

Embrace FLOW to Unlock Your Potential

A Poetricity Live Experience: Insights on Focus, Balance, and Authenticity



Based on the live session featuring Frank, Muriel, Duke, Rachel, and the collective voice.

Life often feels like a hat juggling act with vision blurred

The Context: We live in a state of “too much, too fast, too soon.” As Frank notes, when the world shifts—like the onset of a global crisis or personal panic—the ground feels gone, and “the world as I used to know it is all now a distant memory.”

The Conflict: We attempt to multitask, but vision is blurred from so many moving parts. We are not celebrities; we just want clarity.

The Goal: To move from a state of “Infinite Possibilities” (confusion) to “The One” (focused flow).



Step 1: Confronting the Chaos

The One

"Wake me up I must be dreaming... head spinning from my hat juggling act... someone tell me what the heck is going on... Step back, step up to take another look / Perspective shift with where you stand / Take in the Vista and find the one."

The Stationary Bike Metaphor

As described by a participant: "It seems as if I am pedaling using a whole lot of effort... only to realize I am on a stationary bike."

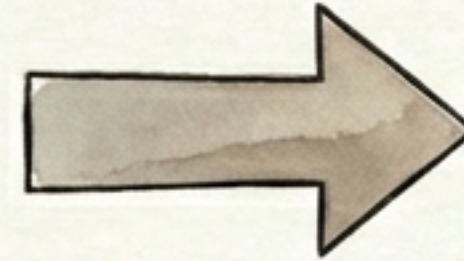
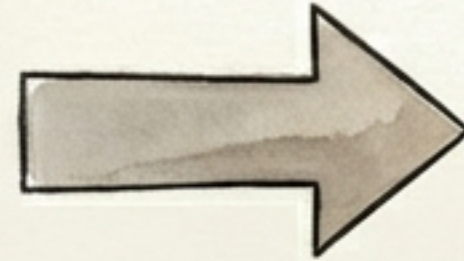
Key Insight: No matter how hard you ride, if you need water from the fridge, you must get off the bike. You cannot 'do' your way out of confusion. You must stop to gain perspective.



Apply the 80/20 Rule to find your leverage



80% Effort



20% Results (The Win)



Step Back

Stop the “stationary bike” of busywork.



Identify ‘The One’

Find the loudest, easiest, or quickest task that yields the biggest outcome.



Step In

Give that **one** thing your “gift of focus.”



Repeat

Step back again before starting the next task.

