

Think of Yourself as a Colander

“Think of yourself as a colander - a bowl filled with holes. When you experience a peak state, it's like turning on the kitchen faucet and flooding that colander with water. If there is enough volume, the colander fills up despite the leaks. As long as water keeps flooding in, you will, for a moment, experience what it's like to be a cup. You'll feel whole; if you're really inspired, holy.

“Then the faucet turns off, the peak experience ends, and all that water leaks back out. In a matter of moments, you'll settle back to where you started. The information recedes. The inspiration that was so easy to grasp moments ago slips away. And now you've got a decision to make. Do you engage the dull and repetitive work of plugging your leaks or do you go hunting for the next ecstatic faucet to tap?

“The notion that hard work and persistence in the face of struggle might have a role in all of this often gets lost.”

- Steven Kotler & Jamie Wheal in Stealing Fire (2017), p. 205