

NEURODIGITAL MEDITATION

**Increase your IQ by +20%
Reduces the risk of diseases
Only 5' to 20' 2 times a day**

CONTACT NOW!

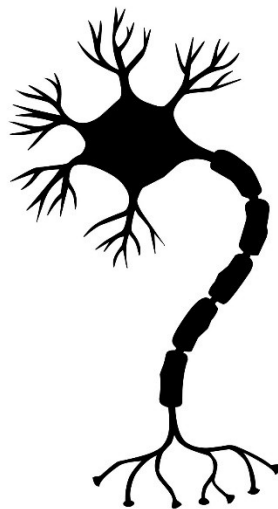
**NEUROYOGA.DIGITAL
neuroyoga.digital@gmail.com**

**It is more powerful and efficient than TM
of the Maharishi. Adjust the vibrating tone
of the mantra with the date of birth**

“The mind tends to run after its own fantasies, it is difficult to know, it is very subtle and constantly changes; but it can be controlled by attention, concentration and meditation, then it becomes a source of inexhaustible perfection and happiness”.

[Dhammapada Maitreya Buddha](#). 201

NEURODIGITAL MEDITATION



The technology of the NM, based on mantric meditation, increases your IQ by 20% or more, after 2 years of continuous practice. After 7 minutes of meditating, your brain resets itself and begins to function in an Alpha wave, at an average frequency of 10 Hz, facilitating the mind's entry into the super-learning state, with peaks of 5 Hz of Theta waves and 2.5 Hz Delta waves allowing access to the superconscious. It is an effective and proven psychophysical method of self-control and mental relaxation, completely natural, without side effects, and non-polluting. It is totally free access knowledge that will change your life and expand your limits. Within 30 minutes of practicing the entire endocrine system will be self-regulated.

During the practice of NM, the metabolic rate is reduced by 16% in a matter of a few minutes, while in sleep the reduction is only 12% and after several hours. This makes meditation provide a deeper rest than sleep, but during the period the mind remains alert and awake, without loss of consciousness, as it happens during sleep. This unique functioning of the body and mind is called "**Restful Alertness.**" Half an hour of practicing NM is equivalent to four hours of normal sleep.

The act of meditating activates a Fourth State of Consciousness: "Alert at Rest". With greater activation of Alpha Brain Coherence. A new phase of the Self develops and emotional self-control is acquired.

After 2 months of practice, it already produces changes in the gray matter. Prevents heart disease and cancer, strokes, optimizes the iNMune system, regulates the endocrine system, lowers hypertension, relieves insomnia, depression and anxiety, slows down AIDS, increases attention and memory, develops intelligence and slows down aging.

The **Neurodigital Meditation** technique in a simple and natural way imprints on the mind a state of calm and essential inner coherence, in which the right and left hemispheres, together with the frontal and occipital lobes of the brain, work in complete harmony frequency.

This gain in greater general coherence in brain waves increases memory capacity and develops creative intelligence,

creating a greater ability to correctly solve current problems and to be able to make correct decisions. As the brain works better and healthier, it affects the entire body, reducing hypertension, protecting the heart against stress, increasing iNMune capacity, regulating the endocrine system and optimizing health.

Hundreds of studies have been conducted on the efficiency of Neurodigital Meditation in regulating brain function. It is the most researched and most powerful technique that exists to combat stress. It is super easy, it is learned in 5 minutes and can be practiced from 15 minutes to 30 minutes twice a day. It's a free brain technology that keeps us healthy and makes us smarter.

Reduces risk factors for cardiovascular diseases, decreases arteriosclerosis and strokes, also reduces blood pressure. It lowers cholesterol, along with the reduction of congestive heart failure. Reduces free radicals. Reduces metabolic/pre-diabetic syndrome. Reduces depression, anxiety and insomnia.

Reduces stress and pain. It improves intelligence, creativity, academic performance and school behavior. Improves personality integration. Increases efficiency and productivity. Slows down aging and extends the years of useful life. Increases brain performance areas. Free from addictions to alcohol, tobacco and drugs. Criminals manage to rehabilitate. Coherent Alpha waves affect other minds and induce less crime and conflict, so the NM is an instrument that generates greater peace and social progress.