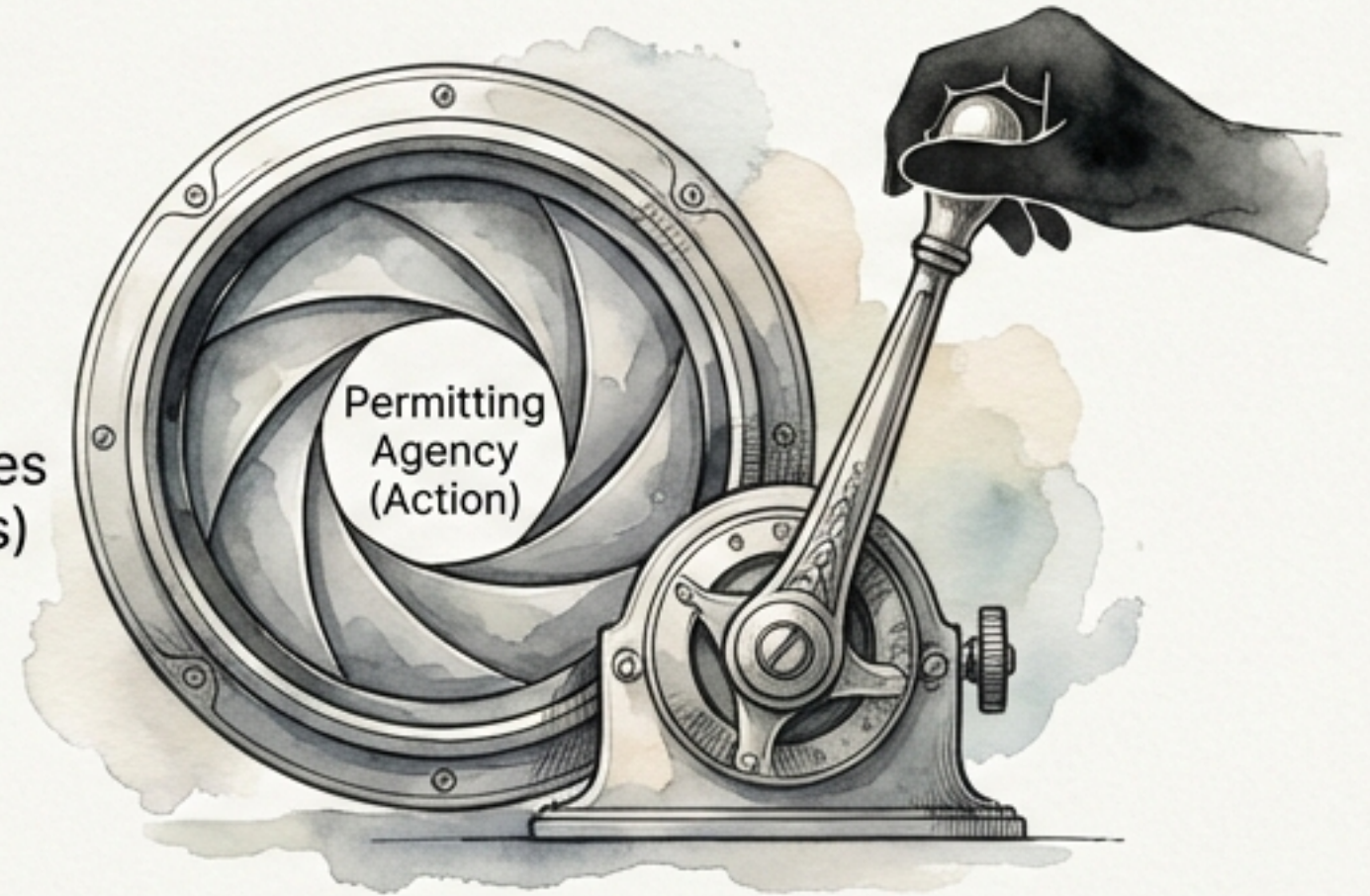
Step 2: The Power of Choice

Focus

*In a world of infinite possibilities
Focus is the lever operating the filter
Narrowing our experiences
Permitting agency*

What has yours?

Infinite
Possibilities
(Paralysis)



