

WHAT WORKS

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

Meditation trains mind to let go of where it's being 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

Receptivity & mental agility allows for adaptation and creativity

Increased clarity and ability to ask helpful questions

Capacity to explore breadth and depth of concepts

WHAT HEALTH LOOKS LIKE