

in the flow



sounds true
STUDIOS

logline

In The Flow is the first ever series of “immersive meditations”. Taking existing spoken word pearls of wisdom from transformational teachers and mixing them with music by Grammy winning composer Superposition, the viewer goes on a beautiful meditation journey.

[Watch Trailer](#)



Show format

In The Flow takes powerful and short archived teachings by some of the world's greatest spiritual teachers and remixes them into one-of-a-kind immersive meditations. Using a combination of bespoke visuals, a grammy award-winning artist, and potent short teachings, the show leaves the viewer tranquil and reflective. With a backdrop of indie electronic music, In the Flow pushes the boundaries of meditation into the modern world of music videos.

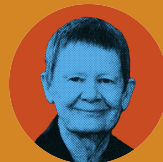


episode One

“Embracing the Unknown”

Feat. Pema Chödrön

Follow Pema Chödrön as we “enter The Bardo of this life” and transition from one state to another.



Ani Pema Chödrön—an ordained nun, monk and author—has been instrumental in establishing the monastic tradition in the West, as well in continuing her work with Buddhists of all traditions, sharing ideas and teachings.

episode two

“Out of Your Mind”

Feat. Alan Watts

Discover what’s behind the fabric of the universe with Alan Watts.



For spiritual seekers of many generations, **Alan Watts** earned a reputation as one of the most accessible—and entertaining—interpreters of Eastern philosophy in the West.

episode three

“Body and Mind Are One”

Feat. Thich Nhat Hanh

Let Thich Nhat Hanh help you find a true moment of presence with family and friends by discovering a new mantra.



Thich Nhat Hanh (1926–2022) was a Zen master in the Vietnamese tradition, scholar, poet, author of over 60 other books, and peace activist.

episode four

“My Life As Myself”

Feat. Alice Walker

Return to nature with Alice Walker and experience peace through the natural world.



Winner of both the Pulitzer Prize and the American Book Award in 1983, **Alice Walker** is recognized as one of the major writers of our time.

episode five

“So You Think You’re Somebody”

Feat. Ram Dass

Join Ram Dass as we explore what happens to a soul as it awakens



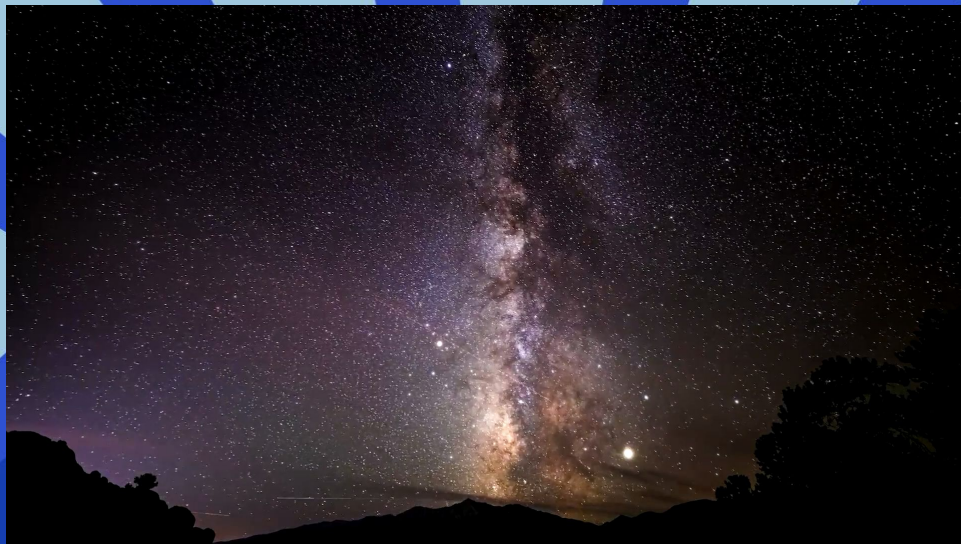
Ram Dass's work continues to be a path of teaching and inspiration to so many. His loving spirit has been a guiding light for three generations, carrying millions along on the journey, helping free them from their bonds as he has worked through his own.

episode Six

“You Are The Sky”

Feat. Eckhart Tolle

Observe what’s beyond the clouds
with Eckhart Tolle.



Eckhart Tolle is widely recognized as one of the most inspiring and visionary spiritual teachers in the world today. With his international bestsellers, "The Power of Now and A New Earth"—translated into more than 50 languages—he has introduced millions to the joy and freedom of living life in the present moment.



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For more information,
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thank you

The phrase "thank you" is written in a colorful, cursive script. The word "thank" is written in a gradient of colors from pink to blue. The word "you" is written in a gradient from yellow to green. Three yellow starburst shapes are scattered around the text: one above the 'k' in "thank", one to the right of the 'n' in "thank", and one to the left of the 'y' in "you".