The Paradox: Infinite possibilities sound positive but lead to paralysis. If you focus on everything, you do nothing.

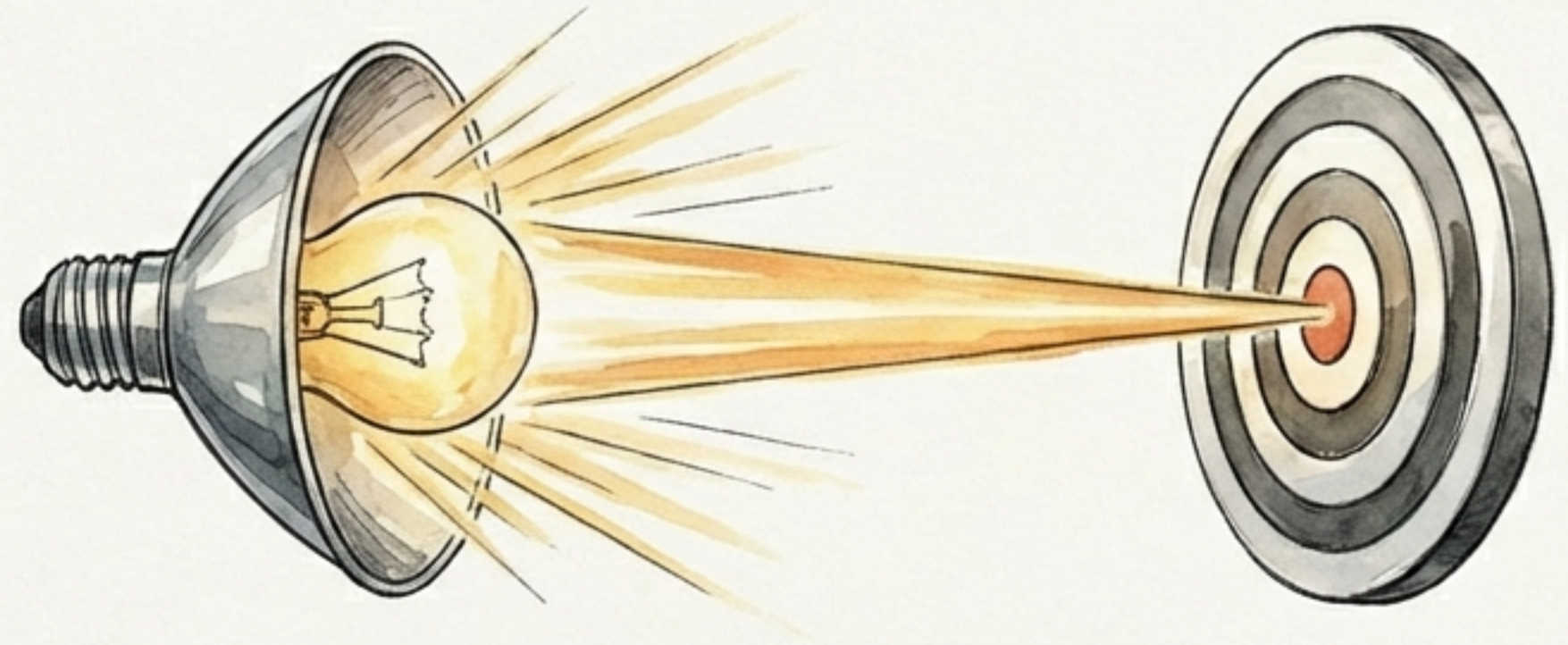
The Mechanism: Focus is a lever that operates a filter. You must filter out options to regain your agency.

