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Developing Your Personal Genius: keeping, managing and balancing intense creative states

Have you ever felt 100% committed to anything? What would it feel like to experience a time and place wherein you became so totally focused on one thing that “time,” “space,” “environment” and even your “self” just vanished away ... now ... as you fully experience again that kind of commitment state to something – a movie, a conversation, a ballgame, a tennis match, rock climbing, making love, learning something that totally fascinated you ... obsessed you. ...

Numerous theoreticians have variously labeled the experience of a totally committed and passionate state. Glasser (1976) described it as a “positive addiction”; Csiksezentmihalyi (1991) more recently termed it a state of “flow.” The ancient Greeks called it “demon” (*daimonia*) and used that term to describe the genius of Socrates. John Grinder and Judith DeLozier, in *Turtles All the Way Down: Prerequisites for Personal Genius* (1987) also described it as a “demon” state – one in which you become completely and totally focused.

That’s what demons are. They’re so narrow-band focused that the whole resourcefulness of the organism is expressed at that single point. That’s why you can just ease your way through otherwise very difficult situations. (p.219)

Also, quoting Castaneda’s Don Juan adventures, they described it using the metaphor of “being a warrior.”

If you observe warriors at any moment you will find that they are completely, passionately committed to whatever it is that they’re doing at that moment in time ... although the warrior will do diverse, even unrelated kinds of things, the warrior acts with utter congruency and a passionate commitment. (p.164)