



# THE FLOW GAME

What if pursuing questions rather than answers could help you bring clarity and direction?

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Enter the flow. Serendipity and collective intelligence will gift you insights and new perspectives.

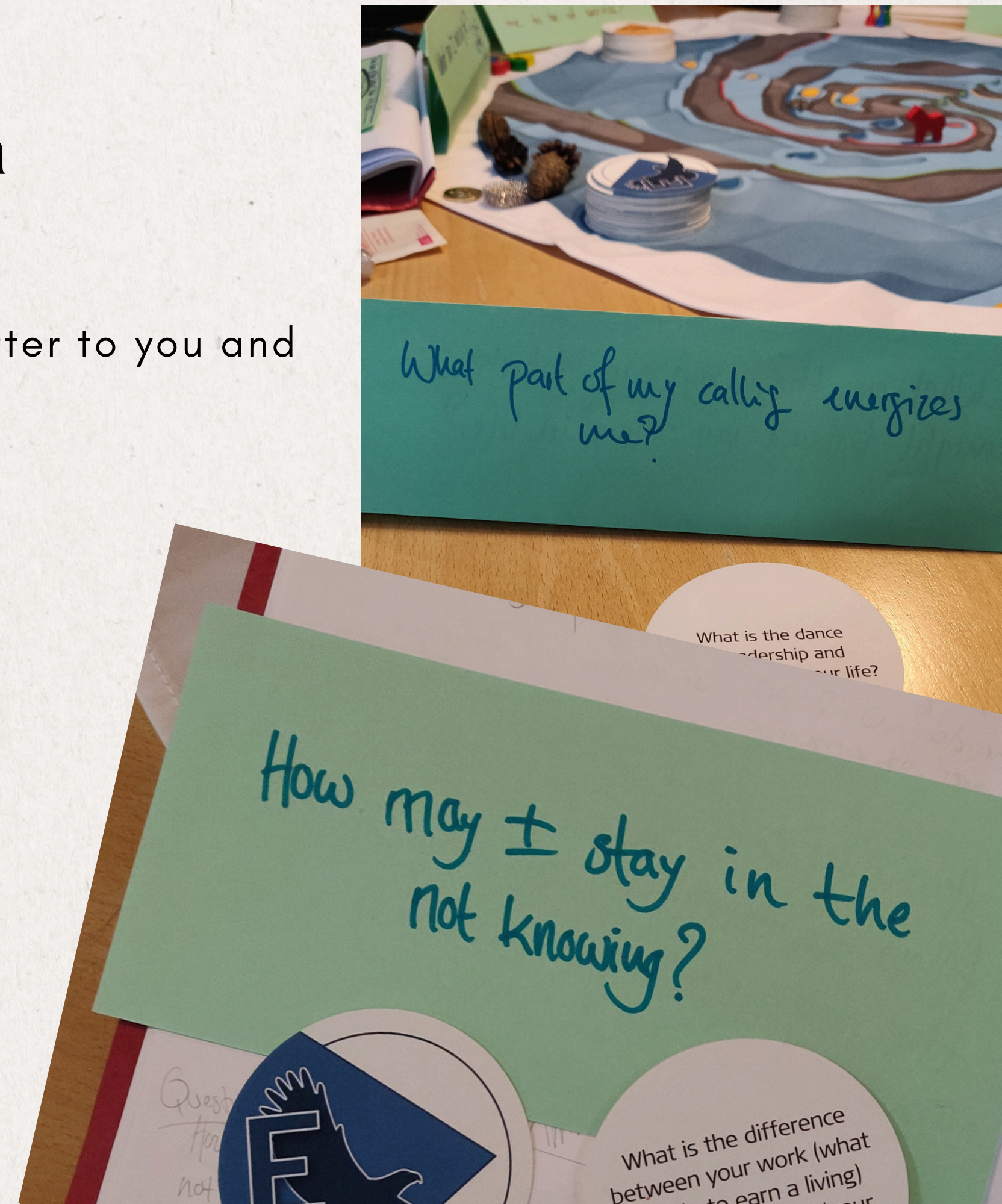
# Learning about ourselves through co-creation of insights and wisdom

– A potent question can be a lifechanger –

That's why being conscious about the questions that matter to you and the way you are in relationship with life is important.

So, think about it: What have you been pondering recently? Something puzzling? Something curious? Possibly there's something at stake? That's where your question can be found!

Allow yourself to let go of 'looking for answers' and dive into the questioning. Much personal development is rooted in daring to ask, and stay with, the questions. Most often, questions change over time – this opens up pathways to quite different insights and, eventually, answers.



# WHAT TO EXPECT

## Learning together

All participants bring their own question to the game. Questions may vary greatly, but usually they also turn out to be deeply connected because... well, humans and life.

## Wisdom Council

A player may invite the larger group to add their reflections on what the game and the questions bring up for them. WC is always done in a respectful manner, not dictating solutions or advice, but deepening a players investigation through offering intuitive insights, alternative perspectives and new questions. Wisdom Council is a gift, but it's not a must.

## New perspectives

Playing the game you will gain new perspectives on whichever issue you are trying to investigate. Be prepared to change your question as this happens, or possibly realise that something else needs investigation too.

# WHAT TO BRING

## A Question

Before the event, spend some time thinking about your own question. Take it for a walk or journal about it. As we begin the game, we shall be using wisdom council to sharpen our questions.

## Curiosity

The Flow Game works best when all are open, curious and tuned in on being in learning together.

## Notebook

To take the learning and new perspectives with you, be sure to have the option to take down your impressions and the inputs from the game and your fellow travelers as we journey through the flow.



# YOUR HOST

**Frederikke Oldin** works in the cross section of Psychology of Language, Change, Social Imagining and Futures literacy. Making sense of who we are in these complex times necessitates that we shed the habitual first-world-thinking that landed us here and begin to deepen our understanding of what it means to be here, alive, and part of the web of life. Working with questions and staying in the not-knowing allows us to more fully grasp ourselves and our interrelation with the world we're part of. It's about coming home to life.



# QUESTIONS?

More about the Flow Game:  
<https://flowgame.net>

**Reach out to us on:**



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