



MERIDIAN FLOW RETURNS WITH BOLD NEW SINGLE "CRAPSHOOT"

Powerful • Profound • Passionate

FLOW is a rock band founded by Ian Franklin Wilkerson and Ben Lewis—two longtime musicians and fathers using music as a vessel for freedom, truth, and creative fire. Born from a shared stand for medical liberty in 2020, FLOW channels passion, protest, and purpose into every song.

We fuse rock, soul, and medicine music into our art and creative expression. Our recordings and live performances open hearts, stir emotion, and invite people into something deeper than entertainment.

Whether on a stage or in a ceremony, we're not just here to play – we're here to shake souls awake and invite greater sovereignty. Our shows are raw, real, and magnetic.

FLOW is what happens when healing, activism and music collide.



Contact Us

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Check Out Our Latest Single!



www.tiny.cc/crapshoot
Listen Here!