

# Own my Omen

Human subconsciousness is an endless flow, rather stopping the current to try and control it, adjust the flow by adding to the top of the stream. Read, feel, and obtain this omen of mine.

All forms of meditation inspire, touch and even coagulate other forms of meditations.

Hybrid Meditation is when you adapt from one genre to another, releasing the dam of carefully chemically crafted cognitive emotions, Eventually the acidic nature of all metabolizing chemicals will dissolve our natural restriction barrier releasing a wave of new emotions colliding with other chemically altered balances of embodied emotions.

Hybrid Meditation Exists by our universal Algorithm known as accumulation.

Imagery and visual meditation has been proven to alleviate pain, speed up healing and combat stress, anxiety and other forms of tension. It is acknowledged as an extremely effective healing technique worldwide, having been long overlooked by practitioners of western medicine. Visual meditation works well for people who find it more difficult to focus on a mantra or a particular topic. Though not always curative, by practicing imagery or visual meditation it has been proven that 90% of the ailments people go to see their doctor over can be relieved drastically. Imagery is the most fundamental language we have as everything we do is processed through the mind and stored as an image even if it is sound it'll be stored as sound and an image this is why writing music is important as anything else. This image which can then be transferred into speech, writing, engineering and etc. Because it'll correlate with sound, the memory will be that much more precise.