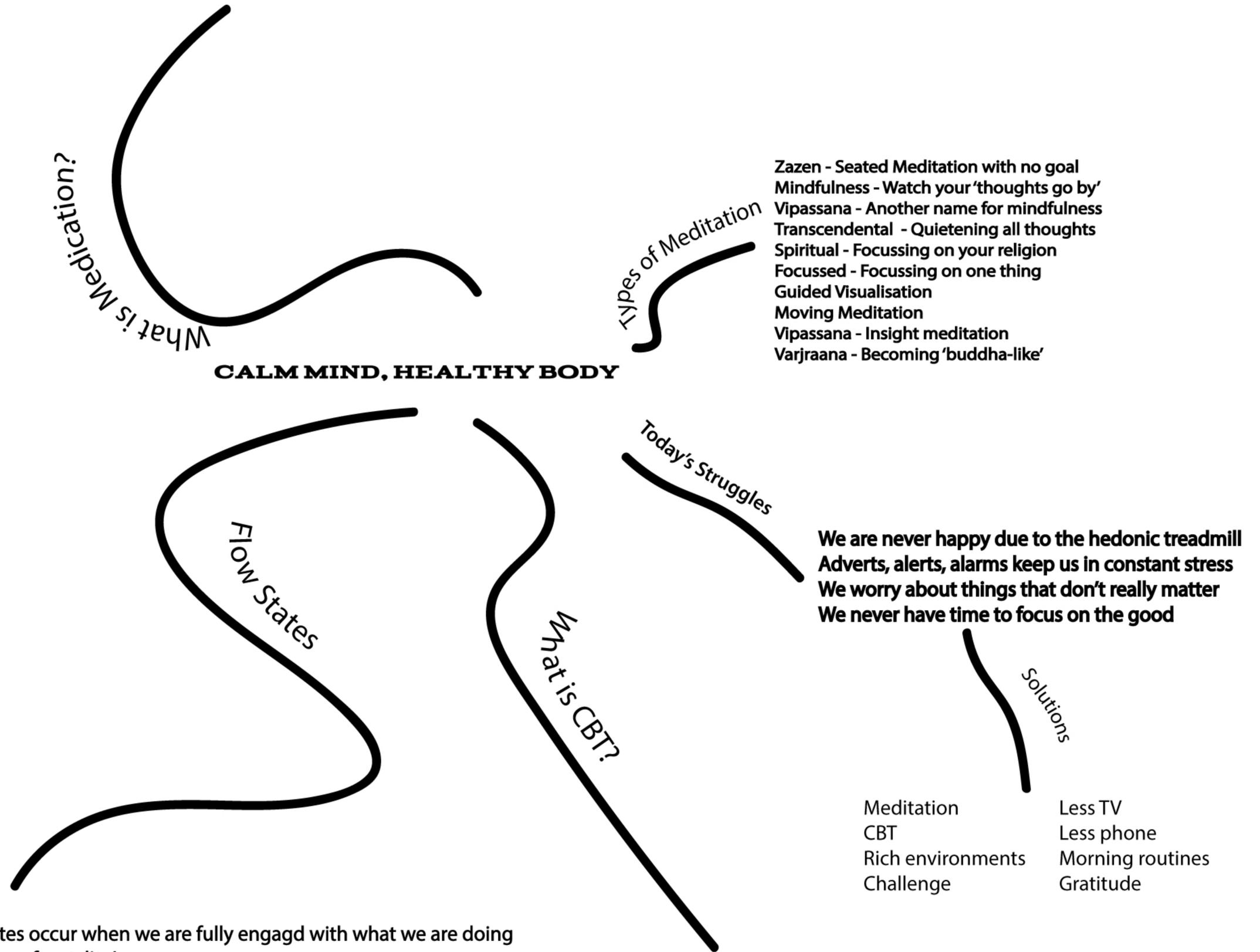


Essentially, meditation is practicing to control and focus your thoughts
 This can help improve memory, IQ and mood
 It also stimulates theta brainwaves and is highly therapeutic
 Many of the world's most influential figures meditate daily!



Calm Mind, Healthy Body - MIND MAP