

# **THE EASY FLOW METHOD**



**A Quick Start Guide  
to Unlocking Flow  
in Minutes**

**GREG SAWERS**



## **RHYTHMIC BREATHING**

How to Access the 'Biological Basis of Flow'.

## **EASY GUIDE FOR DAILY PRACTICE**

The simplest way to getting maximum results.

## **FLOW VISION STATE**

A simple shift from scattered thoughts to flow.

# INTRODUCTION

You know the feeling. You sit down to study, create, or finally get through your to-do list... but somehow your phone ends up in your hand.

“Just 10 minutes on TikTok,” you tell yourself. Suddenly, it’s 2 AM.

Your tasks are untouched. Your brain feels scrambled. And you make the same promise you’ve made a hundred times before: Tomorrow will be different.

**But tomorrow never is.**

Instead, you wake up tired, distracted, and frustrated with yourself. You’ve tried Pomodoro timers, meditation apps, even uninstalling social media but nothing sticks.

Here’s the truth: it’s not your fault.

Your attention isn’t broken. It’s just being hijacked.

That’s why this method exists.

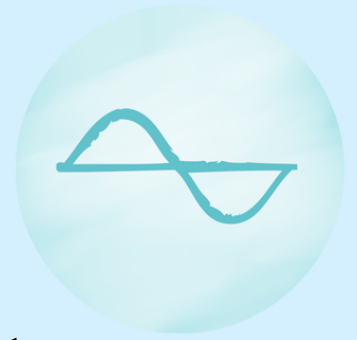
The Easy Flow Method isn’t about more willpower, discipline, or hacks that fade after a week.

It’s a natural biological shortcut that lets you drop into calm focus in as little as 10 mins (and even faster after repeat training).

So if you’ve ever felt guilty, scattered, or trapped in endless distraction...

This is your way out.

# RHYTHMIC BREATHING



If you only learn one thing from this guide - make it this.

Rhythmic Breathing is the fastest, simplest way to flip your brain and body into flow.

It's so simple, most people overlook it. But it's actually incredibly powerful as it instantly creates the conditions your brain needs for deep focus and calm.

Think of it like a hidden switch inside your nervous system.

When you breathe in a steady rhythm, your heart, lungs, and brain start syncing up.

The result?

Your mind shifts from scattered and restless... into calm, clear, laser-focused flow.



# A SIMPLE YET POWERFUL TOOL

The technique has many different names. Different labels. But underneath it's the same technique.

This technique is often called 'Resonant Breathing' in scientific literature or 'Coherent Breathing' but I call it Rhythmic Breathing because rhythm is the essence of how it works.

It's actually a very old technique that's been used by spiritual masters for millennia. It just took modern science to fully understand all the magic happening underneath.

As one of the leading researchers says:

It's "a brand new idea that is 2500 years old".

**So what makes it so powerful?**

The steady rhythm creates 'coherence'.

Coherence is when parts come together in a unified whole.

In this case the parts are the **heart, brain and lungs**.

Rhythmic Breathing generates a state of internal harmony where all the parts work together. And you enter into a very calm state.

Your brain waves start to form larger, clearer sine waves. That form together in a kind of symmetry. In brain wave research this is a state called '**the meditative mind**'.

People report the effect as '**a strange sense of internal calm and quiet**'.

One neuroscientist refers to it as - **the biological basis of flow**. When you're completely absorbed in a task. With total control and composure.

In the zone.

And the technique is surprisingly easy to do.

As I noted before, the main essence of the technique is:

## **RHYTHM**

By breathing at a slow rhythm we create a special effect in the body.

Known as RESONANCE. Which is a fundamental part of nature.

It's when one force (in this case - the breath) amplifies another force. It amplifies the effect.

Imagine standing right behind someone on a swing. If you time your push at the precise speed of the swing - matching their 'resonant frequency' - you'll push them higher and higher. You're amplifying their swing.

