

**WHAT WORKS**

Repeating Rhythm  
Phrase over time creates new path that is easily accessed

Meditation trains mind to let go of where pulled and focus where you choose

Develop capacity to become aware of direction thoughts are taking you and to redirect thinking

Regular non-focused, receptive time

**WHAT HEALTH LOOKS LIKE**

Receptivity & mental agility allows adaptation to change

Increased clarity and ability to ask helpful questions

Capacity to explore breadth and depth of concepts

