

Been There – I think I'll go again

As Told by someone who has experienced the FLOW state to *Anjana Sen*

## FLOW

When time stood still, I found me standing beside myself, I was calm and happy, doing what I do so well and loving every graceful turn. I felt simple and uncluttered, too elated to think of life's miseries. I had not run away, just involved in my favourite activity, one which has a significance bigger than myself. This performance was an entity, I was merely the instrument. Since I felt dwarfed by the magnitude of my work, my problems seemed small and distant. Pain vanished, my body vigorous and refreshed. It was hard work but there was no fatigue – I could do it all again

Next time I will take on a slightly harder task. My last performance has raised the bar. I feel a quiver of anticipation. I will learn, more about the task and more about myself. The doing will be my reward; it does not matter if any one is watching. Competitors fade away, though I am grateful to them for their challenge. I know how they feel, so they could well be my friends. Any one can take home the medals; I will take my happiness.

It took some doing – getting here. There were so many things I like to do, I was lucky to find the one I like most. I had to try it out, practice and persevere. It was only when I began loving it did the activity begin to give me happiness. When I realized that what I do is bigger than an individual, I felt pride. Once practice made the task effortless, I learned the meaning of ecstasy.

It wasn't easy finding something outside of my self to love. It was difficult to think of myself as an instrument and put Art and Science above me. To enlarge my perception to include mankind, to use my energy for the planet we live on. Going past the boundaries of I, me, myself I flew as though I had escaped gravity. Now I can glide and soar, so there's no way I will allow myself to be trapped in me, myself again. But I will seek out again and again the serenity of the state of flow.

Reference - Mihaly Csikszentmihalyi the architect of the notion of "flow" *"When we are involved in [creativity], we feel that we are living more fully than during the rest of life."*