We also have a resonant frequency. A hidden frequency that only activates when our breath matches the same frequency. Matching the same rhythm.

When we breathe and match our resonant frequency we amplify other rhythms in the body.

## What other rhythms get amplified?

Rhythms like our heart rate, circulation, and our brain waves.

I explain more of the science behind this in my eBook 'Follow The Sine' but for now we just need to know that your breath acts like a conductor - bringing about a blissful symphony within your body and mind.

This precise effect was detected within advanced Zen monks during research into deep meditative states in the 90's.

A number of clear, larger sine waves were seen in various rhythms when breathing at this specific speed and rhythm.

But the Zen monks didn't know any of the science behind the technique. They just knew how to get into that state.

Using their breath.

But to use the breath like the monks we need a few other key ingredients as well. Let's look at them.

The breathing has to be

**SLOW. DEEP. LIGHT.**

**SLOW:**

**🧘 6 SECONDS IN : 6 SECONDS OUT**

This is the speed for most people to activate their resonant frequency. Depending on a few things like your height you might get better effects with slightly different speeds. That's why I recommend you also try breathing at

**🧘 5 SECONDS IN : 5 SECONDS OUT**

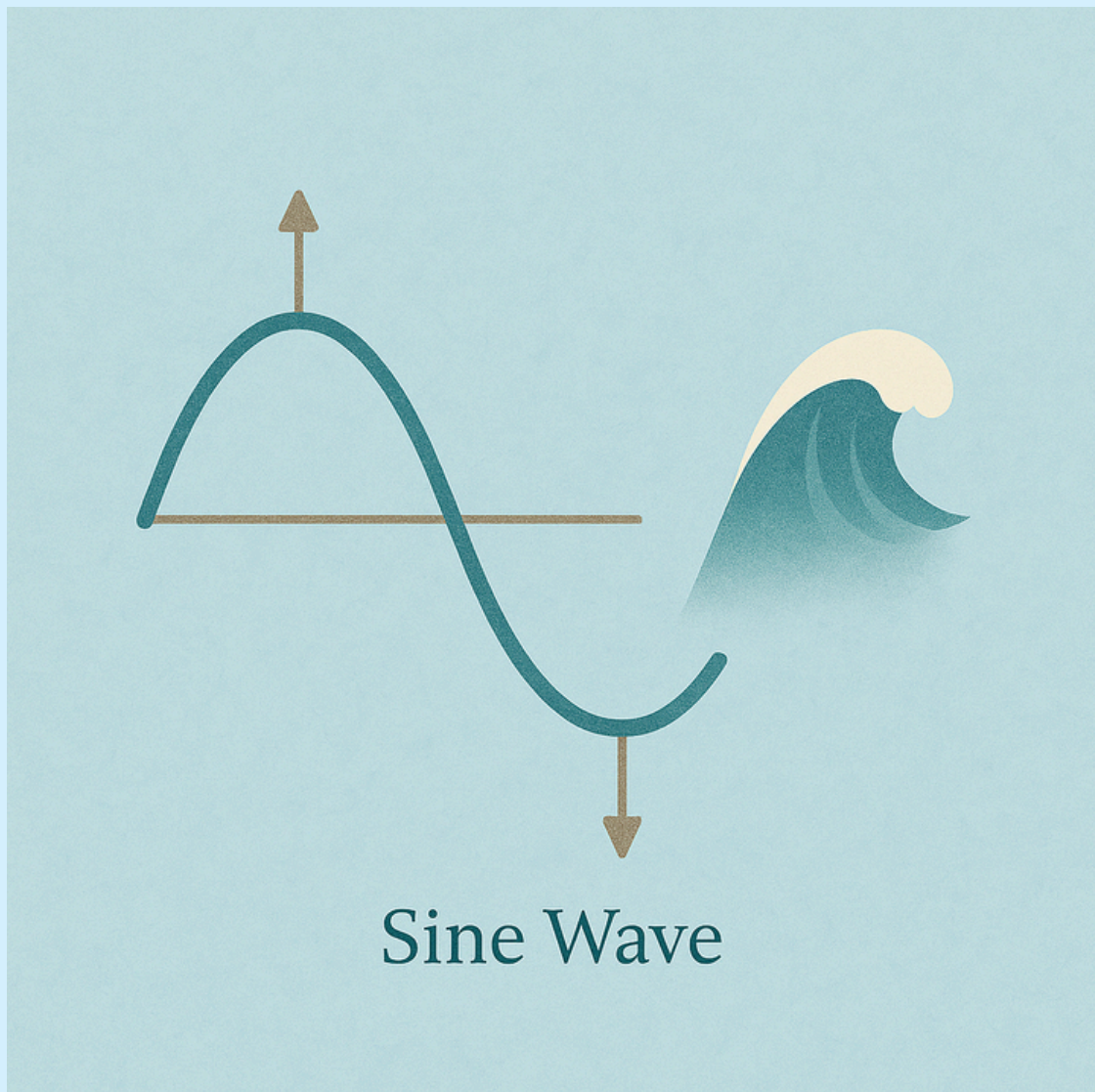
And if you're new to slow breathing or find these speeds a bit difficult then you can practice a faster speed like:

