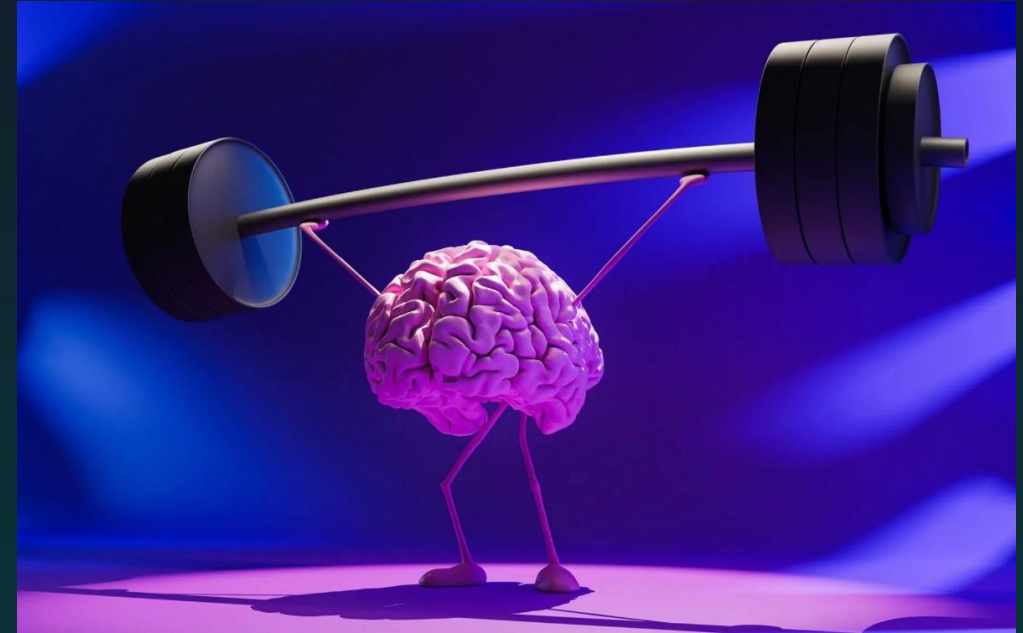


Unlock your human Potential In the age of AI



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Mindfulness Coach (Mindfulness Now, University of Oxford, UK)
Certified Coach (CMA, Singapore)
MD- CarePlus International Senior Living
MD(Hons), MSc in Diabetes(Hons), (USW, UK), Dip in Diabetes (USW, UK),
CTHE

