

Vibetracker.com

Raise Your Vibration

Masterclass

Video 23: How You Can Reach Flow State as Fast as Possible

How do you quickly get into a flow state?

That's what we're going to talk about in this video.

To get into a flow state quickly, you want to do something that you genuinely enjoy doing. You need to be excited about what you're about to do. You also want it to be important to you.

It has to be challenging enough to stimulate your brain, but not so difficult that you immediately feel like it's impossible.

You want to be in a quiet place with no distractions.

Distraction is the number one killer of flow state.

And once you fall out of a flow state, it's hard to get back into it quickly.

It takes about 15 to 20 minutes to enter a flow state, but if you lose it, it can take at least an hour to get back in.

What you want to do is focus on one clear task and stick with it for as long as possible, and you'll naturally enter a flow state.

Let's say you're working and you want to get into flow.

Try completing a few small tasks first, then move on to your flow state task without any distractions.

You want to work in a quiet environment.

Start with some simple tasks that are easy to complete and take about 15 minutes.

For example, answering emails or checking certain statistics.

Do those things and mark them as done.

This helps you ease into the flow state.

Then, move on to your main flow state task without any extra browser windows or tabs open. No social media, no other distractions.

Just do the work.

You'll notice that once you've completed your smaller tasks successfully and shift your focus to the main task, you'll naturally want to finish that as well, and you'll just keep going without your attention being pulled in different directions.

Another way to enhance your flow state is by using binaural beats.

These stimulate the alpha brain waves that are active during a flow state.

In a more alert state, your brain produces beta waves.

In a flow state, your brain produces more alpha waves.

I'll place and link the audio that I personally use below.

You'll want to listen with headphones, because without them, it won't work.

What happens is that one ear, for example, your left ear, receives sound at a certain frequency, say 132 Hz, while your right ear receives a slightly different frequency, like 121 Hz. The difference is 11 Hz, and your brain creates this third tone at 11 Hz.

Binaural beats work like an auditory illusion, just like optical illusions for the eyes.

Use binaural beats to get into a flow state faster, and play them in the background. If your ears start to hurt or it sounds too sharp and unpleasant, then it's too loud.

For me, it works really well to enter the flow state.

And in that state, I get an incredible amount of work done.

So I hope this helps. This was a short module on flow state, but it can have a huge impact on your mood and on the way you get things done.

I'll talk to you again tomorrow during an integration day.