



MEC Updates | February 2023

The Zone: Embodying Your “Flow State” with BEMER



Over the past century, the way that we live has changed dramatically. We move less and worry more. The lack of moving our body is one of the biggest obstacles to functional circulation, and our state of mind is also affected, not in a positive manner. Unresolved stress and worry are obstacles to our expression of peak performance.

If we want to perform at our highest potential and recover efficiently, we must not just be in balance physically but also mentally. When

So, how do we get to this flow state or access *the zone*? It is actually simpler than we may think. Because, again, it does not involve thinking. Accessing this state is less about doing and more about allowing. Allowing ourselves to be in the balance of doing and non-doing.

It also involves living a daily life of balance. Living and existing intentionally. Finding our balance between moving and resting. Thinking and not thinking. This balance is achieved by ensuring that our autonomic nervous system (parasympathetic and sympathetic) is in balance.

Breathing right, moving right, eating/drinking right, eliminating right, thinking right, and finally, knowing when to rest/recover and sleep right. It's these attributes of life and lifestyle choices that ensure that we are able to live the balanced life we are meant to and

we are living in a balance of doing/performing and resting/recovering, we find ourselves living in a state of “being” that our body and mind are intended and built for. It is in this balanced state that we are able to access our highest potential through embodying what is known as our “flow-state” and living in this “zone.”

Being in the *flow* or being in the *zone* are not actual physical places. Rather, they are states of mind/body that are associated with the highest levels of human performance. It is in the flow state or zone that we are at our best, achieving feats that, for those observing from the outside, may seem superhuman or even impossible.

While many of us have accessed this flow state in our own lives, few are able to sustain the balance within ourselves that is required to remain in this state for prolonged periods. Therefore, the flow state or zone is fleeting.

manifest our destiny to our highest potential.

Where does BEMER fit into this? Using BEMER twice a day for 8 minutes can support you in living within your *flow state* and accessing *the zone* at will. BEMER delivers a patented signal delivered wirelessly to the body that has been proven to support healthy blood flow at the microcirculatory level. It is at the level of these smallest vessels that our flow state can be influenced, ensuring our blood is flowing optimally.

In addition to doing BEMER Therapy twice per day, it is vital to move your body in a manner that facilitates the flow of blood and lymph to ensure that our body is prepared to access these high-performance states in our daily lives. Daily BEMER use supports your flow from the inside out (think of it as a form of internal exercise), and we must tend to our being from the outside in. It is our lifestyle choices that we make daily that determine our state of being and our flow-state within.

Medical Monday*

Please join Dr. Berka and the guest panelist for Medical Monday on February 6, 2023, if you are a healthcare provider or see patients/clients within your medical or wellness practice to explore how we can access our flow-states in life and stay in the zone to continue to achieve our highest potential with BEMER. Examples of healthcare professionals included but are not limited to; doctors, physicians, clinicians, nurses, therapists, and all whom hold a license and/or certification to use BEMER as a therapeutic intervention within their scope of practice.

Date: February 6th, 2022

Time: 5pm PDT

>> [REGISTER HERE](#)

*Medical Monday is intended to be viewed only by licensed and/or certified healthcare practitioners as

sometimes off-label usage is discussed for educational and/or clinical application. Non-practitioners should attend Wellness Wednesday. All clinicians, practitioners and/or researchers must register with their name and professional medical designation (MD, ND, DO, RN, PT, LAc., LMT, etc.). **Individuals who register without these appropriate credentials will not be allowed to attend.**

Wellness Wednesday

Please join Dr. Berka and the guest panelist for Wellness Wednesday on February 8, 2023, to dive deeply into what it means to be in the zone or flow state and how to access this state at will using BEMER Therapy to support your highest potential.

Date: February 8th, 2022

Time: 5pm PDT

>> [JOIN HERE](#)

You can find the links to these events on your [BEMER Event Calendar](#)

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