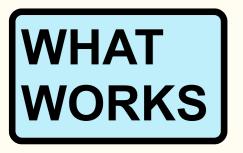
Thought - works-health

10-9-15

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Repeating Rhythm Phrase over time creates new path that is easily accessed Meditation trains mind to let go of where it's being pulled and focus where you choose

WHAT HEALTH LOOKS LIKE

Receptivity & mental agility allows for adaptation and creativity Increased clarity and ability to ask helpful questions

Develop capacity to become aware of direction thoughts are taking you and to redirect thinking

Regular nonfocused, receptive time

Capacity to explore breadth and depth of concepts