

Living in *The Zone*

Being in the zone means to be very focused, clear and intensely energized while also being calm and at peace at the same time. It is a relaxed, yet energized state of peaceful intensity that allows a person to function at peak capacity.

A good example of *being in the zone* could be observed when Michael Jordan would do his famous *Air Jordan*. Michael often seemed to defy gravity and float when going up for a basket and everyone could feel how he was in the Zone.

The Buddhists of the far east call this state **Zen**. For most people this is a state that only happens rarely and randomly. I would venture to say that ultimately it is the state that everyone is seeking to live their life in. That all of us seek to experience this state of deep contentment and peace in our lives and to live it more and more in each moment.

What if you could be in the zone all of the time? To have that intense clear focus, yet relaxed peaceful feeling both at the same time while going about day to day affairs.

Would you be more efficient and effective? Could you get a lot more done with a lot less stress and effort?

Some people call this living ***in the flow***. Most everyone has had it happen for at least a short time. You know those days when everything seems to work out just right and life seems to work in your favor. People seem nicer and events and circumstances work out in your favor.

What if that were meant to be our normal state of living?

Thanks to recent revolutionary discoveries in managing consciousness, more and more people are now beginning to learn how to live in the flow as a normal state of living. It is a matter of learning how to direct our attention from the present moment in a very specific way to create living in the zone, to live in the flow of life, to live a life of joyful success and fulfillment ... and the best part is that there seems to be no limit to how powerfully we can live it!

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