Human Brain Waves

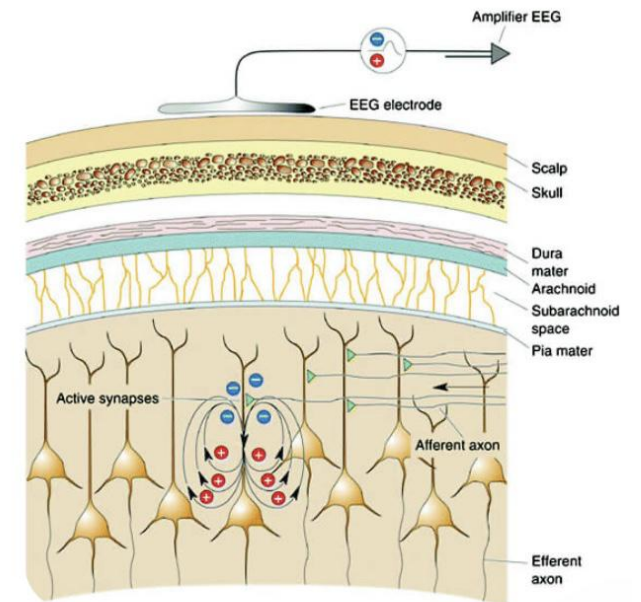
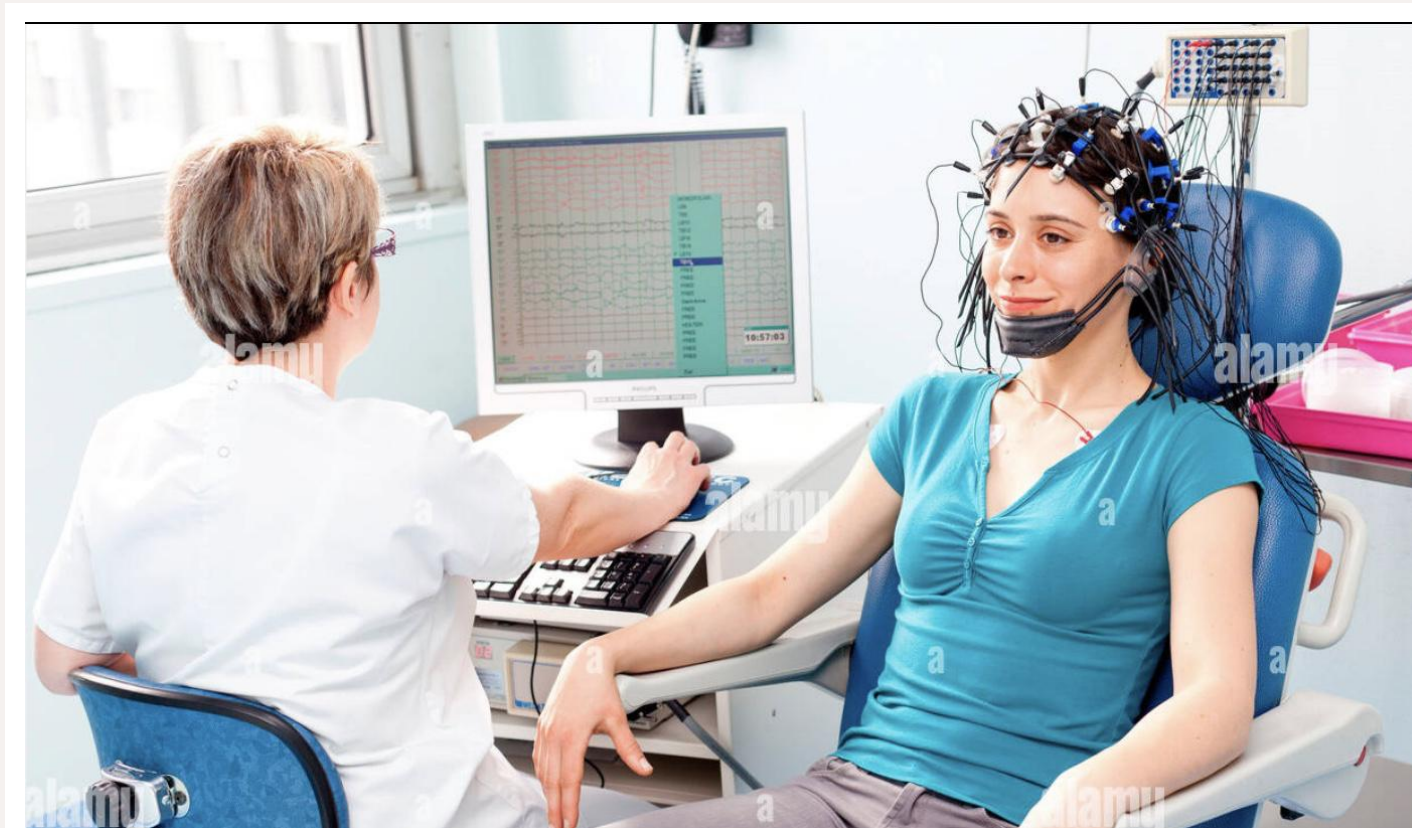
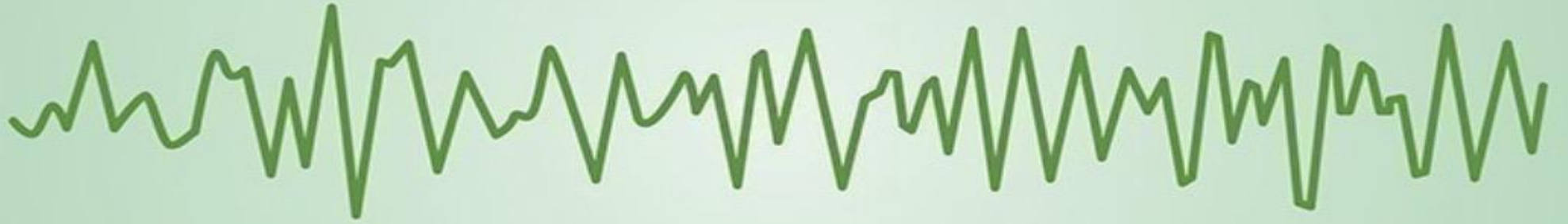