The **NM** technique neurostimulates the prefrontal cortex, which is the critical seat of consciousness in the brain, producing a more orderly and logical mind, more integrated and happy, more endowed with the full use of all its latent potential. The practice allows entering the lucid state of Resting Alert, with stress reduction, and deep coNMunication between the prefrontal cortex and all brain areas, achieving an integrated functioning of the entire brain. Something that other meditation techniques fail to do. Under the effects of this neural work, it is possible to make better executive decisions and

take control of one's own life. By undoing stress, the brain recovers its potential, so intelligence increases and when processing coherent alpha synchrony, after two years of practice, **IQ experiences an increase of up to 20%.**

As an indirect effect, the emotional response to the exterior is correct and appropriate, adjusted to the demand of the moment. Improves attention and memory, impulsive behavior is reduced, thinking is determined and flexible, decision-making has a clear coherent and rational projection of the future, the mind and body are freed from addictions, thinking and behavior grow ethical.

Increases vitality, the immune system is strong and healthy, the cardiovascular system works properly, the physiology is stable. Emotions tend to be balanced, with strong self-esteem, a feeling of security and peace, compassion and empathy towards others, good interpersonal relationships, healthy optimism and inner happiness.

Without **NM**, psychological stress increases the activity of the sympathetic nervous system and the hypothalamus-pituitary-adrenal axis. This affects the release of adrenaline, noradrenaline and cortisol (stress hormones), which affect the heart rate, speeding it up, increasing cardiac energy expenditure and causing narrower arteries. All of these changes, in turn, lead to higher blood pressure. This process rapidly degenerates into arteriosclerosis and can lead to acute plaque rupture, causing ischemia of the heart (angina pectoris), coronary heart disease and stroke.

By practicing the **NM**, 30 minutes twice a day, the activation of the sympathetic nervous system is reduced, blood vessels dilate and stress hormones such as cortisol, noradrenaline and adrenaline are reduced. The technique, practiced regularly, reduces blood pressure, arteriosclerosis, constriction of blood vessels, thickening of coronary arteries, reduces mortality rates and the use of antihypertensive drugs.

Applying **NM** in the educational system significantly increases academic performance, increases intelligence, memory, attention, reduces conflict and stress.

The technique is based on the ancient method of mantra meditation from India, which allows a deep relaxation of the mind-body binomial, a discharge of stress and a simultaneous recharge of energy. The discharge occurs because it undoes the nuclei of thoughts and emotions at the synaptic level in the neuronal micronetworks, by focusing attention on the repetition of the mantra, and the recharge of energy occurs when the attention follows the trajectory of the mantra when it is diluted in the Zone of Least Excitability of the Brain, which is the source of all thoughts and which connects with the Totality at the level of Pure Energy.

Online Prefrontal Cortex

**The technique exercises the prefrontal cortex
critic of the brain, from where
Alpha waves spread throughout
areas, integrating them coherently and
harmonizing the limbic system, allowing
emotional self-control and thought
higher logical**

THE TECHNIQUE

NM technology, based on mantric meditation, increases your IQ by 20% or more, after 2 years of continuous practice. After 7 minutes of meditating, your brain resets itself and begins to function in an Alpha wave, at an average frequency of 10 Hz, facilitating the mind's entry into the super-learning state, with peaks of 5 Hz of Theta waves and 2.5 Hz Delta waves allowing access to the superconscious. It is an effective and proven psychophysical method of self-control and mental relaxation, completely natural, without side effects, and non-polluting. It is totally free access knowledge that will change your life and expand your limits. Within 30 minutes of practicing the entire endocrine system will be self-regulated.

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NM operates through attention. It focuses on the mantra, and ignores all other thoughts and images that come to mind. In this way, the incessant river of thoughts calms down until it disappears into nothingness, in the same emptiness in which the mantra disintegrates when it dissolves in the State of Less Excitation of the Delta wave Brain. In this frequency is the source or origin of all thoughts, the essence of the living intelligence of each being, which is interconnected with the Totality. By penetrating this functional layer in a conscious state, the mind progressively enlightens and harmonizes. The individual and the Absolute reintegrate and resolve into One.

The posture is balanced, sitting. Breathing is soft, calm, deep, abdominal. Attention is passive, allowing it to move from one object to another, without clinging to any.

Increased concentration, which runs parallel to an increasingly deeper relaxation.

