

Meditation

Tap into Peak Performance

Age of Distraction

**Focus = better and
more enjoyable work/
learning**

Brains Waves

- Alpha: Awake
- Delta: Sleep
- Beta: Meditation/trance/hypnosis/day dreaming

**Beta occurs between
awake and going to bed
2x per day or more**

Proved Medical Benefits of Meditation

- Less stress
- Better focus
- Lower blood pressure

**If you tried and failed,
then you need
meditation the most!**

**Many Types. I'll Show
You The Easy One.**

- Sit straight
- Palms on your laps
- Close eyes
- Inhale with belly deeply but don't force it too much
- Count inhale 1, exhale 2... until 4, then repeat

**Thoughts will come.
Refrain from panicing.
Acknowledge them, let
go and go back to
counting.**

**Start with 3 min. Then
5, then 10min in a span
of a few weeks**

Let's do it now. 🙌