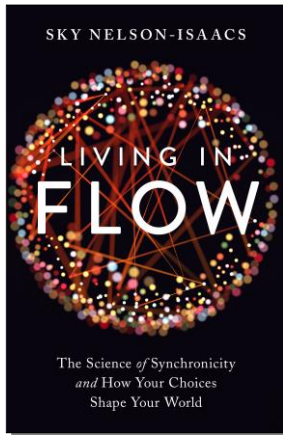


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## LIVING IN FLOW

### NEW BOOK LOOKS TO PHYSICS TO EXPLAIN SYNCHRONICITY AND SHOWS HOW OUR CHOICES MAY SHAPE OUR WORLD



Synchronicity or meaningful coincidence has been something philosophers and scientists have wondered about for decades. Most of us have experienced it at least once. You are on a much anticipated road trip and your vehicle breaks down. As you're waiting by the side of the road a mechanic who specializes in just that type of car drives up and lends a hand. Is this just chance? Can two events be related in a meaningful way without one causing the other? If so, what does this tell us about the cosmos? Can we live in such a way and make choices that encourage synchronicity? Is that something we should strive for? In **LIVING IN FLOW: THE SCIENCE OF SYNCHRONICITY AND HOW YOUR CHOICES SHAPE YOUR WORLD** (North Atlantic Books, March

2019, paperback) physicist Sky Nelson-Isaacs turns to quantum mechanics to seek answers. Adhering to what we know from science, while offering a provocative new hypothesis, Nelson-Isaacs proposes that the cosmos may be designed to bring us meaningful, synchronistic experiences in response to the choices we make.

When we live in "flow," a state of activity in which we align with our purpose and values, balancing our personal good with the greater good, we make choices that invite synchronicity. In addition to a layperson's explanation of the possible physics behind synchronicity, Nelson-Isaacs shows how cultivating flow can empower us individually and help make our world a better place.

Sky Nelson-Isaacs is available for interview. Excerpts of the book are also available. Here is just some of what he can discuss:

- How the answers to long-standing questions about synchronicity may be found in the strange world of quantum mechanics;
- How events can be meaningfully related, even though one doesn't cause the other and how this is at the heart of his approach to synchronicity;
- How living in flow can help organizations function optimally, deepen our relationships, and help us lead purposeful, fulfilled lives;

-more-

#### LIVING IN FLOW: THE SCIENCE OF SYNCHRONICITY AND HOW YOUR CHOICES SHAPE YOUR WORLD

Sky Nelson-Isaacs | March 2019 | 290 pages | ISBN: 978-1-623-17311-1  
North Atlantic Books | Paperback | \$16.95 | [LivingInFlowBook.com](http://LivingInFlowBook.com)

- The difference between “living in flow” and simply “going with the flow;”
- How the LORRAX (Listen, Open, Reflect, Release, Act, XRepeat) process helps us cultivate flow;
- The role of flow in scientific discovery and creative pursuit;
- What the science of physics tells us about how flow and synchronicity may be related;
- How living in flow can help us address some of the pressing political and social problems we face.

### **ABOUT THE AUTHOR**



**SKY NELSON-ISAACS** is a physics educator, speaker, author, and musician. He has a masters degree in physics from San Francisco State University, with a thesis in String Theory, and a BS in physics from UC Berkeley. Nelson-Isaacs has dedicated his life to finding his own sense of purpose, beginning as a student of the Yogic master Sri Swami Satchidananda when he was less than five years old. His writing on topics like flow comes from integrating this experience into his life. He brings together the connection between synchronicity, physics, and real life using research and original ideas. As an active researcher in quantum foundations, his research is supported through grant funding from a private foundation. An educator with nine years of classroom experience, with experience in industry as a software engineer, Nelson-Isaacs is also a multi-instrumentalist and professional performer of award-winning original musical compositions.

### **SELECTED PRAISE FOR LIVING IN FLOW**

“Many people have clarified a variety of interesting issues through the lens of the flow experience; few have done this more successfully than Sky Nelson-Isaacs, who uses flow to explain the mysteries of synchronicity.”

—**Mihaly Csikszentmihalyi**, author of *Flow: The Psychology of Optimal Experience*

“In *Living in Flow*. Sky Nelson-Isaacs draws from the deep well of quantum mechanics as well as from numerous personal anecdotes to offer sage and witty advice for living in synchronicity with the universe and one's ideals—a mystic tool kit for life in this scientific age.”

