

FLUX ACADEMY · A SCHOOL FOR SEEING

MODULE 2 · THE INNER GAME

Instinct Over Intellect

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LESSON 007



Shoot From the Gut

- The photograph is born from instinct
- Think later — respond now
- The gut sees faster than the mind



What You'll Walk Away With

- Trust the gut at the shutter
- Move analysis off the street
- Respond instead of hunt



Think Less, See More

- The more you think, the less you see
- Overthinking is hesitation
- The more you force, the less authentic



Instinct, Not Analysis

- I photograph from instinct, not analysis
- Collect now, contemplate later
- No thinking at the shutter



Wu Wei: Effortless Action

- Wu wei = effortless action
- Don't fight the current — flow with it
- Respond as life unfolds



Let Go of Control

- You don't control light, weather, moments
- Control only your presence
- Surrender is how flow opens



Remove Technical Friction

- Auto or program mode — respond instantly
- Camera off until the moment
- Fewer decisions = faster instinct



The Knowledge Lives Underneath

- You do know composition, framing, light
- But you let go at the shutter
- Trained instinct, not blank guessing



The Subconscious Becomes Conscious

- A physical pull, then the shutter
- The subconscious speaks through the frame
- That's authentic expression



Detach From the Outcome

- Detach from good photo / bad photo
- Outcomes are noise — ignore them
- The goal is to press the shutter



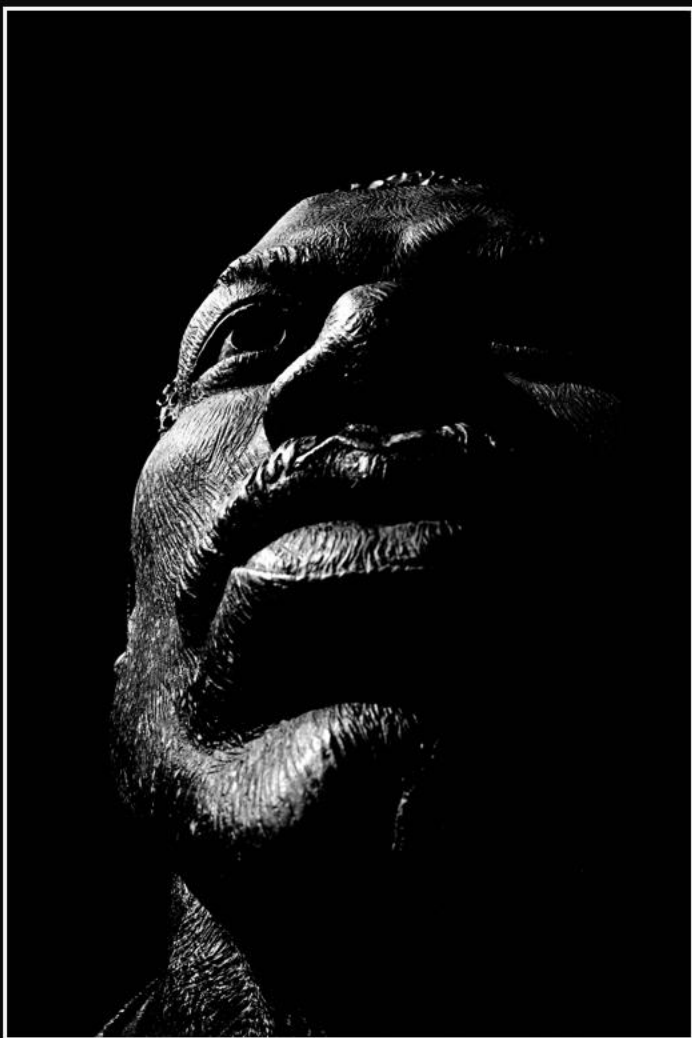
The Moment Aligns Without Being Hunted

- Chaos around you, no hunting
- Someone glances, the background separates
- Not planned — pure instinct



