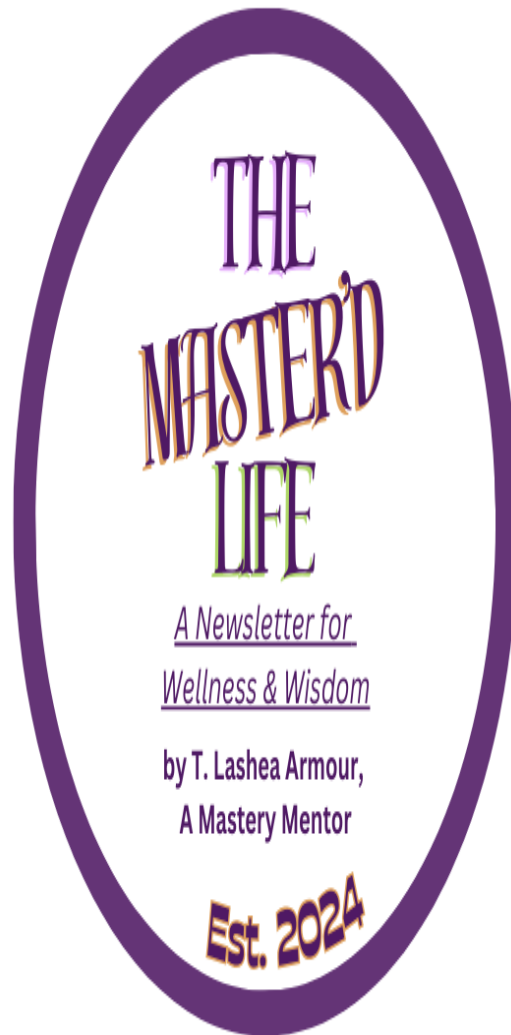


#7: Water Energy-The Flow State of Mastery (1of 5)



Welcome Back Mastery Maestros!

I am so happy to see you taking notice to becoming mastered in your purpose.

*What has me even more elevated is that you tapped into this issue — which will be the kick-off to a series — **Elemental Alchemy: Transmuting Matter into Meaning.***

Boy, do I have a serving of food for your soul this week and over the next 4 issues as we explore practices that will help you look at the elements is a whole(istic) new way.

*In this edition of 'The MASTER'D Life,' we're diving into the **water** element and exploring the flow state of mastery. When we find our flow, work transforms from drudgery into joy, and we access levels of performance and satisfaction that feel almost supernatural.*

Have you ever been so deeply immersed in an activity that time seemed to vanish?

*That magical state where your coffee got cold because you completely forgot it existed? Well, that — my extended fam— is called **flow**—and it's not just a happy accident.*

It's a psychological state we can learn to access more frequently.



[Credit: Pexels/photo/bridge-near-waterfall-358457/](https://www.pexels.com/photo/bridge-near-waterfall-358457/)

I recently discovered my own flow state accidentally a couple months back while redesigning my website.

What started as a dreaded chore turned into a 6-hour session where I completely lost track of time. I emerged energized rather than exhausted, and the work I produced was far better than my usual output.

This experience got me wondering: how can we create more of these moments in our daily lives? And what's actually happening in our brains when we enter this state?

*Let's explore how to find, nurture, and harness your personal flow for greater mastery and fulfillment in everything you do below in the **Mastery Spotlight** feature article below.*

Mastery Spotlight: Finding Your Flow — When Work Becomes Joy

The concept of flow was pioneered by psychologist **Mihaly Csikszentmihalyi** ([MEE-hy CHEEK-sent-mee-HAH-yee](#).) who described it as "the optimal state of consciousness where we feel our best and perform our best."

But what's actually happening in your brain during these peak experiences?

Research using **EEG** (a machine that detects electro activity in brain waves) has shown that during flow, your prefrontal cortex—the part of your brain responsible for self-criticism and doubt—actually shows decreased activity. Meanwhile, parts of your brain associated with intuition and creativity light up.

This explains why flow feels so freeing.

Your inner critic literally goes quiet, allowing you to work without second-guessing every move. You're not thinking about how you're performing; you're simply performing.

