

EXPLORE

Meditation

CONSIDER THESE OPTIONS
FOR GETTING INTO A HEALING
HYPNOTIC MEDITATIVE STATE



Drinking a Calming Tea

Take advantage of Herbal Teas using Nervine and Hypnotic herbs: Lavender, Passion flower, Hops, Chamomile, Valerian, Oats, Lemon Balm, Catnip. Check Out the [BNH Calm Tea Blend](#). You may also want to consider the [BNH Sleep Cocktail](#): A blend of multiple supplements that together work very well to support restful sleep. [Click here to learn how to brew these teas.](#)



Coloring Mandalas

Hypnosis and meditation are both trance states that result in similar brain wave patterns. Hypnosis uses the guidance of a therapist, whereas meditation is usually done independently. Using [Coloring Mandalas](#) is a great way to get yourself into these states. Its both guided, by following the labyrinth-like patterns of the mandalas, and independent.



Learn about Meditation in action

A Book we like to share to demonstrate the power of meditation in action as well as provide some step by step guidance is [Into The Magic Shop: A Neurosurgeon's Quest to Discover the Mystery of the Brain and the Secrets of the Heart](#) by James Doty. We recommend getting it as an [audio book](#) or the [CD version](#).



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