

Joseph Riggio & Al Ridenhour - Generative Flow Highlights

Joseph Riggio – Blowout Winter Bundle GB Generative Flow is a Live Training Event designed by Dr. Joseph Riggio with Lt. Col. Al Ridenhour using the transformational performance principles from the MythoSelf ProcessSM, movement principles from the Dance of the ElementsSM, and the foundational principles of Guided Chaos. In the first video Al and Joseph cover the theoretical points about shifting space-time and altering the embodied perspective of movement and it's experience. In the second video they present a short demonstration of the movement as it's experienced in real-time.

One of the primary aspects of this training is the ability to make the internal embodied shift necessary that allows you to experience how space-time is flowing for you, and to integrate both Fast Brain -somatic processing and Slow Brain – semantic processing, to dramatically improve performance regardless of the context or situation at hand. At the heart of the training is the concept of shifting from the inhibitory bias of the ANS/Sympathetic “Fight/Flight/Fear” Response when confronting any form of stress, conflict or threat, to an ANS/Parasympathetic “Calm/Confident/Creative” Response that allows a great range of choices and options to become available to you.