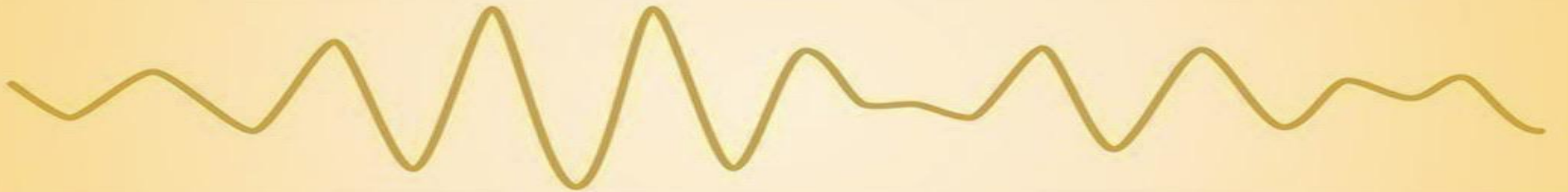
Fig. 1 – Neurons produce electrical activity which can be detected with an EEG device [Siuly, et al. (2016)].

BETA
13 - 32 Hz

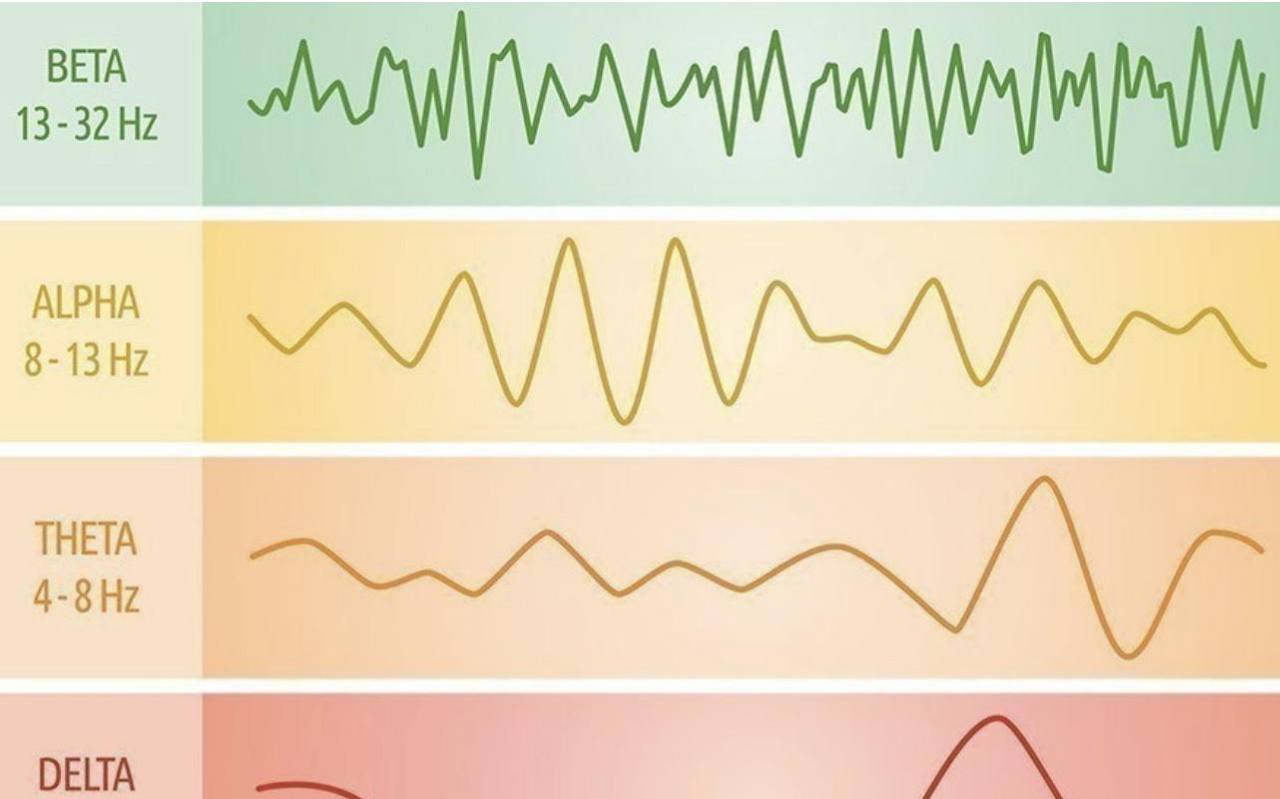


20 Mnts of mindfulness practice

ALPHA
