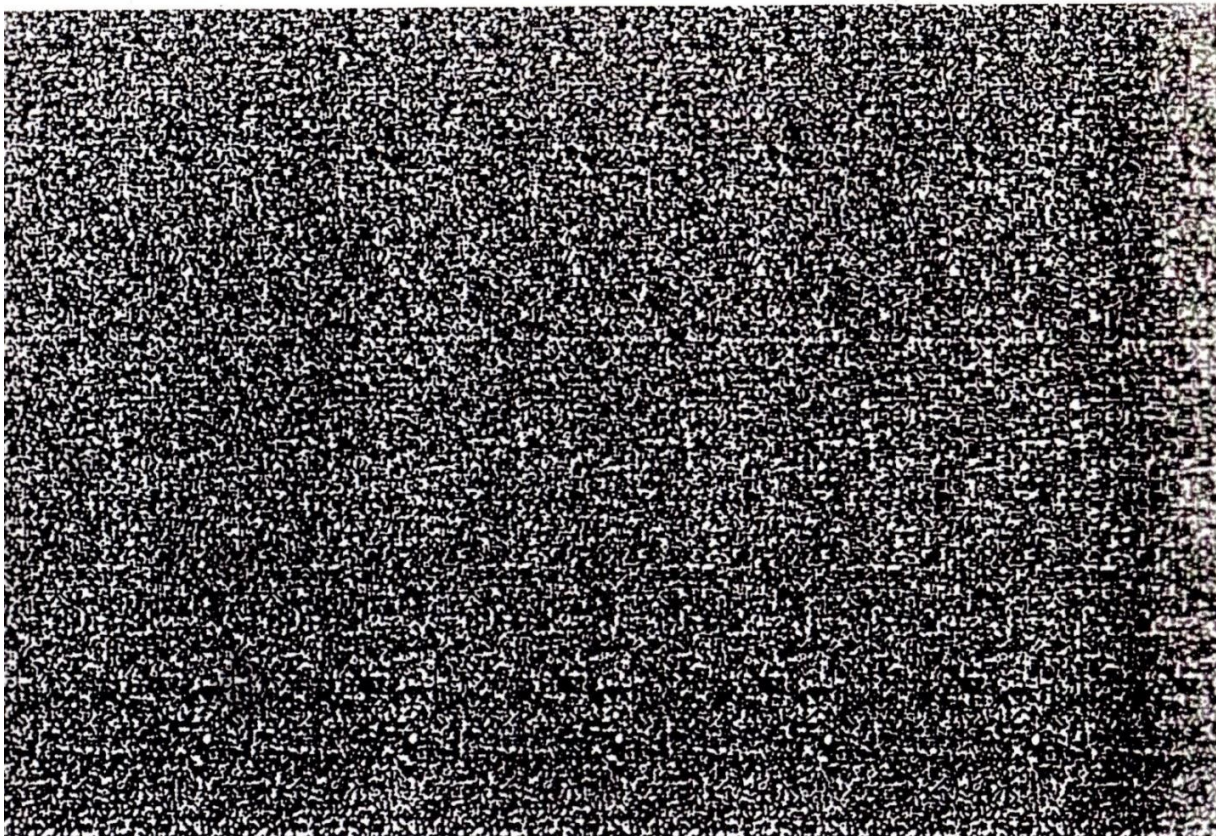


## BRAIN BALANCING IMAGES

**Brain Balance – Defocus your eyes creating a third circle with a cross in the middle. 5 MINUTES FOR BEST RESULTS**



**Brain Balance – Defocus your eyes creating a third dot in the middle and allow the image to form below. Doing this will put you in an Alpha State (notice how you feel)**



**Alpha State Meditation (Use Headphone or earbuds):**

<https://youtu.be/x6A5b6xgwzA>