



FLOW STATE
— MIXING —

5 STEPS TO **MINDFUL MIXING**

THE YIN-YANG OF SOUND SHAPING

ONLINE GUIDEBOOK



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Elevate Your Mixes with Mindful Precision

To achieve Top-Notch Mixes, you need to grasp active listening and intentional adjustments, all while avoiding getting lost in technical details. Discover the Hidden Strengths in your Audio Productions with my 5-step checklist, harnessing the Power of Mindfulness in Mixing.

By embracing simplicity within, awareness transcends technicality.

Welcome to **FlowState**.



Step 1

Capture Quality at the Source

Strive to capture and create with sounds as close to the desired final outcome as possible, focusing on the **feel, character, and clarity** you envision for the finished product.

By establishing high-quality initially, you can **carefully enhance and emphasize** the strengths of your production during the mixing process.

Think of it like **chiseling away at a stone** to reveal a stunning sculpture, rather than layering on effects and fixes, in an attempt to salvage a subpar sound.





Step 2

Trust Your Ears vs. Visual Aids

Prioritize your **internal awareness** and **trust your ears**. Use visual aids and on-screen analysis as secondary tools to confirm what you hear.

Listen with intention, make notes, and avoid making immediate adjustments.

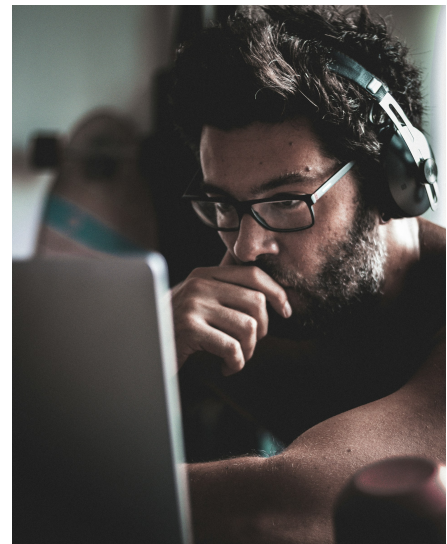
Practice: Macro-to-Micro Mixing

Train your instincts with this simple exercise:

1. Close your eyes and listen to the mix as a whole (objective).
2. Shift your focus to specific elements within the mix (subjective).

Alternating between these two perspectives is one of many practices you can use to develop a strong subconscious response for effortless mixing.

In our [FlowState Mixing program](#), we dive deeply into these concepts, helping you achieve a seamless integration of intuition and technique to elevate your mixing practice.





Step 3

Utilize Reference Tracks

Compare your mix to professionally mixed audio of a similar vein.

This gives you a chance to notice trends between different mixes.

You want to ensure your mix is up to industry standards and translating well across different playback systems.

There are many plugins you can use to analyze differences and similarities to understand where improvements can be made and what levels you're aiming to achieve for each mix down.



Remember:

Mixing isn't a one-size-fits-all process. Investing in your internal awareness for mixing will ensure you get the most out any equipment, software, or plugin. It's not about *what* you have, but *how* you use it.





Step 4

Apply Mindful Adjustments

Learn to make small, deliberate changes rather than overloading your mix with adjustments.

Regularly take breaks to reset your ears and maintain objectivity.

This is vital because ear and mind fatigue will distort our perception of the production, leading to poor decisions within the mix.

Practice: Incremental Adjustments

Learn to focus on individual plugins such as EQ or compression, and how applying subtle tweaks can significantly enhance the overall mix.

Learning how to make adjustments while other elements play can clarify the mix's direction, making decision-making easier and preventing over-analysis.





Step 5

Embrace a Minimalist Approach

The sayings "less is more" and "work smarter, not harder" are key to achieving a high-quality, professional mix.

It shouldn't feel like a **fight**; it should **flow**.

While we have many tools at hand, it's crucial not to overindulge in their use.

By tuning in to our mind and natural senses, we achieve an effortless state, unveiling the inherent beauty of the music.





Key Takeaways

Your Path to Sonic Brilliance

Despite common misconception, mixing isn't just cranking up the volume on every track to make it loud. I've been there. 😞

The finest mixes are crafted through a series of small, yet impactful adjustments made at every stage of the production process.

This results in solid relationships between every element within the mix when done right.

The real “magic” of mixing is *perceived loudness*.

Harness this magic, and you'll elevate your mixes beyond imagination.





By Kevin Utley
FlowState Mixing

Want More? I'll Show You How to Unveil The Hidden Gems in Your Audio Projects.

Want a free sample mix and session? I'll personally mix your song and walk you through the exact steps you can take to bring your tracks to life yourself. Click the button below to book yours now.

[BOOK YOUR FREE CALL >>](#)