8 - 13 Hz



Human Brain Waves

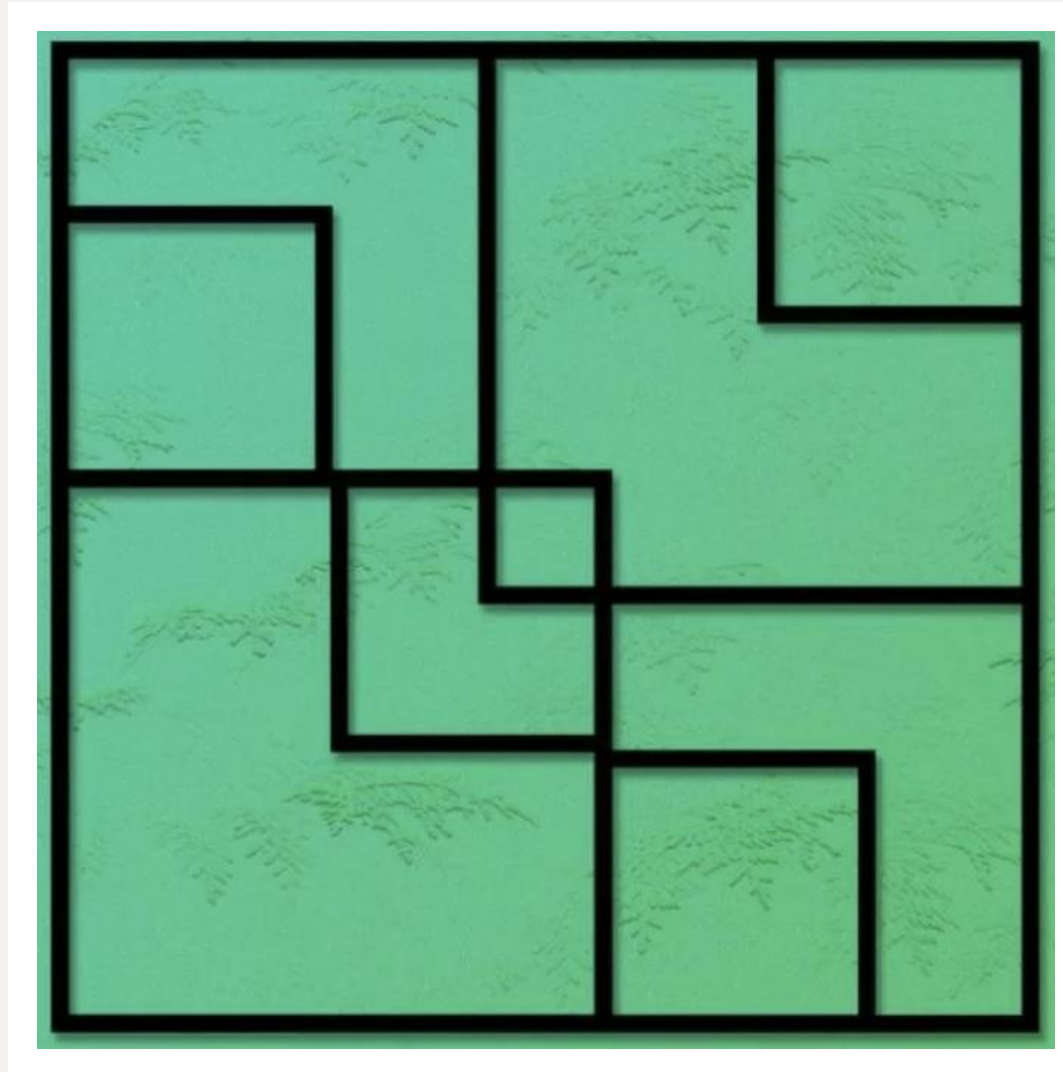




Informal meditation



Formal meditation





Amygdala (Stress Engine)

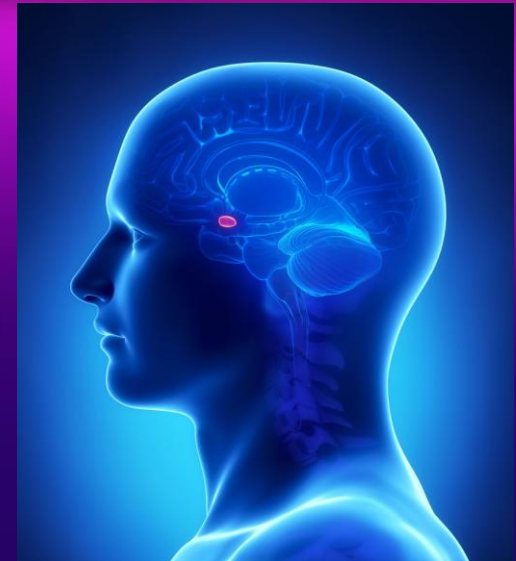
- Aggressive behavior
- Anxiety
- Anger
- Irritability