—**Daniel P. Sheehan, PhD**, professor of physics, University of San Diego

“Sky Nelson-Isaacs has created some excitement in *Living in Flow*, in which he explores meaning, perspective, authenticity, synchronicity, and all the things that make up the flow of our universe. He invites the reader in with a friendly, down-to-earth warmth, helping the nonscientist stay engaged. References to research and personal anecdotes make *Living in Flow* a compelling work that I enjoyed immensely.”

—**Edward Viljoen**, author of *Ordinary Goodness: The Surprisingly Effortless Path to Creating a Life of Meaning and Beauty*

“In this rare gift Sky Nelson-Isaacs has given us a remarkably insightful and readable understanding of synchronicity and how to live into it.”

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—**Leslie Allan Combs**, author of *Synchronicity: Through the Eyes of Science, Myth, and the Trickster*

“Reading this book made me happy. And hopeful. As an elder and a spiritual theologian it moves me to learn from a young physicist who is posing perennial questions from the viewpoint of the new science. Sky Nelson-Isaacs ignites new sparks that shed light on ancient mysteries. The author's method of LORRAX (Listen, Open, Reflect, Release, Act, XRepeat) as the path to flow parallels in many ways the four paths of creation spirituality in my work: Via Positiva, Via Negativa, Via Creativa, and Via Transformativa. There is rich and fertile ground here born of postmodern science for birthing a language that is far more friendly to spiritual and mystical realities than most of the perspectives of the modern world view ever was or could be. This book sparkles with insights and connections that we are all hungry for.”

—**Matthew Fox**, author of *Sins of the Spirit, Blessings of the Flesh: Transforming Evil in Soul and Society*

“Sky Nelson-Isaacs brings a vigour and rigour to his analysis and locates his interpretation of synchronicity in day-to-day examples that have happened to him and to others, giving the reader a step-by-step analysis of synchronicity and how the theory applies. He develops an original model of synchronicity called ‘meaningful history selection.’ Grounded in quantum physics the visual model of the tree of possibility helps us understand how some choices are made en route, while others not, highlighting how we choose particular branches based on our intent.”

—**Dr Philip Merry**, author of the first grounded PhD research into synchronicity and leadership, founder of Philip Merry Consulting Group, a Singapore global leadership consulting company

“The description of the quantum theory underlying Nelson-Isaacs's idea of the mechanism of meaningful history selection is clear, accessible, and a convincing case is made for their relevance to synchronicity.

—**Siegfried Bleher**, assistant professor of physics, Fairmont State University

“Is it possible that synchronicities are all around us and we can learn to see their workings? Sky Nelson-Isaacs believes so and makes a compelling case that is based in modern quantum physics.”

—**Menas C. Kafatos**, Fletcher Jones Endowed Professor of Computational Physics, Chapman University

### **SUGGESTED INTERVIEW QUESTIONS**

1. How do you define synchronicity? Can you give us some examples of it?
2. Scientists, philosophers, and others have studied synchronicity over the years. Who are a few of the more notable ones and what did they make of this phenomenon?

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3. One of the unique contributions of your book, *Living in Flow*, is that you link flow with synchronicity. First, explain what you mean by “flow” and tell us how you think it relates to synchronicity.
4. You stress that when we experience synchronicity what we are seeing are two events that are meaningfully related, but the first does not cause the second. What do you mean? How can events be meaningfully related without being causal?
5. How do you distinguish synchronicity from coincidence?
6. What is the LORRAX process?
7. What is meaningful history selection?
8. You use the metaphor of a tree, with some branches having apples, to describe how flow and synchronicity work together. Why did you choose this metaphor?
9. What are a few misconceptions that people might have about what it means to live in flow?
10. How can living in flow deepen our relationships?
11. You are trained as a physicist and you offer a hypothesis about how quantum mechanics may explain synchronicity. Can you give us a layperson’s view of this?
12. In *Living in Flow*, you discuss openly some of the scientific challenges that face your hypothesis. What are a few of these and how do you counter them?
13. What is the value of synchronicity? What can it teach us? When it happens most of us see it as an “oh wow” moment, but you suggest that it is more meaningful. How so?
14. You are active in your community and in building social justice in the world. How does your work on flow and synchronicity fit into this?
15. Talk about the role of synchronicity and flow in scientific discovery.

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