

If you're like me, you're interested in being happier, more focused, and more successful.

And if you're like me – you understand that this has everything do with your brain.

Sure physical health is important for success, it's the foundation.

But mental health is without a doubt the most important element.

The brain controls how we feel, the decisions we make, and how others feel about us.

And today, I'm going to show you the #1 thing you can do to completely change your brain – physiologically and psychologically.

So, let's dive right into mindfulness and meditation:

Mindfulness is a non-judgmental awareness of moment-to -moment experience.

There is no *good* or *bad* – there just is – and it's part of your experience.

Mindfulness prevents you from living deep in your negative brain, and puts you out on this wonderful miracle of life.

It teaches you to accept and adapt to anything and everything life throws at you.

This is important because your thoughts are your energy – they control your “vibes” – important for business, women, quality of life, and everything in-between.

Not to mention – when you become more “mindful” – not only are you “in the moment” – you're happier and more focused.

So, how do we achieve this amazing state of “mindfulness”?

It's quite simple.

Meditation.

Meditation is the practice that forces your brain to become more mindful, shifts negative thinking, and helps overcome stress and depression.

Many people put meditation in the “woooo-saaah” hippy stuff category.

But it's far from it.

Just like lifting weights at the gym makes your muscles stronger, meditation makes your brain stronger.

(it literally changes the [physiology of your brain](#))

It's almost a “must” to living a superior quality of life.

And the best part is you can build a successful meditation habit in just ten minutes a day.

How?

Download the [HeadSpace](#) app on your iPhone (it's free).

They offer an introduction to meditation course – 10 days, for 10 minutes a day.

Andy, the charming British founder of the company, will walk you through meditation, step by step.

10 days is all it took for me to see the crazy benefits and adopt this life-changing habit.

10 minutes is all you need.

I recommend doing it first thing in the morning, before your mind gets polluted and you "*Don't have the time*"

This is truly the most low investment thing you can do, which will yield the biggest benefits.

I don't notice the benefits of meditation anymore....

BUT, when I skip my daily meditation...

I sure as hell feel the chaotic, negative and anxiety ridden nature of my brain.

... and it makes me wonder how I could ever live without meditation.

So, if you want to instantly feel better, become happier, more focused, and "present"....

Do yourself a favor and download the [HeadSpace](#) app.

I can't recommend this practice enough.

Let me know how the meditation goes.

Richard

P.S. If your brain is like mine, it's constantly focused and dwelling on the negative.

Negative thoughts literally [shrink your brain](#), and breed a host of physical and mental problems.

It's this understanding that literally forced me into this habit of meditation.

And the results have been amazing.

My sense of connected-ness and clarity of mind has been life changing, to say the least.

Download HeadSpace and learn to meditate for free in just 10 minutes a day:

<https://www.headspace.com/register>

P.P.S This idea of meditation and mindfulness is nothing new to a lot of you on this list... BUT I hope this email serves as a good reminder as to why you should meditate.

It's all too easy to ditch your practice amongst a "busy and stressful" life.

Zen Proverb Says:

*Meditate for an hour every day unless you are too busy. In that case meditate for two hours.*