

Your Guide to Meditation Technology



The Mind Spa Personal Development System is one of a range of machines using light pulses and frequencies to help you develop learning, memory, focus, performance, creative processes and meditation. The light stimulation glasses are worn with eyes closed for relaxation and meditation or with eyes open while reading or studying. The amazing gadget also allows you to play guided meditation, music or language CDs along side pulses.

For a deep meditation the combination of the soothing pulses and softly flickering lights start to slow down in synchrony and without any effort, your mind and body automatically start to slow down and relax. This is perfect for anyone who has difficulty sleeping, works in stressful situations, long haul flights, night shifts or just to help you switch off and relax.

Visit www.meditations-uk.com or call 020 8371 0436 for more information



Guided Meditation is a great introduction to meditation, find yourself on a beach, lying in the sun by the side of a river or relaxing in a beautiful sanctuary are just some of the places you will find yourself. Meditation offers a free Guided Meditation for the Secret Garden visit www.wellbeingmagazine.com/readeroffer to try it out for yourself.

Healing Rhythms computer programme developed by The Wild Divine project with expert guidance from renowned wellness leaders, including Deepak Chopra, Dean Ornish and Andrew Weil. Using biofeedback technology, the specially designed hardware measures the player's skin conductance level, heart rate variability by taking pulse and measuring sweat gland activity at the finger sensors. The game helps you develop skills to become more present and more mindful and is divided into three parts for self discovery, creating happiness and developing life skills.

After a few days of practice it became easier to slow down the breath and was surprised at how sensitive the sensors were in reading emotions. One of the games enables the player to control juggling balls just by laughing or thinking happy thoughts and the skills learnt are easy to use during every day situations. Purchase through www.simonjordan.com or for further products visit www.relax-uk.com