GAMMA
32 - 100 Hz



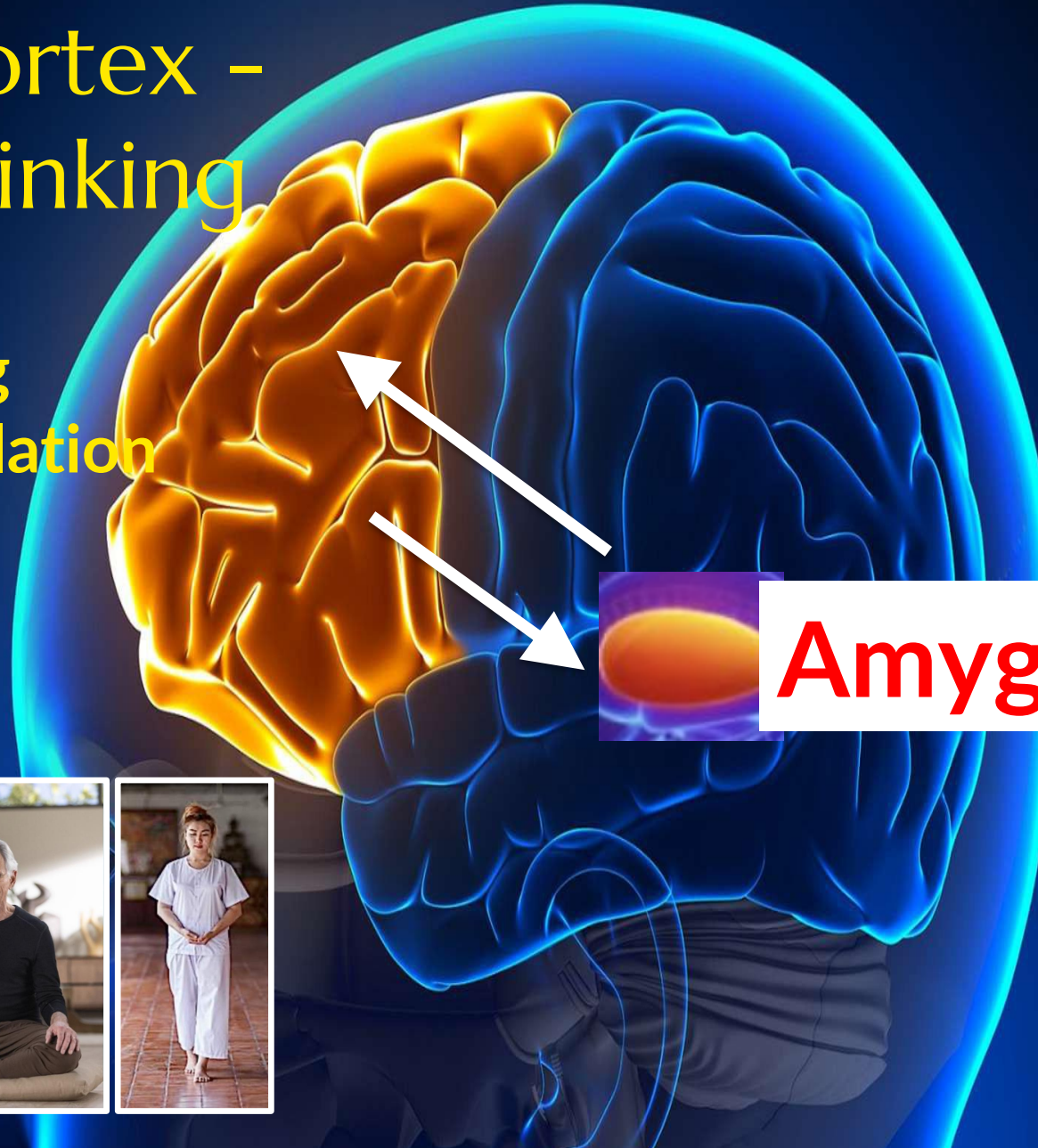
Dysfunctional gamma wave activity

- Anxiety
- Psychosis
- schizophrenia
- learning difficulties



Prefrontal Cortex - Executive Thinking

- Decision making
- Emotional Regulation

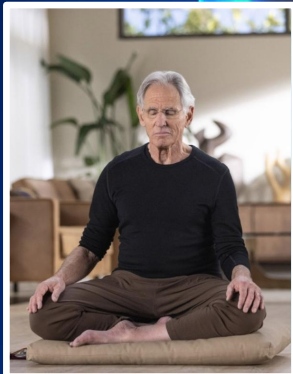


