

Vibetracker.com

Raise Your Vibration

Masterclass

# Video 22: What is Flow State?

Flow state is an amazing state to be in.

When you're in a flow state, you have the ability to download information and let it flow through you, causing you to lose track of time.

Everyone can enter a flow state, and you've probably experienced it multiple times already. But in this module, or actually in the next video, I want to give you a way to get into a flow state quickly so you can get better work done.

In a flow state, you tap into the source of consciousness and become more creative than you normally are.

Maybe you've had moments where you were working so hard or studying so intensely that suddenly six hours had flown by, and you were left wondering where the time went.

I experience it all the time.

I am so interested in what I'm doing, so deeply engaged with it, that I have no interest in anything else. Not in food, not in social media, not even in my partner. I am fully present, completely immersed in what I am doing in the here and now.

In a flow state, you have a high vibration, you are creative, and you simply love what you're doing, which is why your vibration is so high.

When you are in flow state, you also have access to your spiritual self. You are receiving information from the collective consciousness, receiving messages from the quantum field, and you are not just interacting with your own brain.

As an example of flow state, two years ago, I was on a spiritual journey in a tipi tent where someone was playing the handpan.

I could literally see waves of music moving through the player and flowing out of the handpan.

Information in a flow state moves through you.

It is different from memorizing something and then repeating it, as we were taught in school.

In a flow state, your brain works extremely efficiently, gets so much more done, and has so much more "computing power" than in a normal state.

On top of that, you don't even need to focus in flow state because it happens effortlessly—you simply can't think about anything else.

Without flow state, I would hardly be able to do my work. If you want to be productive and achieve massive results, flow state is what you should be looking for, and that's why, in the next video, I will show you how to quickly enter a flow state.