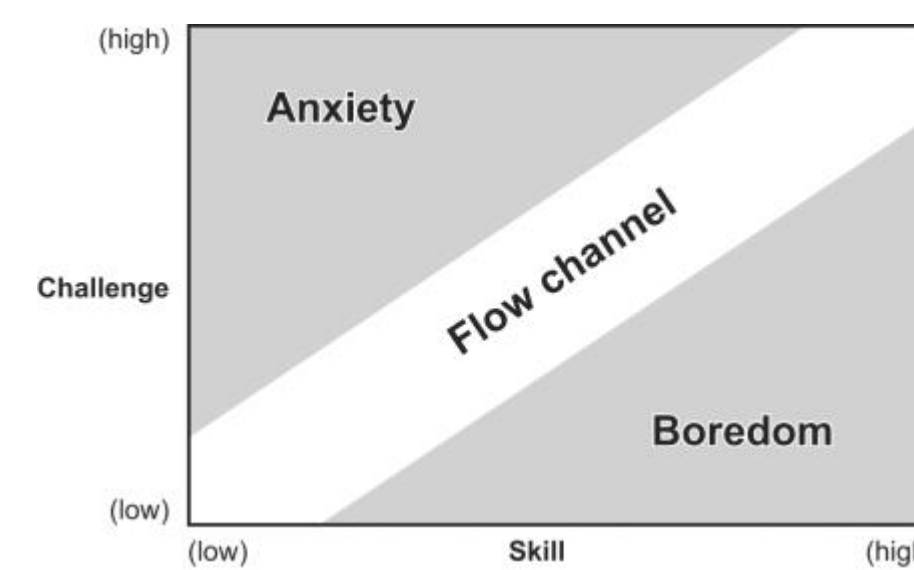


## Introduction

This poster summarizes a semester's worth of my literature review and reflections on the concept of flow as put forward by Mihaly Csikszentmihalyi. Flow experiences, attained while voluntarily involved in activities that present challenges matching skill sets, comprise intense and sustained focus on the task and result in marked rise in the sense of inner harmony. While the psychology of optimal experiences is conventionally approached and understood in mystical, spiritual, religious contexts, Csikszentmihalyi's research on optimal experiences comes in a rigorous scientific context, investigated through innovative scientific methods such as Experience Sampling Methods (ESM), and pertains to universal day-to-day activities, such as sports, musical performance, painting, reading, cooking, and love-making. While some activities are more readily flow-inducing than others, individuals can train themselves to optimize their experiences through skillful channeling of their attention. Flow experiences add to the complexity of consciousness, thus enhancing the quality of one's being in short and long terms. Csikszentmihalyi's research, which borrows from phenomenology and information processing theories, sheds lights on our ability to manipulate our own consciousness, and hence be in charge of our own happiness and meaning.



- people enter a flow state when they are fully absorbed in activity during which they lose their sense of time and have feelings of great satisfaction.
- Csikszentmihalyi describes flow as "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, like playing jazz. Your whole being is involved, and you're using your skills to the utmost."



## The Joy of an Independent Study

This presentation also shares the joy I experienced while taking this independent study course. For this Independent Study, I picked up a topic I deeply care about, and capitalizing on the freedom to choose my own materials and styles, I delved into a wide and rich variety of related readings, ranging from Jungian works to the related contemporary literature. Without pressure for exams and assignments, I followed my passion and judgment under the supervision and care of my faculty advisor, thus exploring what truly interested me. The joy I share here may serve as a testimony for academic institutions to promote and facilitate independent studies at least once during their undergraduate college education.