**🧘 3 SECONDS IN : 3 SECONDS OUT**

The breathing should be comfortable for you. So just find a comfortable rhythm. As long as the breathing speed is slower relative to your normal breathing speed then it's good. But eventually aim to decrease to a slower speed.

The key for all these speeds is maintaining a steady rhythm. You can think of a pendulum swinging back and forth or a simple sine wave moving up and down, from peak to trough.

**It's all about rhythm.**



## **DEEP:**

Deep does not mean taking a big gulp of air. It means activating your diaphragm. It should feel like you're breathing from your belly. Breathing through the nose will naturally activate the diaphragm but if you're a mouth breather focusing on the belly will help activate it.

**TIP:** If your shoulders are moving up and down with each breath you're not doing it correctly. If you breathe from the diaphragm your shoulders will hardly move.

There's a great technique used by some leading psychiatrists associated with the technique. They teach it to children by using 'breathing buddies'. Which are just fluffy toys they place on the children's bellies so they can see the rising and falling movement of the diaphragm.

This is an easy and fun training tool if you've not practiced much low, diaphragmatic breathing.

## **LIGHT:**

This bit is often overlooked but it's very important. You want to breathe as light and gently as possible.

There should be no loud noises when inhaling or exhaling. You should feel like you're sipping the air.

Ideally you want to breathe through your nose but if that's not possible just breathe lightly through a small gap in your lips.

**TIP:** If you feel light headed when practicing the technique then you're breathing too hard. You're hyperventilating and you need to breathe more gently.

Imagine a feather in front of your nose or mouth. Your breath should hardly move it.

### **Greater Than The Sum of Its Parts**

When you combine all these elements with rhythm you create a resonance effect, which creates coherence.

The 'biological basis of flow'.

The feeling simply needs to be felt.

Once you create coherence, the effect lasts for hours. The effect ripples out throughout your day.

So just 10 mins practice in the morning can set you up really well for the rest of the day.

Helping you create a daily shield for distractions and fragmented focus.

But it doesn't end there. **After a few weeks of practice you'll be able to get into coherence in less time.** In just a few minutes or even less.

One of the pioneering researchers notes that during a MRI scan he used the breathing technique to rapidly relax. This is possible with enough practice.

Which brings us to another great benefit of the technique.

It's portable. You can practice it almost anywhere and at any time. And because you're breathing lightly you can do it discreetly so hardly anyone around you will notice.

# PERMANENT TRANSFORMATION

10 mins of breathing get hours of clear focus afterwards but you actually get more than a short-term effect. Repeated practice creates life changing transformation.

Consistent practice over weeks and months helps to increase your 'vagal tone' and shift the balance of your nervous system towards parasympathetic dominance. The part of your nervous system that helps you relax (rest and digest).