Even more fascinating, studies show that flow triggers the release of performance-enhancing neurochemicals including:

- Dopamine, which increases focus and pleasure
- Endorphins, which boost positive feelings
- Norepinephrine, which keeps you alert and engaged
- Anandamide, which promotes lateral thinking and creativity



Credit: <https://pixabay.com/users/geralt-9301/>

This cocktail of brain chemicals explains why flow isn't just more productive—it feels incredible. Unlike the burnout that comes from forced concentration, flow leaves you energized rather than depleted.

The good news?

Flow isn't reserved for elite athletes or artists. Csikszentmihalyi's research showed that everyone from surgeons to factory workers to parents playing with their children can

access this state. The key is understanding your personal flow triggers and creating the right conditions.

🙏 Mindful Moments: Fluid Thinking — Breaking Free from Fixed Thinking

Imagine being able to explore ideas without expectation or constraint. Fluid thought, a concept related to fluid thinking, encourages us to engage in open-ended exploration, fostering creativity and innovation.

Our minds often get stuck in fixed patterns of thought, which can limit our potential and hinder our ability to adapt to changing circumstances.

Mindfulness offers a powerful tool for breaking these patterns and embracing a more fluid, adaptive approach to life. By practicing mindfulness, we can learn to view the world as a dynamic, ever-changing landscape, rather than a static reality.

Get more fluid in your flow of thought with this week's **Mindful Moments** selection below, which explores how we can cultivate "fluid thinking" - training the brain the cultivate thinking 'outside the box.'



Credit: [talihakhalil007-5671515/](https://www.talihakhalil.com/007-5671515/)

A Guide for Overcoming Rigid Mental Patterns

We all develop mental shortcuts and patterns that help us navigate daily life efficiently. However, were you aware that these same patterns can become limitations when they're no longer questioned or refreshed?

Signs of rigid thinking include frequently using phrases like "That's just how it is," struggling to consider alternative viewpoints, or feeling threatened by new ideas.

To cultivate more fluid thinking, I have implemented these approaches:

- **Pattern interruption:** When I notice myself in a familiar thought loop, I deliberately change your physical environment. You can also try taking a different route home, rearrange your workspace, or even just stand up and stretch or stand and complete your work.
- **Curiosity practice:** Adopt a beginner's mind by asking "What if?" and "I wonder why?" about situations you typically take for granted. This simple shift from certainty to curiosity has opened new ways of seeing situations for me.
- **Perspective expansion:** When facing a challenge, imagine how three different people would approach it – perhaps a child, an artist, and a scientist. This exercise reveals how our perspective is just one of many possible viewpoints.

These techniques create the foundation for more adaptive thinking, but to truly embody fluid thinking, we need practices that engage both mind and body.

The following meditation helps us not just understand fluidity intellectually, but experience it as a lived, physical reality.



Credit: [openclipart-vectors-30363](https://www.openclipart-vectors.com/30363)

The Water Meditation: Becoming Fluid in Mind and Body

Find a comfortable position where you won't be disturbed for 10-15 minutes. Close your eyes and take several deep, centering breaths.

Begin by noticing the current state of your thoughts. Are they racing? Sluggish? Scattered? Acknowledge whatever is present without judgment.

Now, imagine you are a body of water. Notice your current state -perhaps you begin as ice – solid, rigid, unchanging. This can look like being stuck in patterns, or maybe stagnant water in a pond. Feel the solidity in your body.

As you breathe deeply, feel warmth beginning to melt any frozen parts. Picture yourself becoming fluid, moving water.

With each breath, feel yourself becoming more fluid, adaptable, and flowing.

Visualize yourself as a stream, flowing around obstacles rather than being blocked by them. Notice how you naturally find new pathways when faced with resistance.

