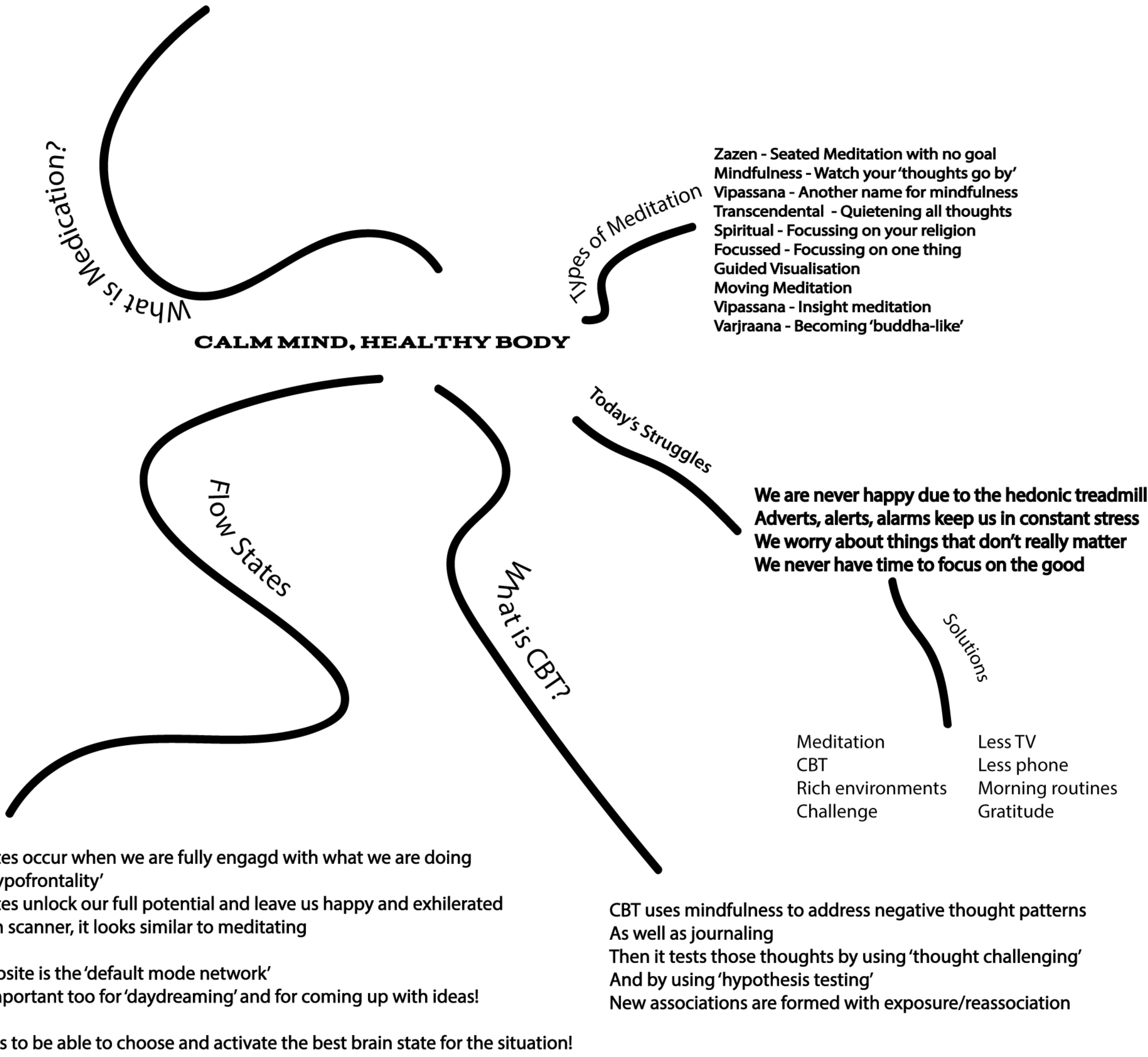


Essentially, meditation is practicing to control and focus your thoughts
This can help improve memory, IQ and mood
It also stimulates theta brainwaves and is highly therapeutic
Many of the world's most influential figures meditate daily!



Calm Mind, Healthy Body - MIND MAP