And your baseline level of cortisol (the 'stress hormone') decreases. And your baseline tolerance for stress goes up.

You physically rewire your stress response.

In simple terms you become harder to fluster.

Things that would have interrupted your calm or focus in the past - **simply don't.**

The key is regular practice. The science shows that daily or multiple times per week of practice is required for permanent transformation.

We know this from many scientific studies in a variety of therapy and recovery situations.

Including serious symptoms like anxiety, depression, attention deficit disorder and post-traumatic stress disorder.

The technique has even been used in crisis situations like natural disasters and conflicts zones.

The science shows long term shifts.

That's why I say this technique is deceptively simple. A simple technique is easy to dismiss but it's actually the key to permanent transformation.

A key you now hold.

## **OTHER BENEFITS**

There's countless other benefits of the technique but they're outside the scope of this quick-start guide.

I'll quickly mention that regular practice also improves circulation, lowers blood pressure and boosts Heart Rate Variability (HRV) - which doctors use as a marker of resilience and longevity.

The core is simple: it makes you **calmer, clearer, and more resilient.**

If you're interested in exploring further just check out my 'Follow The Sine' eBook.

# SUMMARY

✓ 10 minutes of Rhythmic Breathing = hours of clarity, focus, and calm.

It's like building a mental shield that protects you from stress, noise, and scattered thoughts.

Here's what happens when you commit to just 10 minutes a day:

## 🔥 Immediate Benefits (Day 1)

- Feel calmer and clearer within your first session
- Distractions bounce off instead of pulling you in
- Your mind sharpens like flipping a switch

## 🌱 Long-Term Transformation (Weeks 2–4)

- Stress becomes easier to handle
- Focus stretches naturally without forcing it
- Flow states come faster, in minutes not hours

## 🧠 Permanent Upgrade (Months of Practice)

- Your brain literally rewires for resilience
- Baseline stress drops, while your capacity rises
- **Flow becomes your default mode.**

# FLOW SCIENCE SIMPLIFIED



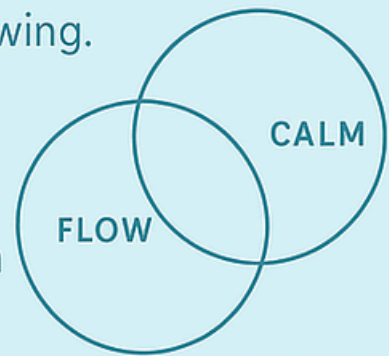
## What's Happening in Your Body?

When you breathe in rhythm, your heart, lungs, and brain sync up. Scientists call this coherence — when all your systems operate in harmony. The result? Calm, clarity, and focus.



## Resonance = Amplified Power

Think of pushing someone on a swing. If you push at the right rhythm, they soar higher and higher. Your breath works the same way. Match your body's natural rhythm → everything amplifies: circulation, brain waves, even focus



## The Meditative Mind

Research shows rhythmic breathing creates smooth, powerful sine waves in your brain activity.

You don't need advanced Zen monk training — just a few minutes of practice



## Why It Matters

This isn't just about "feeling relaxed." With each session, you're rewiring your nervous system:

- Lower baseline stress (less cortisol)
- Greater resilience to pressure
- Easier access to flow states, anytime, anywhere

# Easy Guide for Daily **PRACTICE**



The easiest way to start is with the paced music tracks that come with this guide.

They're designed to keep your rhythm steady without overthinking it.

👉 Start with 10 minutes of the 6-second pace (inhale 6, exhale 6).

That's the sweet spot for most people. But everyone's rhythm is slightly different — so feel free to try 5–5 or even 3–3 if you're new. Find the pace that feels natural and effortless.

## 🕒 How Long Should You Practice?

- Aim for 10 minutes a day (5 days a week minimum).
- If you can only do 5 minutes, that's still powerful.
- If you feel like going longer — even better.

