

Review of: "Embodying Flow: Living Through The Mind-Body Continuum"

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Potential competing interests: No potential competing interests to declare.

This is a very interesting paper with innovative concepts and ideas put forward with a goal to improve personal development and healing from traumatic past experiences. The proposed new model integrates rich knowledge from various disciplines, including quantum physics, psychology, linguistics, human physiology, and neurosciences. This paper can be improved in the following areas:

1. Clear definitions of terminologies. The ideas presented in this paper are quite complex; it consists of many terminologies from a wide range of disciplines readers may not be familiar with. I appreciate the list of glossaries towards the end of the article to help understanding; I think it would help comprehension if the author embedded a brief description within the article where the terms were mentioned. For example, the term "holding space" was used on p.6, and the description of the term appears on p.16. If the term can be briefly explained on p.6, it can help readers to understand how the term was used in that particular section and the described context.
2. The paper offers an integrated solution to address how individuals process past traumatic experiences. A clear description of the existing phenomenon, the current approach, and how the proposed model improves the existing methods would strengthen the proposed concept.
3. The proposed model builds on various existing frameworks; an elaborated description of the existing frameworks, a clear link between these frameworks and the proposed model, and how the integration of these frameworks contributes to the new model is a better model. This may strengthen the argument of the article.
4. Including in-text citations in the manuscript can help readers to understand and follow through where the ideas come from.