

Meditation Made



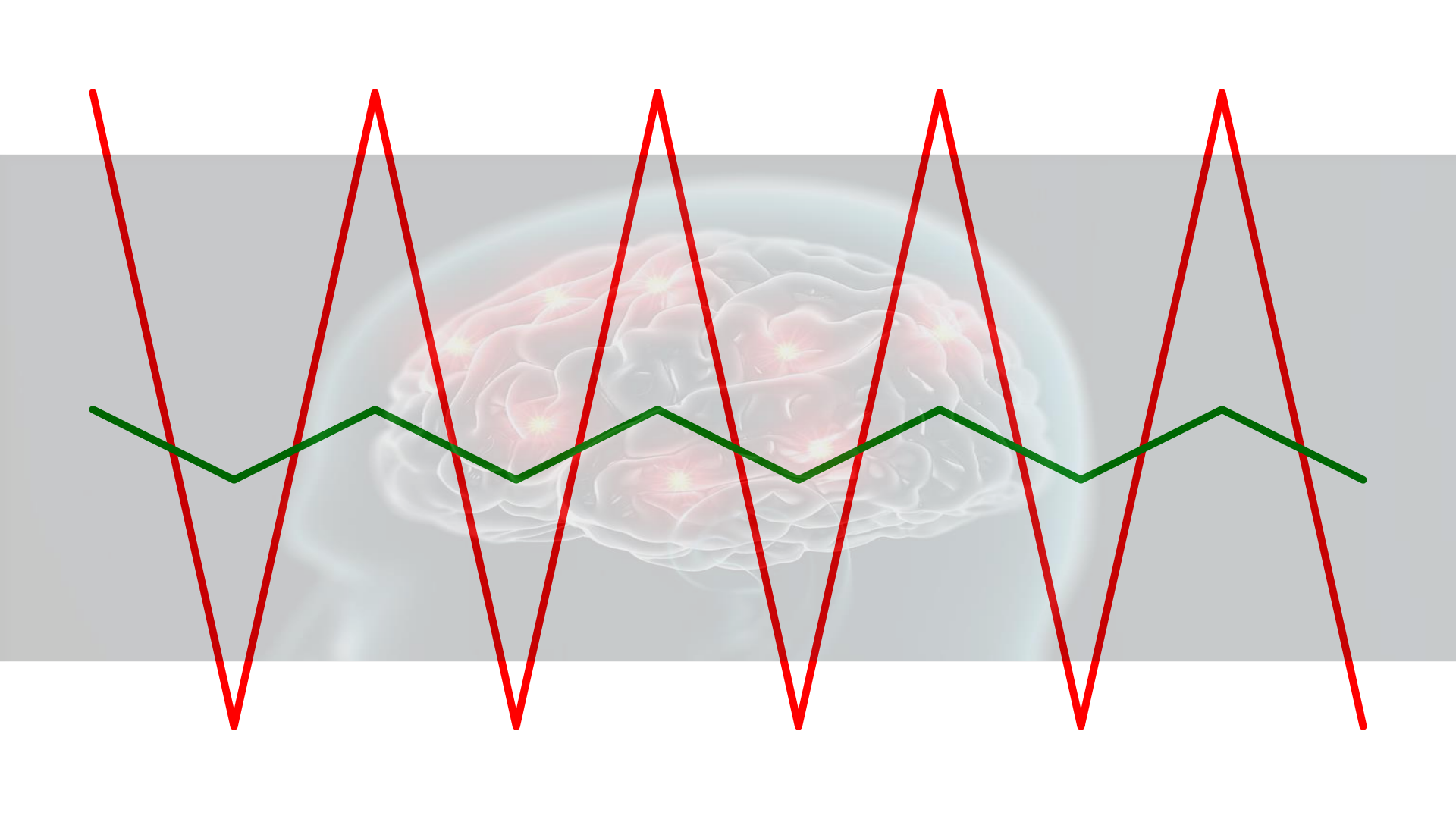


पार्वती निवास

आदिवासी
केंद्र









← 22-51
WALL ST







MYSTHS

The image features the word "MYSTHS" in a bold, metallic, sans-serif font. The letters have a weathered, greyish-silver texture with some darker spots and highlights. The text is centered horizontally and appears to be in the middle of a shattering event. Numerous sharp, translucent glass shards of various sizes and orientations are flying outwards from the center of the letters, creating a sense of intense impact and destruction. The background is a deep black, speckled with small white dots, resembling a starry night sky or a microscopic view of a dark material. The overall composition is dynamic and visually striking.













