

MEDITATION



I practice meditation daily and I am happy to introduce my daily practice meditation here.

The most important thing is to do it everyday, it does not matter how short. All those teachers I am introducing to you, their meditations are a little bit longer but if you have time, try it and see how you feel.

DR. JOE DISPENZA

Dr Joe is a chiropractor who works on being the living example of everything he teaches. He was in the movie “HEAL,” and his post-graduate training includes the fields of neuroscience and neuroplasticity, quantitative electroencephalogram (QEEG) measurements, epigenetics, mind-body medicine, and brain/heart coherence.

[The Official Website of Dr Joe Dispenza](#)

[“It Goes Straight To Your Subconscious Mind” - CREATE A NEW REALITY | Dr. Joe Dispenza Meditation](#)

SILVA METHODS

The Silva Method is a self-help and meditation program created by José Silva.

The Silva Method teaches specialized guided imagery techniques to rewire your subconscious and negative programming, tap into your true potential and achieve your goals.

[**https://silvamethod.org**](https://silvamethod.org)

[**https://www.youtube.com/watch?v=h_4GDXWBPCk&t=911**](https://www.youtube.com/watch?v=h_4GDXWBPCk&t=911)

LEGENDARY INDIVIDUAL WIM HOF

He is also known as The Iceman from Holland- he is a motivational speaker and has an extreme ability to withstand freezing temperatures. He has set a GUINNESS WORLD RECORD for swimming under ice water and prolonged full-body contact with ice and held the record for a barefoot HALF MARATHON on ice and snow. His “Wim Hof Method (WHM),” a combination of frequent cold exposure, breathing techniques, yoga and meditation is a way to keep your body and mind in its optimal natural state.

[Welcome to the Official Wim Hof Method Website](#)

[Guided Wim Hof Method Breathing](#)