Psychophysiological variables that are accompanied:

- ✓ Reduced respiratory rate.
- ✓ Reduced heart rate and blood lactate level.
- ✓ Reduced oxygen consumption.

Those reductions can go beyond deep sleep, or even hibernation.

Achieving a correct posture is 50% of a successful meditation. The spine must be aligned. This is in order to prevent any contraction or compression of the spinal nerves that may be caused by incorrect posture. During concentration, the meditator controls the flow of vital energy through the brainspinal axis and circulates it to the higher centers of consciousness that reside in the brain.

Those with flexible legs can meditate in the padmasana posture, cross-legged on a cushion placed on the floor, or on a hard bed.

For an easy and comfortable posture, it is recommended to sit in a chair with a straight back and without arms. Both feet should be completely flat on the ground, without shoes, and if possible without stockings, so that the blood circulation works actively. The spine should be kept straight, abdomen in, chest out, shoulders back, chin parallel to the ground. The hands should rest on the legs, palms up, at the juncture of the thighs with the abdominal region. The height of the chair must be adjusted to the length of the legs, otherwise there will be a tendency to tilt the torso forward or backward.

On the chair, in this posture, it is easy to maintain a firm but at the same time relaxed position. Being possible to remain motionless and calm for a long time.

From a sitting position, the eyes are closed and attention is focused on the area between the eyebrows, facilitating greater coherence of Alpha waves in both cerebral hemispheres.

The chair should be covered with a blanket and a silk cloth that extends to the ground below the feet, in order to isolate the energies coming from the ground. The orientation should be north or east.

If you have space, designate one room as a meditation room. Otherwise use a corner for that purpose only. To start the session you can light an incense. Align your head, chin and back straight. Take three full deep breaths, breathing in first to fill the lower, then the middle, and upper lungs. Hold for a count of 20. Exhale for a count of 20. Hold your lungs empty for a count of 10. Breathe in again for a count of 20. Complete three full cycles.

Mentally repeat one of these two generic mantras: Shyam, which means God, or Aing, which means Divine Mother. Do not move your tongue or throat muscles. Allow the mantra to flow freely. Your attention is focused on repeating the mantra, remain passively aware. When thoughts or images come up, let them pass you by. Refocus on the mantra gently, without straining your attention. Maintain Attention in a State of Alertness. After several minutes, you

will naturally enter the State of Relaxed Attention, with the mind induced to go with the effect of the movement of the mantra. This phase is followed by the state of Pure Attention, which lacks thoughts, is when the state of Balanced Consciousness is entered and Superconsciousness is reached.

During the practice, make sure that the attention is directed to the breath. It should be slow, smooth, calm. Notice how the abdomen rises and falls (a sign that the meditation is deep). Focus at the same time on the mental word or sound that is holding the vibration in your brain. It is something that is repeated in silence, and associated with breathing.

Be aware of breathing: It is advisable to realize that the deeper the relaxation, the calmer, slower, smoother the breathing becomes. When thought ceases, breathing becomes: calmer, slower, smoother.

Air goes in and out. Let it flow naturally. A sigh may occur, do not be alarmed, this is due to the need to compensate for the low level of oxygen consumed. Do not lose the level of attention.

Breathing is part of the circulation of the essential Tao, the natural flow of the Totality. Experience all the phases of the process:

1. I breathe
2. I am breathed
3. Breathing, something that just happens, without my doing anything.
4. Center of attention: localized area about 5 cms. below the navel. The abdomen moves, I see how it happens.

If thoughts appear, I do not approach them, I let them flow, without further ado, I observe them passively and at a distance. Without tension, I return to focus on the recitation of the mantra.

Count to ten, especially on each inhalation, associating each time with a deeper level of relaxation. You can visualize each number in that center of balance of the abdomen.

The essence of the technique is to repeat the mantra mentally, to produce a relaxing effect, eliminating desires of all kinds, with a calm mind and in perfect balance. Zen monks use the Japanese

word Mu, which means nothing.

The practice time is 30 minutes once in the morning when getting up and a second time in the afternoon, around 7:00 p.m. In this way, the effect of greater cerebral coherence of Alpha waves is extended during most of the day and a more alert and efficient brain is obtained all the time.

***Neurodigital Meditation consists of a personalized mantra by date of birth. Here 3 universal mantras are provided.**

SELECT YOUR MANTRA

The mantra is a word of power whose objective is to produce a fluctuation of waves in the interior of the brain, facilitating functioning at alpha-theta frequency with peaks in delta, by dissolving in the less excitable zone of the nervous system.

