

Meditations

Tune your mind, body and soul and let them work together. Connect to your inner power.

Listening to our guided meditations and music can help you:

- ✓ Reduce fear, anxiety, stress, negative thoughts & psychological bias
- ✓ Increase focus, sense of purpose, energy, creativity, joy, compassion & self-awareness
- ✓ Better navigate in complex and uncertain world

Meditation can be used to enhance your objectivity, essential for better decision-making and achieving Bold goals. When reality hits hard, calmly study it...

Imaging technology is now able to reveal several brain changes, after a certain period of meditation:

- ✓ Increases in prefrontal gray area (for greater self-control)
- ✓ Decreases in brain cell volume in the amygdala (for lesser fear, anxiety and stress)

...In such studies, changes appear to match participants' self-reports of their stress levels, indicating that meditation not only potentially changes the brain, but also our day-to-day personal experience.

In this section, you will find a selection of professional guided meditations and meditative music, to help you become Bolder...with chill perspective to boot.



Every individual is unique.

Consider giving meditation a try if you haven't before, and see what changes occur. Our audio guides will ease you into a state of enlightening relaxation, which you can call on during stressful times.