Think of it as training your “flow muscle.” Every session makes it easier to enter flow faster next time.

💡 **Remember anytime you feel restless, distracted or can't focus - just breathe at the rhythm.**

Over time, activating flow will feel like flipping a switch.

Anytime. Anywhere. On demand.

# FLOW VISION STATE

This is another simple but powerful method and also one that hardly anyone talks about. Yet it's the perfect antidote to overwhelm.

Like Rhythmic Breathing you'll feel the effects in minutes.

It restores clarity when things get overwhelming. It clears the mental fog and restores the big picture. With a calm, lucid perspective. With presence.

The technique has many names - each with their own nuance. Yet it's essentially the same technique underneath. A way to rapidly shift state, calm the mind, and expand your awareness.

Typically we go about our daily lives using our narrow field of vision. This is known as foveal vision or tunnel vision.

But we also have a wide-angled alternative: Peripheral vision.



# Cones and Rods

Our eyes are made up things called rods and cones, which are tiny cellular structures that perceive light.

Cones are linked to focused, conscious attention. Our daily default.

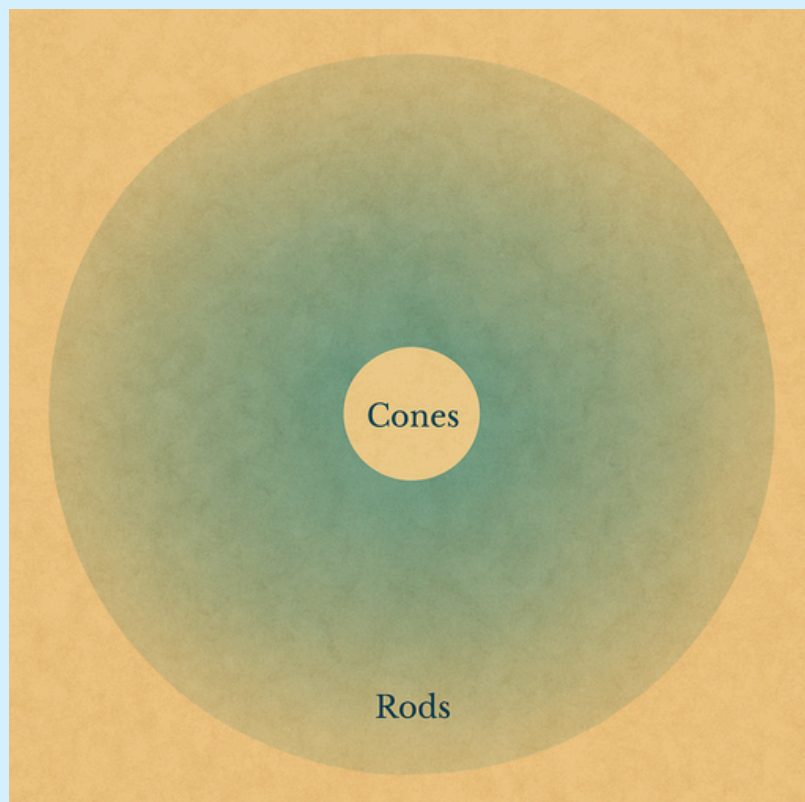
They're packed into the centre of your vision and are great for detail and colour but they get tired quickly.

That's why reading anything word-by-word feels draining after a while.

Rods, on the other hand, are spread out in your peripheral vision. They gather information that gets processed at the subconscious level.

They're incredibly sensitive to movement and light, but not detail.

One key difference is they don't tire out the way cones do.



So when you shift into peripheral vision, you're basically moving from cone-mode (narrow, detail-heavy, conscious effort) to rod-mode (wide, relaxed, subconscious flow).

This simple shift not only calms the nervous system and eases eye strain, it also lets you absorb far more of your environment without extra effort.