It does not matter its meaning, but its sound and its mental reverberation. They may be based on the ancient Sanskrit language of India. It can be a single syllable or a whole word. Once received, it should not be communicated to a third party, so that it does not lose power. It is for strictly personal use. It is the key by which maximum concentration and mental relaxation are achieved. We must treat it with the utmost respect.

In the following list, a mantra corresponds to each day of the year. It was sought that the vibratory tune be adjusted astrologically to the biological clock of each person. You don't need more to start meditating. An even more subtle tune can be pinned down by studying the name, time, and place of birth.

While the mind is focused on the mantra no thoughts arise, this concentrates brain energy into a single powerful wave that synchronizes the two neural hemispheres. The mantra at the end is internalized in silence, in the deep emptiness of the source of all mental waves.

It enters below delta frequency and approaches the state of absolute stillness from which all thoughts arise. It is the source of the force of creative thought. As the attention is focused on the

mantra, the conscious penetrates this zone of Emptiness and makes contact with the essence of existence of the eternal Being, which is iNMutable, omnipotent, omniscient, infinite and perfect. For all purposes, the body receives the discharge of the living energy of the Soul, electrified by the presence of the Spirit of God.

Important: the personalized mantra by date of birth is to be used in the daily meditation routine, twice a day, for 30 minutes, each time. There are other mantras to attune the mind to particular properties. Some are monosyllabic, others are one word, and others are a set of words. These can be practiced occasionally with predetermined objectives. Under no circumstances should you switch from one mantra to another for your meditation discipline, this will weaken your mental focus and dissipate the concentrated power that feeds back into the personalized mantra. Keep it in mind.

Benson has claimed that words in any language can act as mantras. This is partially true. Scientific research has proven that when reading Sanskrit, the mind enters a state of coherent alpha synchronization in both cerebral hemispheres, as if meditating, an effect that does not occur when reading the same text in other languages. It was established that the Sanskrit in its pronunciation produces a reverberation of brain waves that cause a substantial change in consciousness, called "alertness at rest". The sounds of Sanskrit modify the functioning of the neurons, waking them up to their maximum alert state.

Some generic mantras: **Eng, Em, Enga, Ema, leng, lem, lenga, lema, Shirim, Shiring, Kirim, Kiring, Hirim, Hiring, Sham and Shama.**

Shyam means God; **Aing** means Divine Mother.

BENEFITS OF MEDITATION

Here are some scientifically supported benefits of meditation, summarized in English:

Stress Reduction: Meditation is widely recognized for its ability to reduce stress. Studies have shown that it can decrease the production of the stress hormone cortisol¹.

Anxiety Control: Regular meditation can lead to less anxiety by reducing stress levels¹.

Emotional Health: It can promote a more positive outlook on life, increasing self-esteem and optimism¹.

Enhanced Self-Awareness: Some forms of meditation can help you develop a stronger understanding of yourself, helping you grow into your best self¹.

Attention Span: Focused-attention meditation is like weight lifting for your attention span. It helps increase the strength and endurance of your attention¹.

Memory: Meditation can improve memory and cognitive function, potentially slowing down age-related memory loss¹.

Kindness: Some types of meditation may lead to more positive feelings and actions towards others¹.

Addiction: By increasing self-control and awareness of triggers for addictive behaviors, meditation can help people recover from addiction¹.

Improved Sleep: Meditation can help you relax and control the runaway thoughts that can interfere with sleep¹.

Pain Management: Meditation can diminish the perception of pain in the brain, which may help treat chronic pain conditions¹.

Decreased Blood Pressure: The practice can also improve cardiovascular health by reducing strain on the heart².

Neuroplasticity: Meditation has been linked to changes in the brain that enhance its ability to adapt and change, a concept known as neuroplasticity³.

These benefits are supported by research and demonstrate the potential of meditation to improve various aspects of health and well-being. Remember, while meditation can be a powerful tool, it's always best to consult with healthcare professionals for personalized advice.

Neurodigital meditation is an innovative practice that combines traditional meditation techniques with the latest advancements in neuroscience and digital technology. Here's a brief explanation of what it entails:

Neuroscience-Based: It involves understanding the neural mechanisms behind meditation and mindfulness practices. By studying brain activity, scientists can observe the changes that occur during meditation, such as alterations in regions related to attention, emotion, and self-awareness.