The mind needs a target to generate energy



Split Energy

Participant Wisdom (Duke): “The mind needs energy like everything else... When you have many different things, all you’re doing is splitting your energy in millions of different ways.”



Focused Energy

The Shift: Once you select a goal, the mind gets energized. Procrastination fades because the mental boost has a direction.

Critical Question: *What has yours?* Are you intentionally focusing on a target, or have you been inadvertently pulled by the loudest distraction?

Step 3: Efficiency over Effort

The Axe

*“Feeling guilty not working as hard as
I used to
Spending some time to sharpen the axe
To need less time for cutting the
tree... Sharpening the axe
Aiming at the roots of my guilts.”*

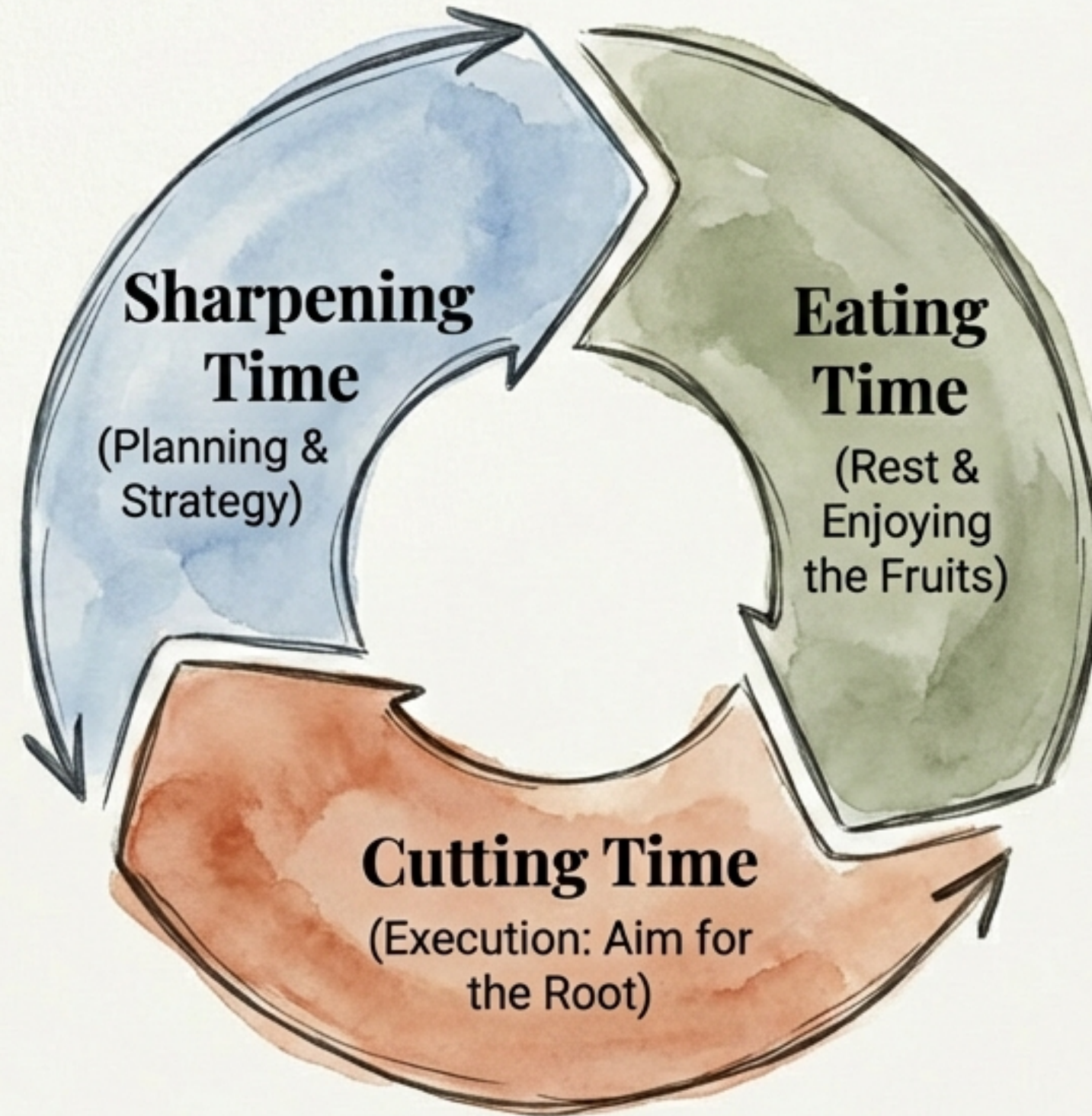


Striking the Root: The conflict is the guilt of resting or planning. But hacking at the branches (symptoms) takes forever. Inver. Digging up the root (core issue) finishes the job in one swing.

Rest is biological maintenance, not a reward

The Insight:

Preparation **is** work. You must know what you are preparing for. If you don't aim for the root, you are just hacking.



Biological Reality:

Sleep exists to repair the body. Constant work is unsustainable. Rest is mandatory maintenance, not a luxury.

Step 4: Authenticity and Performance

Winging It

*Everyone is winging it
Not that you would know it
Some are great up fronting it... Truth is
is none has been this way before
Like a swan paddling furiously
Some just so good at Faking It.*



The Reality Check: Everyone feels trepidation. Don't judge your internal anxiety against someone else's external confidence. We are all 'winging it' to some degree.

True confidence comes from admitting what you don't know

Bad Winging It

Unpreparedness,
deception, and
lying about facts.

Pretending to know
creates a fragile
reality.



Good Winging It

Creative adaptability.

Saying 'I don't know,
but I'll find out.'
Admitting your truth
loans others courage
to say it too.



Case Study: Rachel humbled herself before her children ('I don't know, let's help each other'), turning a struggle for authority into a collective win.

Step 5: The Source of Wisdom

When Silence Speaks

Listen intently

Listen carefully

Resist the itch to interrupt...

It comes from within the chasm

The place where the void exists...

Offering up untainted, undisturbed truth.



The Challenge: We are addicted to noise and distraction because we fear the 'void.'

The Reward: Moving past 'well-trodden places' and 'trite responses' to access untainted, undisturbed truth.

Silence is the absence of internal turmoil



Defining the Void:

- It is not necessarily “absolute nothingness” (absence of sound).
- It is dropping out of the “confusion of the mind”—the worrying, the stories, the catastrophizing.

The Insight:

Frank notes that silence often comes naturally upon waking (the 5-hour mark). It is a space where inspiration “drops in.” You cannot force the silence; you must surrender the ego's need to control the narrative. “Be still and know.”

The Flow Framework Summary



Perspective: Step off the stationary bike. Stop to see the vista.



Filter: Use the lever of focus. 80% of results come from 20% of effort.



Strategy: Sharpen the axe. Aim for the root cause, not the leaves.



Authenticity: Paddle like a swan, but tell the truth. Creative adaptability > Deception.



Source: Listen to the silence. Let inspiration drop in when internal noise stops.

Open your eyes to a new Fresh Vision



Closing Wisdom:

Maybe your vision has been limited by disappointments, setbacks, and doubts. Clear out all the negative limited thinking...

See yourself as God sees you.

Final Thought:

Flow is about rhythm—knowing when to step back, when to step in, and when to rest.

Poetricity Live Experience

Embrace FLOW to Unlock Your Potential

Your Action Item:

Pick one 'poem' (Perspective, Focus, Strategy, Authenticity, or Silence) and apply it to your workday tomorrow.