Amygdala-Emotions

Informal



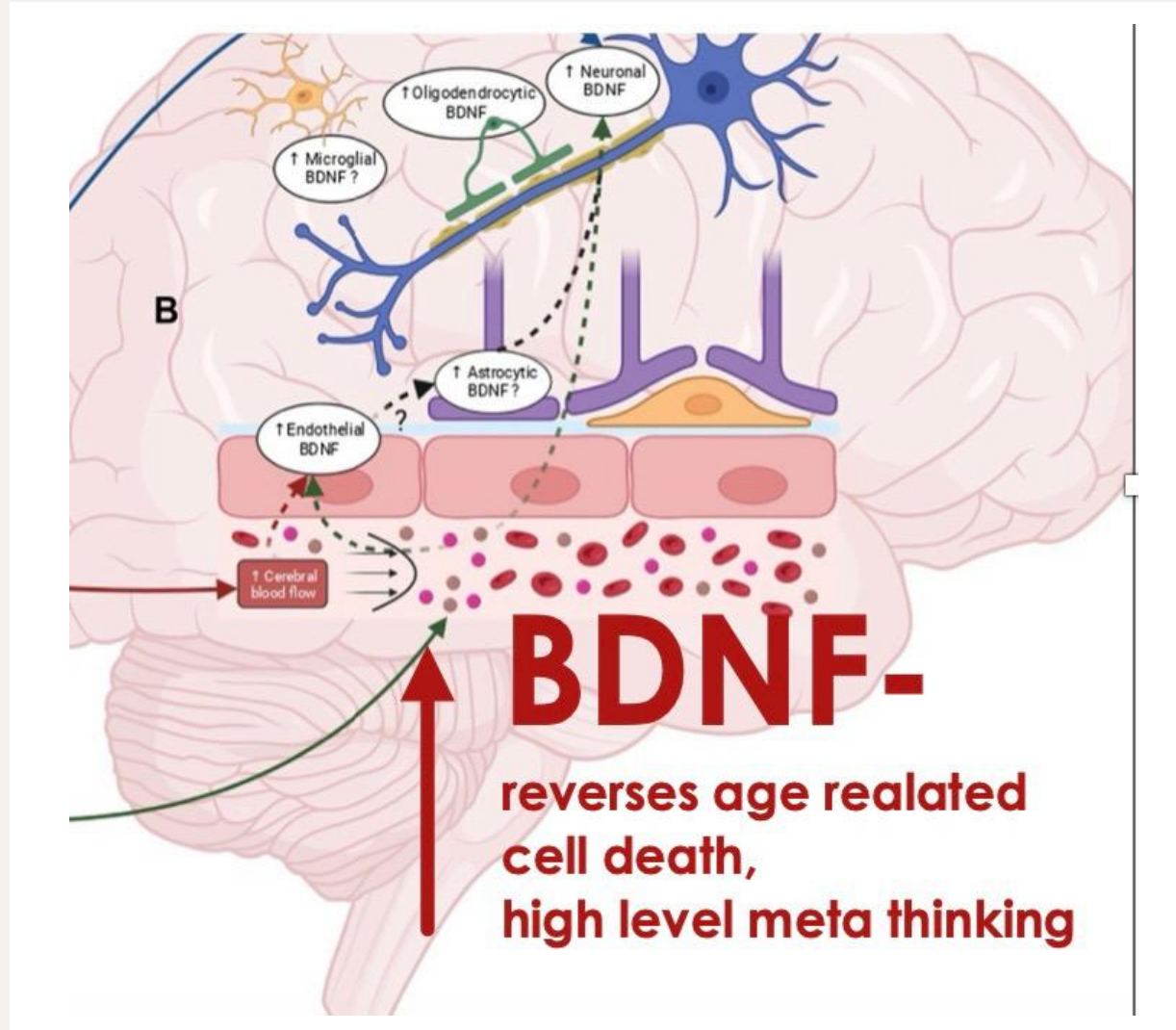
Formal



Informal



Formal



Tim Cook - Apple
CEO



Richard Branson



Bob Iger-
Disney



Jack Dorsey -
Twitter





[Lebron James 'Meditating'](#)

As an iconic athlete, Lebron James



Mindfulness Practitioners

