

MEDITATE 31 with **joti**

DOMP, ERYT500/YACEP



- **At 3 minutes, There is an increase in blood circulation, distributing enhanced endocrine secretions throughout the body**
- **At 7 minutes, The brain patterns begin to shift from static beta waves to calmer alpha waves and ultimately deep relaxing delta waves. At the same time the magnetic energy field around the entire body increase in strength.**
- **At 11 minutes, The parasympathetic and sympathetic nervous systems begin to accommodate for increased energy.**
- **At 22 minutes, Anxiety-producing thoughts in the subconscious mind start to subside and clear.**
- **At 31 minutes, Endocrinological balance is achieved and all chakras balance in the etheric or subtle body. The balance of body, mind, and spirit is maintained ALL DAY and is recognizable and first indicated by a change in mood and behavior.**