Digital Enhancement: Digital tools like apps, virtual reality, and biofeedback devices are used to guide and enhance the meditation experience, making it more interactive and personalized.

Clinical Applications: Neurodigital meditation is being explored for its potential therapeutic benefits, particularly in preventing or treating neurodegenerative diseases and improving mental health.

Mindfulness and Compassion: The practice also focuses on the neuroscience of mindfulness and compassion, examining how they can alleviate stress, anxiety, and loneliness, which is particularly relevant during challenging times such as the Covid-19 pandemic

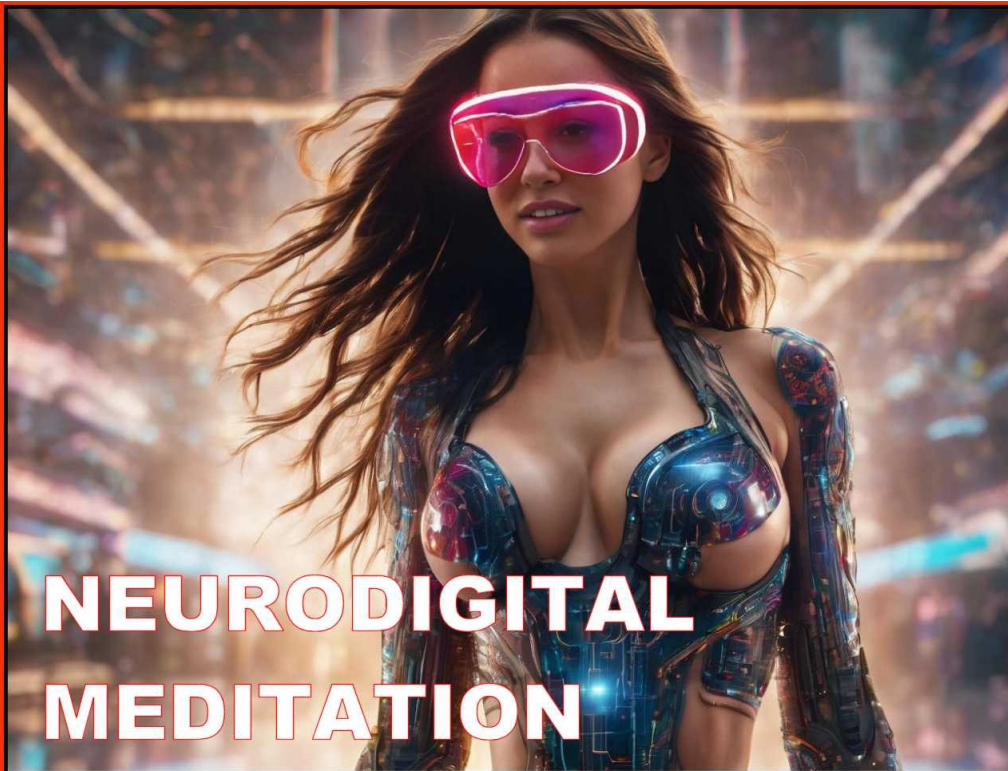
***Note:** We are working to activate Neurodigital Meditation centers around the world, using neurotechnology to imprint accelerated psychic jumps to the superconscious, through devices such as Emotiv, Neurosky and others even much more advanced. Our centers will operate through franchises. You can earn between 3,000 to 50,000 dollars minimum by opening one of our centers and helping people use this advanced technology to learn to use their brains better and increase their IQ to + 20%

LIMITED TIME OFFER!

For a personalized mantra you are charged in the United States and India from US\$ 1,000 to 3,000, now through neuroyoga.digital you have the incredible opportunity to obtain a specific mantra for each day of the year, corresponding to your date of birth. for only U\$S 100... And there's even more, if you request the Premium service, for only another additional U\$S 50 you will receive the know-how of two other super easy and efficient meditation and concentration techniques, which also facilitate synchronized operation coherent brain of alpha waves. These are the “So Ham” and “I Am” techniques, based on Advaita Vedanta.

Yes, believe it or not, if you opt for the Premium package you get three technologies that took more than 5,000 years to perfect in India, through all the accumulated wisdom of the ancient rishis.

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