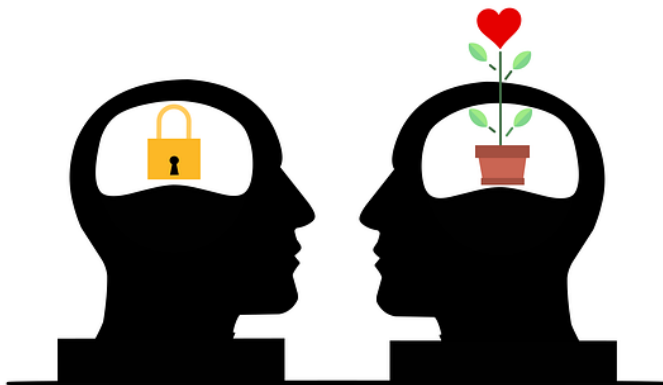
When thoughts arise, see them as leaves floating on your surface - acknowledge them, then let them drift away as you continue flowing.

Before ending, imagine yourself as a vast ocean - containing infinite possibilities, depths, and the capacity to adapt to any shore you touch.

Okay, I know — it sounds cliché, superficial, or even like some 'zen-ish' I saw on a movie — but trust me mastery misers, this technique is very effective in being more mindfully aware of our own thoughts and rigid patterns of thinking.

Also, you may have to do this a few times before you feel its powerful effect working — so don't give up after the first try; especially if you need practice with visualization

Try it and let us know in the comments how it affected your thought patterns.



Credit: [mohamed_hassan-5229782/](https://www.instagram.com/mohamed_hassan-5229782/)

EQ Exploration: Emotional Fluidity — The Art of Adaptation

When life throws curveballs, do you shatter like glass or flow like water?

Our emotional responses to life's challenges often determine whether we struggle or thrive through difficult times.

I've been reflecting on this lately after facing an unexpected project cancellation last month.

My initial reaction was pure frustration—I felt myself tensing up, resisting what had happened, and mentally replaying all the work I'd invested. But after a few days of this exhausting resistance, something shifted. I remembered the wisdom of water: it never fights obstacles—it simply finds a new path.



Credit: [alanajordan - Pixabay](#)

*This edition's **EQ Exploration** examines **emotional fluidity**—the capacity to adapt and respond to life's challenges without becoming rigid or overwhelmed.*

Like water, emotionally fluid people can maintain their essential nature while adapting their form to whatever container life provides.

Let's dive into how we can cultivate this powerful quality and transform our relationship with change and challenge below.

The Rigid vs. Fluid Response to Change

When faced with unexpected change, people typically respond in one of two ways: with rigidity or with fluidity.

Emotional fluidity isn't about ignoring negative emotions—it's about moving through them rather than getting stuck in them. Just as water flowing through a stream doesn't ignore rocks; it acknowledges them by finding a path around.

Listed below are the ways in which we respond to change. The key here is to take notice to whether you are rigid or fluid, and how you can apply different practices that will allow you to accept change more openly and positively. Let get into it, shall we?

Now, Rigid responses look like:

- Obsessively controlling what you can when things feel out of control
- Getting stuck in repetitive thought patterns about "how things should be"

- Physical tension and shallow breathing
- Resistance that manifests as anger, anxiety, or shutdown

Fluid responses look like:

- Acknowledging disappointment while remaining open to new possibilities
- Asking "what now?" instead of "why me?"
- Taking deliberate pauses before reacting
- Maintaining curiosity about what might emerge from the change



Credit: [geralt-9301/](#)

The difference between these responses isn't just philosophical—it's physiological.

When we resist change, our sympathetic nervous system activates, flooding our bodies with stress hormones and narrowing our thinking.

On the contrary, when we flow with change, we engage our parasympathetic nervous system, allowing access to our creative resources and intuition.

Here are three methods you can try to grab ahold of your feelings before they lead off on a tantrum that may cause humiliation or worse.

1. The Acceptance Pause

When unwelcome news arrives, try this: Take three deep breaths while saying internally, "This is what's happening now." Not "this is good" or "this is what should be happening"—simply acknowledging reality as it is. This tiny pause interrupts the automatic resistance response and creates space for more skillful reactions.

I practiced this when my computer crashed while writing last week's newsletter. Instead of my usual frustrated outburst, I took three breaths, acknowledged the situation, and found myself calmly retrieving my backup rather than wasting energy on anger.

2. Emotional Weather Mapping

Start observing your emotions as weather patterns rather than permanent states. When difficult feelings arise, try naming them as weather: "I'm experiencing a storm of anxiety" or "There's a fog of confusion rolling in."

