

MYTH BUSTING MEDITATION

YOU DON'T

- PRACTICE A RELIGION
- HAVE TO DO IT FOR HOURS
- HAVE TO FLY TO INDIA
- SIT LIKE A MONK
- SWAY AND CHANT SONGS
- SIT ON STRAW MATS AND WEAR CRYSTALS
- NEED SPECIAL SHOES OR CLOTHES



WHAT IS MEDITATION?

Meditation is a western word used to describe an ancient technique of mind training that has been practiced across many cultures for over 5000 years. It simply means:

“How to attain mastery over our thoughts and minds”



WHERE DID MEDITATION COME FROM?

It came from a desire to understand and master the human mind. Some looked for clues in the outer world, giving rise to modern psychology. Others looked at the inner world and invented methods to explore the mind. These experiments created meditation.



WHAT DOES IT LOOK LIKE?

Meditation is easy and can be done anywhere. Before a game, in a stoppage, before you take a big kick. Stop. Be still. Breathe. Follow your breath. As your mind wanders, and all minds wander, simply bring it back to the breath. Again. And again.



LEBRON JAMES MEDITATING IN 2012 NBA PLAYOFFS



WHY IS MEDITATION NOW POPULAR?

1 SCIENCE, SCIENCE AND MORE SCIENCE!

Neuroscience shows meditation builds our brain muscle. It positively rewires our brain to perform better under pressure, be less stressed and more calm and focused.

2 LOSS OF STIGMA

Our culture no longer views meditation or yoga as 'weird eastern stuff'. Meditation is now seen as non-religious, practical and effective mind training.

3 ALWAYS FEELING PLUGGED IN

Meditation develops a much needed off-switch in the high pressure, hyper-connected sporting world, by quieting our minds and encouraging calm, focus and attention.

4 KEY TO PEAK PERFORMANCE

Meditation trains the brainwave state experienced during Flow, enabling athletes to more regularly access 'in the zone' experiences.

You can also use our **Mind Training** headsets in training. It tracks your brainwaves in real time on an interactive app, giving you instant bio-feedback on your mind training practice and tracking your performance over time.



MIND TRAINING HEADSET



WHY DO I NEED MEDITATION AS AN ATHLETE?

- 70% reduction in anxiety, stress and cortisol
- Improved recovery through longer and better quality sleep
- Increased ability to perform totally focussed and 'in the zone'
- Reduction in negative thoughts and feelings that impair performance
- Greater concentration and ability to read the game
- Increased intensity and mental resilience



WHICH ATHLETES USE MEDITATION?

Mind Training is where exercise science was several decades ago; it's the next big sports performance revolution.

As a result of the latest neuroscience, meditation is now being adopted by corporate executives, the military and elite athletes, including:



LEBRON JAMES



KOBE BRYANT



LIONEL MESSI



NOVAK DJOKOVIC



TIGER WOODS



ADAM GOODES



SAM BURGESS



SHANE WATSON



HOW LONG DOES IT TAKE TO LEARN?

Like mastering any skill, regular training is essential to see sustained results and change.

- 1 8 week **Mind Training** program to learn the basics.
- 2 Individual **Coaching** to support player's mind training.
- 3 Daily practice on your mind training **Headset**.



I'M STILL UNSURE...

Meditation is no different to training any other muscle. Just like you lift weights in the gym, you also need to strengthen your mind. If you want mastery over your mind in high-pressure professional sport, then you need to train it.

A weak muscle can't perform well, and neither can a weak mind.

It takes time to develop and train a mind, just like it does a body, and the earlier you start the process the quicker you can achieve your full potential.

"Everyone needs a game plan, everyone needs a mental plan"



WHERE DO I START?

Meditation is just one part of a high-performance mental game. Contact us to explore how our tailored **Mind Training** programs can give your team the performance edge.

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COLLECTIVE MIND