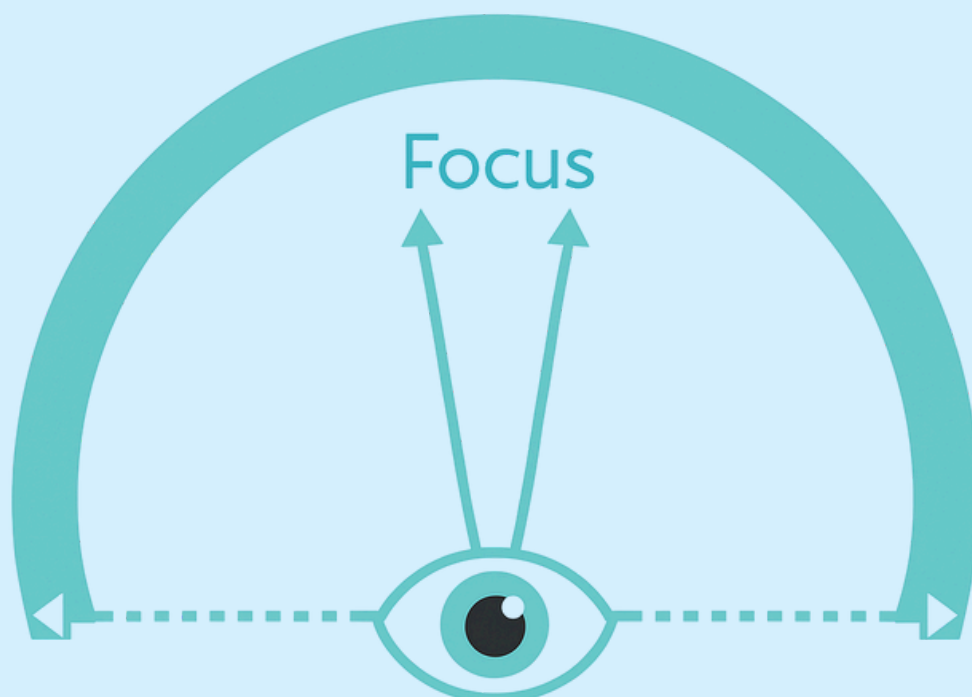
Seeing the big picture again. Restoring clarity and quiet focus.



# Flow Vision (Step-by Step Guide)

1. **Pick a Spot to Focus On.** Ideally just above eye level in front of you (like a point on the wall). Keep your head still.
2. **Sit or stand comfortably.**
3. **Gaze softly at a spot**
4. **Relax Your Eyes**
5. **Don't stare hard.** Let your eyes soften, as if you're looking "through" the spot. Allow your vision to become gentle and unfocused.
6. **Expand to the Edges.** Without moving your eyes, notice what's at the very edges of your vision.. Your left side, right side, above, and below. Stay with this soft, wide focus.
7. **Go Peripheral.** Let your awareness spread out to include the whole room, not just what's directly in front of you. You're not looking at things, you're just aware of them.

As your awareness expands, notice your body calming down. Breathing slows. Thoughts quiet. Time feels more spacious.



# Deepening Perception

Once you've practiced this a few times you'll begin to notice your perception take on new levels of clarity.

Hundreds of years ago the renowned Japanese swordsman Miyamoto Musashi referred to two uniquely different ways to see and observe the world. '**Ken No Me**' and '**Kan No Me**'.

Ken no Me is "the seeing eye", which only notices obvious detail. Like the sword, the stance, the armour etc.

Kan no Me is the "observing eye." It's the skill of seeing things as they really are. The opponent's rhythm, intention, openings, and weaknesses. Seeing beyond surface appearance to the essence of things.

You begin to 'read' the situation in totality. Because your mind is clear.

By shifting into Flow Vision you develop this clear mind perception.



# FLOW SYNC

You can use Flow Vision as a standalone technique but you can also practice it whilst doing Rhythmic Breathing.

They perfectly complement and amplify each other.

Your nervous system locks into coherence while your mind opens into clarity.

Result: An easy way to become calm, focused, and fully present — on demand.

