

Flow State Meditation

Objective

To increase your ability to maintain a state of flow using the Flow State Meditation technique.

What to Know

This 7-minute audio will help you practice mindful eating.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are having a difficult time getting into a “flow state.”

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Meditation Script

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Welcome to this meditation on the flow state. The flow state, also known as being "in the zone," is a state of complete immersion in an activity. When you are in the flow state, time seems to stand still, and you feel fully present in the moment. This meditation will guide you through the process of accessing the flow state so you can experience its benefits.

Begin by finding a comfortable seated position. Close your eyes and take a deep breath in through your nose, filling your lungs with air.

Breathe in deeply and fully, filling your entire body with air until you can't breathe in anymore. Hold it at the top for a bit. And then release all that air out.

Take one more big, full breath in, inviting oxygen into every part of your body. Then hold it.

And then breathe out and release it all.

Bring your breathing to a slow, easy rhythm, as you lower your shoulders, soften your cheeks, and open your chest.

Hold your breath for a moment, and then release it slowly through your mouth.

Take a few more deep breaths, focusing on the sensation of air moving in and out of your body.

Now, recall an activity that you enjoy doing. It could be anything, from playing a musical instrument to painting, from gardening to running. Visualize yourself engaging in this activity and allow yourself to feel the joy and excitement that it brings you.

As you continue to breathe deeply, allow yourself to let go of any distractions or concerns that might be occupying your mind. Focus solely on the activity that you are imagining and allow yourself to become fully absorbed in it.

As you begin to feel more deeply immersed in the activity, notice how your body feels. You may notice a sense of ease and effortlessness as you engage in the activity. You may feel a sense of calm and relaxation, even as you focus intently on what you are doing.

Now see if you can envision that you're standing in front of a rainbow. Just a foot away from you, you can see the vibrant colors of light cascading from above and falling into the ground.

Mesmerized, you take a step forward and immerse yourself into the light. Immediately you feel the coolness of the colors of mist all around you.

Now imagine the energy of this rainbow entering your body and flowing gently down to your feet and into the ground.

You can feel the pure energy of the rainbow making space for easy flow, from your head to your toes.

Breathe in and welcome the creativity of colors as they flow through you, filling you with lightness, ease, and pure happiness.

Everything is clear, and everything is flowing. Everything moves through you and from you.

As you continue to breathe deeply, allow yourself to let go of any self-judgment or criticism that might arise. This is a time to simply be present with yourself, without worrying about whether you are doing it "right" or "wrong."

As you remain in this state of flow, you may notice that time seems to stand still. Minutes may feel like hours, or hours may feel like minutes. This is a sign that you are fully engaged and are experiencing the benefits of the flow state.

Allow yourself to remain in this state of flow for as long as you like. When you are ready to return to your day, take a few deep breaths and slowly open your eyes. Take a moment to reflect on the experience and notice how you feel. You may feel more relaxed, energized, or focused.

Remember that you can access the flow state at any time by engaging in activities that bring you joy and fully immersing yourself in them. By practicing this meditation, you can train yourself to enter the flow state more easily and more frequently, allowing you to experience the many benefits that it offers.