The Best Frames Arrive Off-Duty

- No intention to shoot at all
- Hours of just being somewhere
- Ready because the camera is with you



React to Light, Don't Hunt Moments

- High-contrast B&W, baked in-camera
- Free to chase light, not "moments"
- Light never repeats — react to it



Photography Becomes Meditative

- Phone off, mind quiet
- Body, mind, soul aligned at the shutter
- A walking meditation



Improvement Lives in the Doing

- You don't think your way to better
- Instinct sharpens through reps
- Perception shifts from doing the work



Set It and Forget It

- Auto / program mode, camera off
- See it — on, shutter, move on
- Zero settings thinking on the street



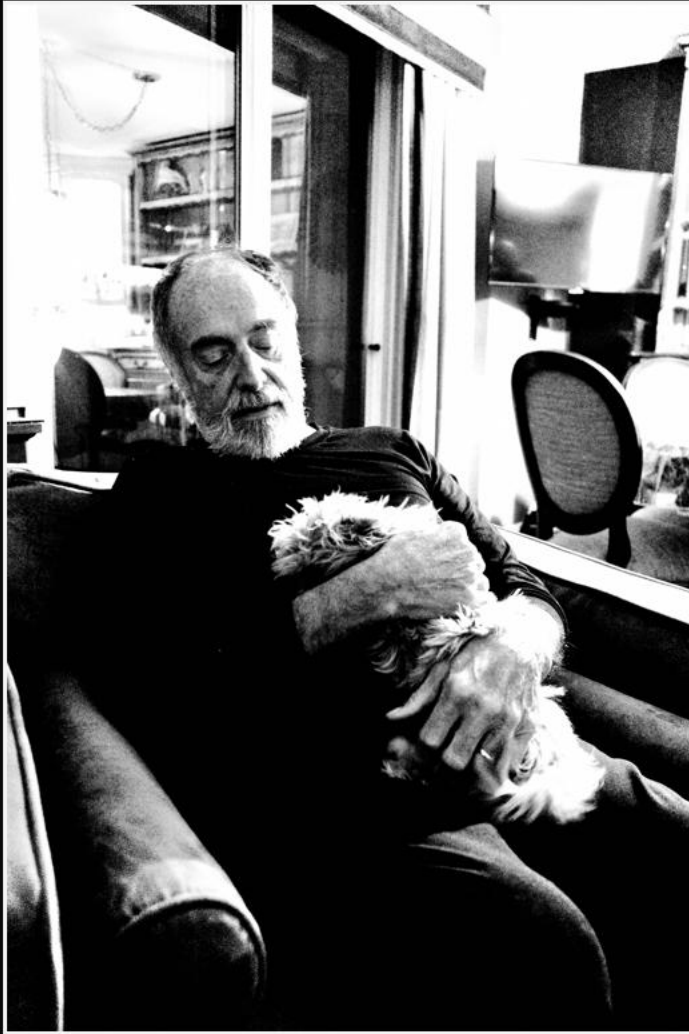
The 0.001% Rule

- If it intrigues you even 0.001% — click
- Don't pre-judge, don't qualify it
- Shoot more, think less



Move Slower, React Faster

- The slower you walk, the more you see
- Slow body, quick instinct
- Notice the mundane, then react



Thinking at the Shutter

- Analyzing in the moment = frozen
- "Is this good?" kills the frame
- Save the thinking for the edit



Forcing and Hunting

- Striving for impact burns you out
- Hunting overrides the gut
- Let life come to you instead



Built on the Flow State

- Lesson 006 opened the flow state
- Instinct is what flow runs on
- No flow, no trusting the gut



Next: Embrace Chaos

- Next up: Lesson 008 — Embrace Chaos
- Chaos is where instinct gets tested
- Point, shoot, trust the gut



Trust the Gut, Edit Later

- Instinct on the street, intellect in the edit
- Force less, flow more, trust the pull
- The subconscious becomes conscious