

Dave Asprey

HACKNUTÉ VĚDOMÍ

Jak odstranit mentální bloky, překonat
stres a aktivovat vnitřní klid

**DOPROVODNÉ
MATERIÁLY
K AUDIOKNIZE**



progresguru
vydavatelství audioknih

Vizuální podklady

Kapitola 5

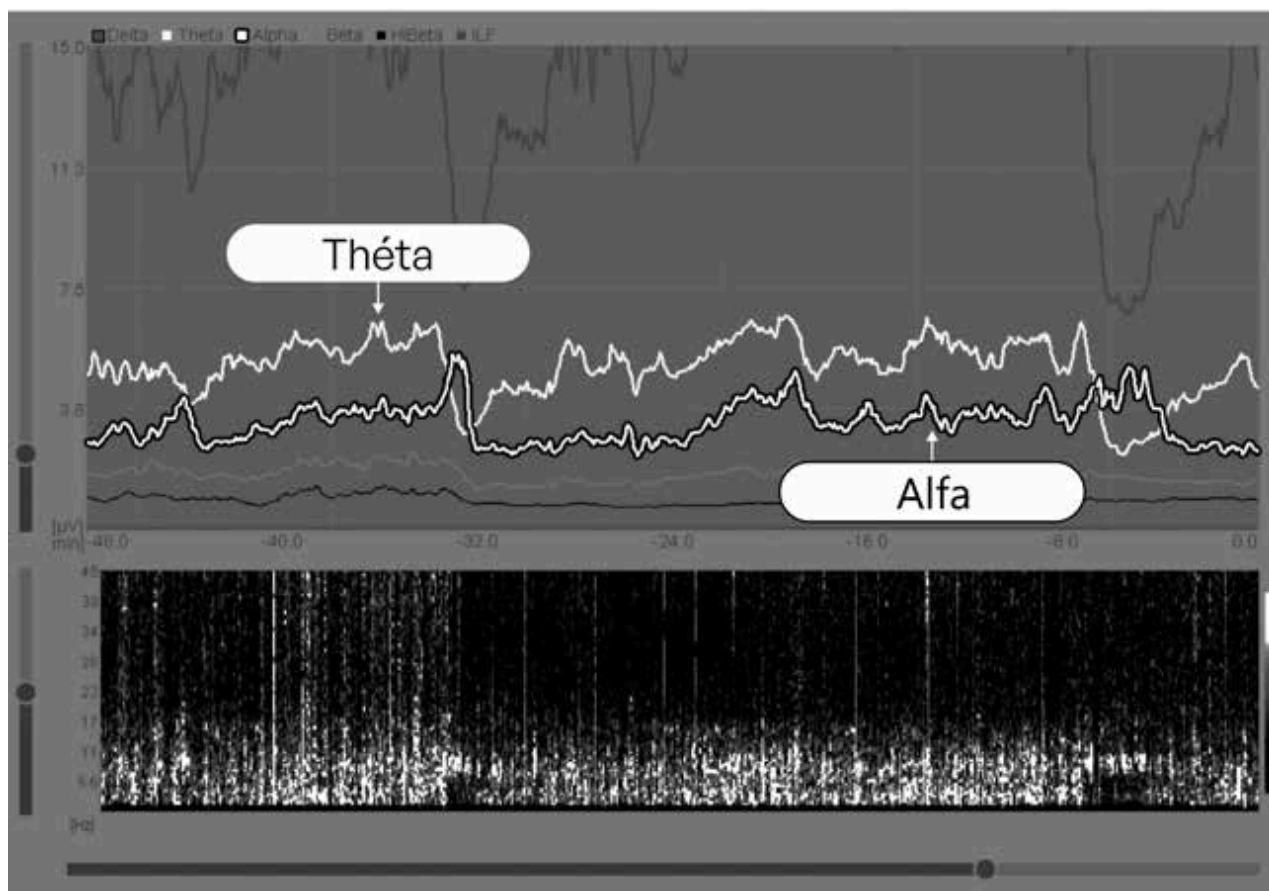
Stavy mozku - úvod pro začátečníky, popisuje QEEG snímek mozku padesátiletého inženýra, jehož mysl uvízla v neustálém denním snění (stav théta).

Obrázek 1: Mapa mozkové aktivity v pásmu théta



QEEG mapa zobrazuje mozek shora. Tmavé oblasti ukazují převahu théta vln, tedy stav snění a rozptýlené pozornosti, ve kterém inženýrův mozek uvízl.

Obrázek 2: Průběh théta a alfa vln v čase



Graf ukazuje amplitudu théta a alfa vln během měření. Tento graf je důkaz přechodu z dominantního stavu théta (snění) zpět do uvolněné, ale bdělé přítomnosti alfa, k němuž dochází během Resetu (kapitola 11).

RESET – RYCHLÝ PRŮVODCE

První krok: Vyberte si prostředí.

Druhý krok: Vyberte si průvodce s čistou duší.

Třetí krok: Vyberte spouštěč – osoby nebo události.

Čtvrtý krok: Pojmenujte spouštěče a pocity.

Pátý krok: Naplno to prociťte.

Šestý krok: Zažehněte jiskru vděčnosti; najděte jednu dobrou věc, která se díky spouštěči stala.

Sedmý krok: Odpusťte úplně.

Osmý krok: Poradte se se svým průvodcem.



40YOZ RESET



Vyberte si prostředí



Vyberte si průvodce



Vyberte spouštěč



Pojmenujte spouštěč



Naplňte to prociťte



Pociťte vděčnost



Odpusťte úplně



Porad'te se s průvodcem

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ZDROJE A STUDIE

ÚVOD

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Kapitola 1: Honem, meditujte rychleji!

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