

**A New Way of Seeing Everything:  
Designing and Creating the World Together  
March 4, 2016**

**Agenda – Seeking Flow?  
“And the beat goes on”  
-- The Whispers**

**Proposal: The human analogy to the physical forces is desire.**

- Everything is changing
- Humans excel at adapting
- We are driven by desire
- Creativity works when we feel safe
- We become what we intend
- Let's practice being mindful of what we are intending!
- We are able to direct our attention to leverage our desires together, e.g., look for “joint intentions”; and help each other to feel safe to promote creativity.
- This makes us happy

**Mihaly Csikszentmihalyi – Flow, Peak Experiences**

- State of total immersion in a task that is challenging yet closely matched to one's abilities
- One receives immediate feedback on each step
- One receives flashes of positive feeling and hope for improvement
- One has an achievable, finite end in mind and can track progress
- One loses perception of the passing of time

**Adrian Bejan, Predictable patterns of flow, “the constructal law”**

“For a flow system to persist in time (to live)  
it must evolve freely such that it provides  
greater access to its currents”.

The time arrow of design change (evolution)  
There is no end-design, or destiny

- What is sustainable? (What has meaning?)
- Predictable proportionalities
- Heat flow, energy flow, traffic flow, volume flow, wealth flow, length to width ratios, mass to volume ratios
- S-curves peak. They signal time for adaptation!