

FLUX ACADEMY · A SCHOOL FOR SEEING

MODULE 2 · THE INNER GAME

Entering the Flow State

BY DANTE SISOFI

LESSON 006



The Less You Think, the More You See

- The more you think, the less you see
- Flow = effortless, hesitation-free seeing
- This state is where the best photos live



What You'll Walk Away With

- How to enter flow on demand
- How to stay in it for hours
- A repeatable way to shoot without fear



Flow Is Where the Best Photos Happen

- Flow state is where all my best photos happen
- No overthinking, no hesitation, no fear
- Connected to the street, moving like water



Presence Is the Whole Gift

- Flow = full immersion in the present
- Not the past, not the future — now
- To enter flow is to enter the present moment



A Meditative State of Observing

- Observe patterns in nature and human behavior
- Watch how light gives form to things
- Be in tune with the rhythm of the street



Eliminate Distractions

- Put the phone away, kill notifications
- The phone is distraction's greatest weapon
- Immerse yourself in the present moment



Move Slower Than Everyone Else

- The slower you walk, the more you find
- Move at 75% of everyone else's speed
- Slowing the body wakes up the eye



Let Life Flow Toward You (Wu Wei)

- Wu wei — effortless action, no forcing
- Move with the current, like water
- Photography is receiving, not hunting



Stay in a State of Play

- Go out in the spirit of play
- The best photos come from being a participant
- Engagement beats being a stealthy fly on the wall



Forget the Outcome

- No expectations, no over-analysis — just shoot
- Don't judge good vs. bad in the moment
- Follow curiosity, trust the process



The Trifecta: Courage, Curiosity, Intuition

- Courage — move, approach, press the shutter
- Curiosity — explore what's beyond the corner
- Intuition — trust your instincts on when



Flow Lives in the Body, in Motion

- Flow isn't found sitting still — it's in motion
- Motivation is movement; through movement, improvement
- Walk, breathe with the city, exist outside time



Simplify the Gear, Subtract the Friction

- One camera, one lens; auto or semi-auto
- The fewer technical distractions, the better
- Use the LCD for fluid, hesitation-free framing



Don't Leave the Scene Until It Leaves You

- A plain scene: mist, a passerby, a gesture
- Cliché at first — but don't think, just shoot
- Stay, and the ordinary turns abstract



Stay Attuned to the Micro-Moment

- Follow the light to a group of people
- Notice how it touches fabric, skin, form
- A small gesture arrives; reframe and click



Flow Rewards the Long Immersion

- A single place, hours in flow, not minutes
- Each frame comes through presence, not hunting
- The strongest image often comes late in the day



Shoot More, Think Less

- If it intrigues you even 0.001%, click the shutter
- Volume comes from curiosity, not judgment
- My next photograph is my best photograph



Build Your Flow Ritual

- Phone off; one camera, one lens, on auto
- Walk slow — follow the light, not a map
- No planned route; let intuition pick left or right



The Eight-Hour Immersion Drill

- Pick one place; stay for hours, not minutes
- Work scenes; don't leave till the scene leaves you
- Let the day's repetition build the strongest frame



Hunting, Forcing, Judging

- Chasing the "decisive moment" breaks flow
- Forcing control kills the magic
- In-the-moment judging chokes your seeing



From Constraints to Flow

- Lesson 005 showed constraints create freedom
- One camera, one lens removes friction
- That simplicity is what lets flow happen



Toward Instinct

- Next: Lesson 007, Instinct Over Intellect
- Flow hands the controls to your intuition
- Instinct is the trifecta's sharpest edge



Slow Down, Let Go, Flow

- Subtract distractions; move slow; play
- Detach from the outcome; trust intuition
- Slow down. Enter the flow. Make more photos.