

# FOCUS AND FLOW

Ketchum-based CENTER Health & Performance provides an xyz approach

BEING IN THE FLOW, OR “IN THE ZONE,” is fluid, a state of optimal wellness, concentration, and immersion. We may have felt this state playing sports, climbing peaks, surfing, working, coaching, but also in art museums, creating art or music, during meditation or yogic chanting. It is a state of being completely immersed in the moment, totally focused, and feeling at peace, happy, loved, grateful, and in love with life. We naturally gravitate towards experiences that invoke this state or individuals who live this way. Everything is easy, and everything is joyful in this state. Unfortunately, the opposite is also true.

Importantly, a recent study examined flow and mindfulness while coping with the uncertainty of the pandemic and the deleterious side effects of isolation, financial destruction, fear, and depression. Evidence links flow to greater well-being in various domains, including work, sports, collective gathering, rituals, and leisure activities. In neurological terms, it is when the brain is operating in a balanced, efficient way to achieve a state of happiness, presence, and health. We have all watched sports when an athlete or team is totally in a state of flow and in harmony to achieve their goals or ballet or orchestra performances when a feeling of awe and ecstasy is invoked, and we leave feeling touched, inspired, peaceful, and happy.

The question is how we can achieve more of this consistently. And the answer is health. When our bodies/brains align with an optimal state of health and wellness, and our systems are balanced, healthy, and vibrant, we achieve this state more often. It is hard work to keep ourselves healthy, in a state of organization, strength, and alignment. Generally, everything in the universe tends toward entropy or a form of disorder and chaos. The second law of thermodynamics states that an isolated system's total entropy (randomness or chaos) always increases over time. The opposite of this is negentropy. Life is considered to be negentropic, restoring more order in systems.



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Negentropy is achieved with consciousness. The body/brain gives structure, function, and order to anything around it. And the more we order our lives with health and vibrancy through conscious eating, conscious community, conscious relationships, conscious spirituality, the more order, function, and flow we experience.

At CENTER, we are a neurologically-based clinic, and optimal health and performance in all ways is our goal. We see that much of this comes through a balanced brain. The body quickly follows. We achieve this by training the brain towards the greatest efficiency and healthiest patterning. We can determine the most efficient course of action towards order and health by taking an E.E.G. and capturing objective data on stress tolerance, processing, anxiety, depression, trauma, emotional volatility, cognitive efficiency, head injury, and more. We also achieve health with QNRT resets and nervous system training and the AMIT method, a neuromuscular technique. It would be difficult, while in a state of trauma, for instance, or while experiencing intense anxiety or depression, to experience a sustainable focused state of flow. By laying the conditions for health and balance, we can share that desired state more often.

While training the brain, frequently inefficient patterns fall by the wayside. Often when working with neurofeedback and QNRT, anxiety is usually gone, just all of a sudden. Focus can occur for the A.D.D. child once the processing lobe is trained. Training the trauma areas of the brain can allow the person to move forward in life and not be stuck in reliving the trauma every day, recreating the situation around them.

Flow is what psychologist Mihaly Csikszentmihalyi calls the “secret to happiness” and a state of “optimal experience” that each of us can incorporate into our everyday lives. One is characterized by the immense joy that makes a life worth living. Csikszentmihalyi describes flow as focused on an experience rather than on self, a merging of actions and awareness, and intrinsically rewarding experiences. A recent study also shows that flow helps people stay resilient in the face of adversity, guard against depression and burnout, and research also showed that people who experienced the more substantial feeling of flow had better well-being during the last two years of the pandemic. ([doi.org/10.1371/journal.pone.0242043](https://doi.org/10.1371/journal.pone.0242043))

Let's do it! In a society quickly heading out of control to complete entropy, we can individually restore order around us, within us. We have the consciousness and ability to restore order where there is none, starting with ourselves. Every aspect of our health is relevant right now to experience focus and flow, and to restore order to our broken systems, both inside and around us. ■