

# How to Enter Flow State in Street Photography (And Stay There)

**What's poppin people?** It's Dante.

To enter the flow, one must forget everything they think they know.

Today I want to talk about **flow state** — specifically how to achieve flow in **street photography**. Flow state is when you're so immersed in doing something that time fades, distractions disappear, and you become fully absorbed in the act of *making photographs*.

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## What is Flow?

Flow isn't exclusive to photography. You can find it in writing, climbing trees, dancing — anything that requires total presence. But when I'm on the street, flow state becomes my natural mode. No thoughts, just vision. Pure instinct.

*"I don't leave the scene until the scene leaves me."*

It's about entering a state of no-mind. The world reveals itself through light, texture, and fleeting gesture — and I respond with my gut.

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## How to Enter Flow

Here's the secret: **you've got to subtract, not add.**

- Turn off your phone.

- Leave behind your expectations.
- Forget yesterday's photos.
- Don't chase perfection.

*"My next photograph is my best photograph."*

You move. You make a photo. You move again. No attachment. No judgment.

**Everything is in flux.**

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## **Practical Tips to Enter Flow**

### **1. Stay Fasted**

Stay in a fasted state. No food = no brain fog. Fasting clears the mind and sharpens the eyes.

*"Photographers have decision fatigue because their guts are full. Fast, and you'll think clearer and react quicker."*

Your brain and gut are deeply connected. Don't weigh them down.

### **2. Use a Ricoh GR**

I always recommend the **Ricoh GR III**. It's minimalist. It's pocketable. It doesn't get in your way.

- No lens swaps
- No bloat
- Just shoot and move

It's the closest thing to having no camera at all.

### **3. Go Barefoot**

Literally. Or use **Vibram FiveFingers EL-X**. Feel the ground. Slow down.

*"If you want to enter the flow state, go barefoot. You'll naturally slow down and start to notice everything."*

Street photography is about slowing your pace and heightening awareness.

#### **4. Walk Slow. Like Really Slow.**

I walk at 75% the pace of everyone around me. I'm not trying to get somewhere — I'm trying to see.

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### **Motivation = Movement**

Forget about inspiration. Forget motivation as a mindset.

***"Motivation is movement. And through movement comes improvement."***

Pick up your camera. Walk out the door. Don't wait for lightning to strike.

- Let your feet lead.
- Let your curiosity guide.
- Let your photography flow.

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### **The Street as Meditation**

I become a **flâneur** — a wanderer of the city, soaking in chaos. Sounds, textures, people, graffiti, gestures. **Everything fuels me.**

Street photography becomes meditation. Flow becomes a way of life.

*"You're not out hunting. You're snapshotting your way through life."*

You live slow, move light, and stay open.

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### **Final Thought**

You don't need to live forever. But at least you can make a photograph.

Stay fasted. Stay grounded. Stay curious.  
And let life flow toward you.

**– Dante**