1 MIN

REDUCED STRESS



MORE CREATIVITY

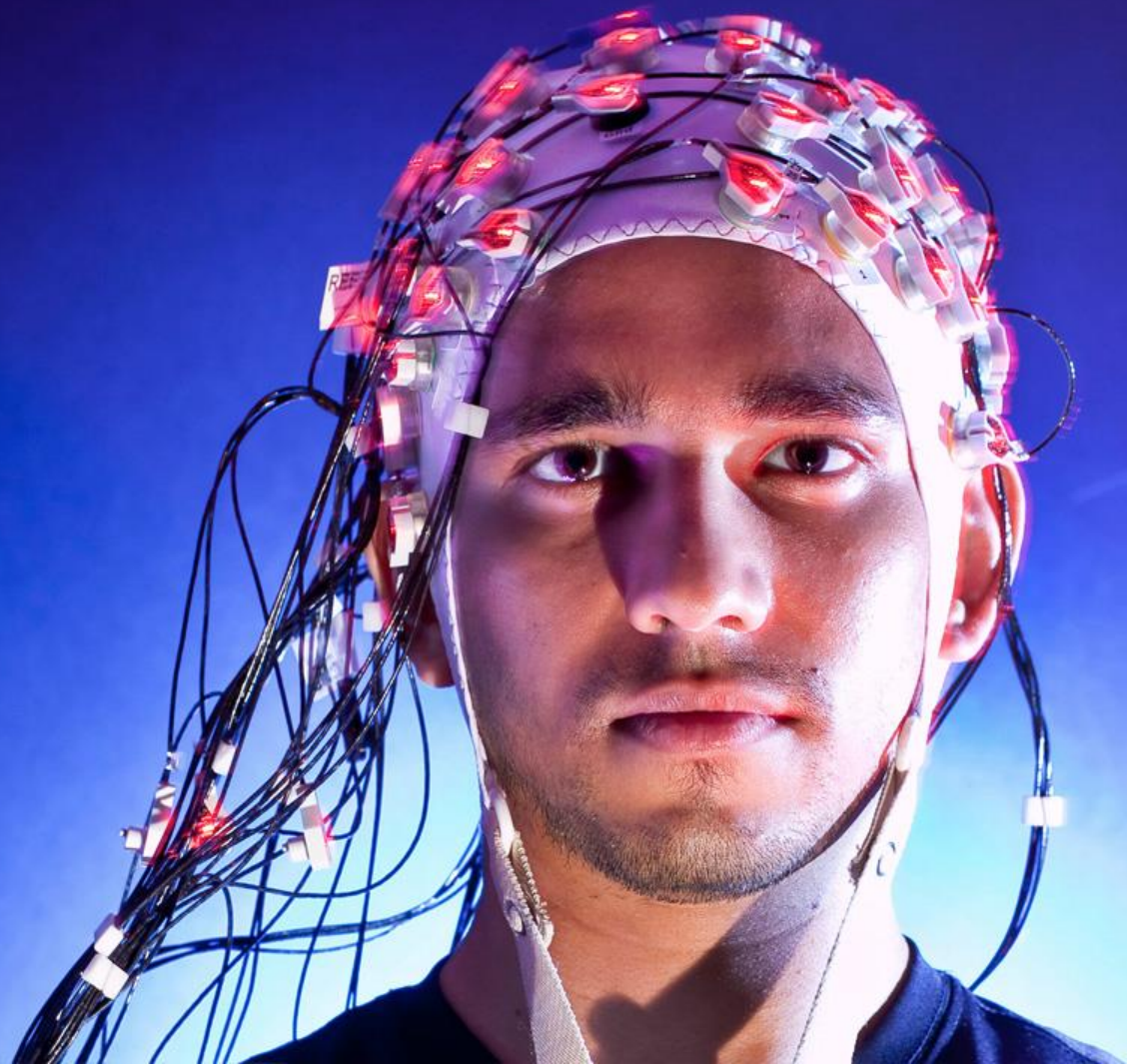


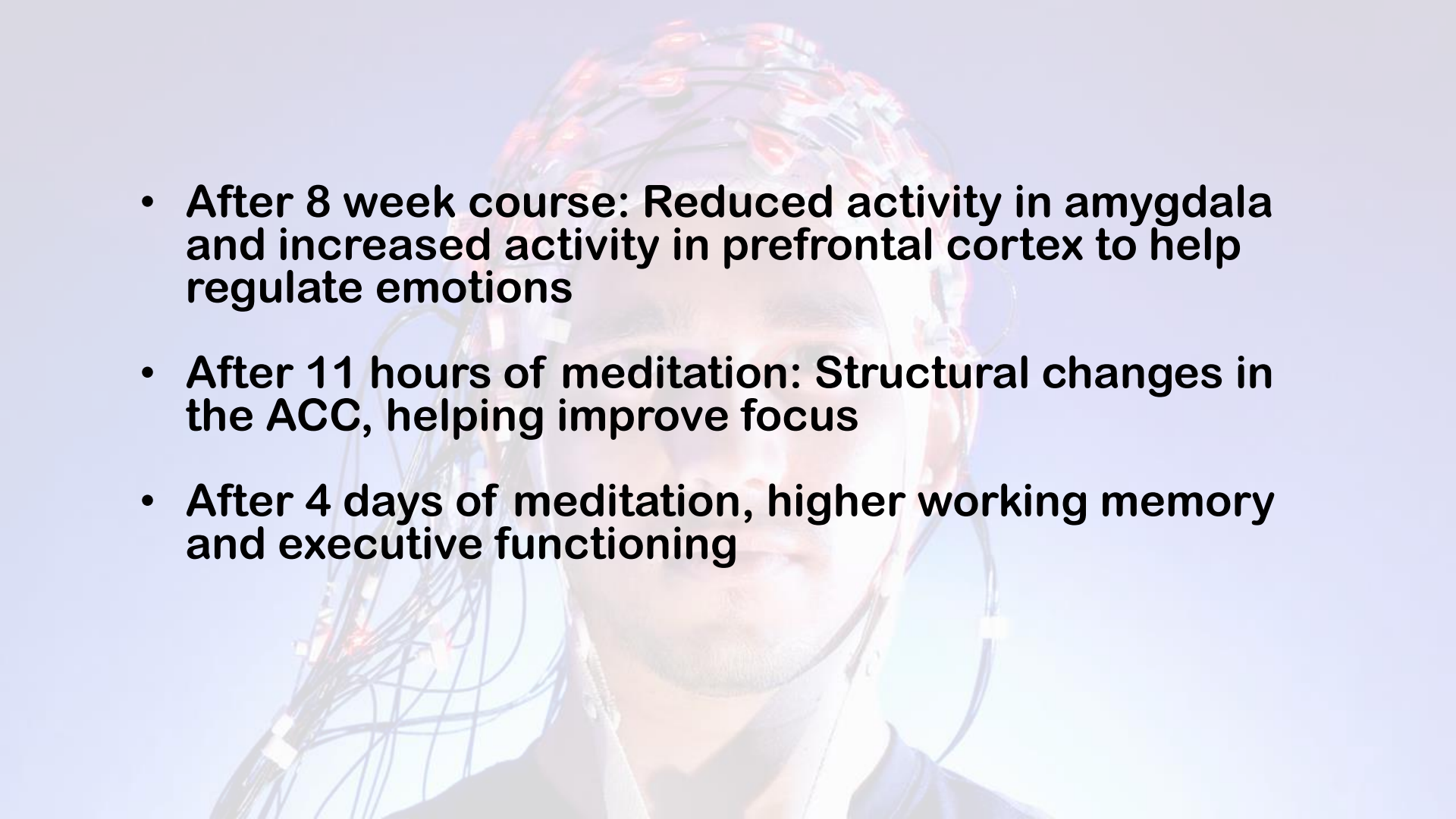
STRONGER RELATIONSHIPS



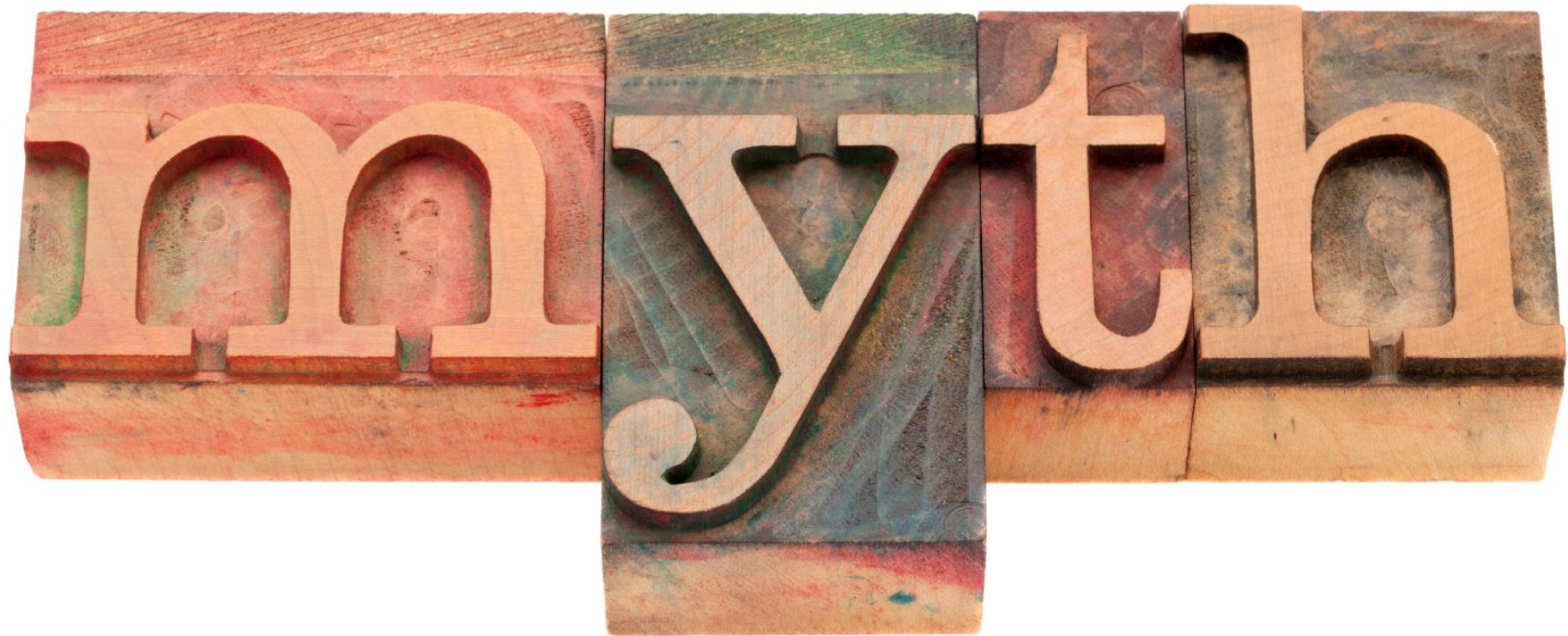
IMPROVED COGNITION





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- **After 8 week course: Reduced activity in amygdala and increased activity in prefrontal cortex to help regulate emotions**
 - **After 11 hours of meditation: Structural changes in the ACC, helping improve focus**
 - **After 4 days of meditation, higher working memory and executive functioning**









I SUCK.





TIPS TO SUSTAIN YOUR PRACTICE

1. **Understand the Why**
2. **Start small: 3 – 5 minutes per day**
3. **Create and Stick to a routine**
4. **Set a goal and track yourself**
5. **Be aware of the force that creates resistance**
6. **Celebrate!**

5 STEPS TO MEDITATION

1. Prepare
2. Calm Your Mind
3. Focus on Your Breath
4. If Attention Wanders, Gently Bring Back the Focus
5. Slowly Come Out of Meditation







F O C U S





Myths of Meditation

Benefits of Meditation

Tips to Sustain Your Practice

5 Steps to Meditation

Meditate





**THANK
YOU**