This practice creates healthy distance from intense emotions without denying them. Just as we don't believe rainstorms will last forever, we can recognize that emotional states are temporary phenomena moving through our awareness.

3. The "And" Technique

Replace "but" with "and" in your self-talk to embrace complexity and avoid either/or thinking. Instead of "I'm disappointed this opportunity fell through, but I should be grateful for what I have," try "I'm disappointed this opportunity fell through, and I'm grateful for what I have."

This simple linguistic shift allows multiple truths to exist simultaneously, creating emotional spaciousness where rigidity once lived.

Try these suggestions and let us know how it worked it in the comments.



Credit: <https://pixabay.com/users/geralt-9301/>

Hydration Revolution - Beyond Eight Glasses (RECIPE ALERT)

The traditional "eight glasses a day" rule is just the beginning of understanding proper hydration.

Let's explore a more nuanced approach to hydration and its surprising benefits.

The Lemon Water Ritual

I have noticed a lemon goes a long way. They add flavor to anything and are very beneficial for adding health benefits as well.

Starting your day with lemon water is a simple yet powerful habit that offers multiple benefits:

- **Digestive support:** The citric acid in lemons can stimulate digestive enzymes and help your system "wake up"
- **Vitamin C boost:** Fresh lemon provides antioxidants that support immune function
- **Alkalizing effect:** Despite being acidic, lemon water has an alkalizing effect once metabolized
- **Hydration jumpstart:** Encourages early morning fluid intake when your body is naturally dehydrated



Credit: [klimkin-1298145/](https://www.klimkin-1298145/)

Morning Lemon Water Recipe

Basic Recipe:

- 1 cup warm (not hot) water
- Juice from ½ fresh lemon
- Optional: pinch of sea salt for electrolytes

Variations:

1. **Metabolism Booster:** Add a dash of cayenne pepper and 1 teaspoon of raw honey
2. **Anti-Inflammatory:** Include ½ inch fresh ginger (grated) and a pinch of turmeric

3. **Skin Brightener:** Mix in 1 teaspoon of collagen powder



Credit: https://pixabay.com/users/be_stasya-11197808/

Personalized Hydration Needs

Your optimal hydration level varies based on several factors:

Energy Levels

- Mild dehydration (just 1-2%) can significantly decrease energy and cognitive function
- Athletes need to replace not just water, but electrolytes lost through sweat
- Strategic hydration before, during, and after physical activity enhances performance

Skin Health

- Proper hydration supports skin elasticity and a natural glow
- Water helps flush toxins that might otherwise manifest as skin issues
- Dehydration can make fine lines and wrinkles more apparent

Digestive Function

- Adequate water intake supports the mucous membrane lining of the digestive system
- Proper hydration helps prevent constipation by softening stool

- Water is essential for nutrient absorption and waste elimination

Remember that hydration needs vary based on climate, activity level, age, and individual health conditions. Listen to your body's signals rather than adhering to rigid rules about water intake.

Final Thoughts: Flow Forward Fluidly

As the seventh issue closes, it is my hope I have brought some awareness to your state of fluidity and flow. Taking specific notice of rigidity and whether there is possibility to relieve tension and/or stress in your overall routines.

Like any skill, developing flow requires practice and patience.

You'll likely notice yourself slipping back into familiar patterns – this is normal and part of the process. The key is to respond with gentle awareness rather than self-criticism.

"Water is the softest thing, yet it can penetrate mountains and earth. This shows clearly the principle of softness overcoming hardness." – Lao Tzu

Remember that water doesn't force its way through obstacles; it patiently finds alternative paths. Similarly, approach your mental patterns with compassion as you explore new ways of thinking and being.

As you continue this practice, you may find that not only do you solve problems more creatively, but you also experience greater peace and resilience in the face of life's inevitable changes.

Yes — life learners, there is in fact always more than one way to skin a cat. Like water, we should work to find ways through the cracks. We just cannot freeze or remain stuck.

After all, your life depends on your ability to remain in flow — calmly, peacefully, and happily!

Get in the know & go with the flow~ T. Lashea — Your Fav Mastery Mentor



Credit: <https://pixabay.com/users/vocablitz-42430876/>