

REFERENCE · PUBLIC · 2 MIN

Flow

Flow: how you move. What the strand begins from, what it gives the Framework, and how it is practiced, in the canon's own sentences.

Flow concerns movement and continuity.

At the philosophy level

Flow begins from the belief that lived systems are always moving. Conditions change, signals return, patterns emerge, attention shifts, responsibilities recur, and interruptions happen. A person needs a way to remain oriented, move with intention, return after disruption, and adapt without treating change as failure.

Flow protects the possibility of movement.

At the framework level

Flow gives PLAIT a way to understand movement through context: orientation, attention, signal, pattern, decision, action, pause, return, rhythm, and adaptation.

The framework does not force every situation through all three strands equally. It makes the strands available as lenses so a practitioner can recognize what kind of work is actually present.

At the practice level

Flow is practiced by setting or reorienting the relevant context, finding the movement that fits, and building adaptable rhythm.

Set Your PLAIT. Find Your Flow. Build Your Rhythm.

By PLAIT Version 1.0 Updated 2026-10-03

Source: Canon v0.31 §4 (Flow, Tribe, and Prosper at the philosophy, framework and practice levels), carried verbatim.

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