

MeditationBrainwaves Founder Releases Findings on Zen12 System

Luke Jr. December 15, 2014

The logo for the Zen12 Meditation Program, featuring the word "ZEN" in a bold, black, sans-serif font, followed by the number "12" inside a black circle.

Zen12 Meditation Program - claim your gift

Zen12 is the latest meditation program released by Inspire3. The program uses brainwave entrainment technology to help one to relax, increase focus, get rid of stress and a lot more.

(Newswire.net -- December 15, 2014) Newbridge, Kildare -- Luke Glowacki, founder of MeditationBrainwaves.com, provides

comprehensive reviews and information about self-help products for

consumers who want to improve their life. His latest endeavor involves the new Zen12 program by Inspire3 that cuts the time needed for fulfilling meditation by 80 percent.

"The program is powerful enough to help anyone, but flexible and safe enough that even children can benefit from using it," said Glowacki.

Meditation has become one of the most popular techniques available for relaxation, increasing focus and eliminating stress. While most meditation sessions typically last an hour, it's becoming increasingly difficult for many people to carve out a 60-minute time slot for themselves. The Zen12 program utilizes timeless techniques combined with modern technology to facilitate successful meditation in a fraction of the time.

Traditional meditation regimens require the individual to quiet their mind, a task that often seems impossible with the time constraints and responsibilities of a high-pressure world. Zen12 simplifies the process, providing the full benefits of an hour of meditation and condensing it into just 12 minutes. The program uses a series of MP3s that induce a meditative state quickly and effortlessly.

The course encompasses 48 audio tracks that include 12 levels of meditation enhancement designed to be completed over the course of a year. The course uses "brainwave entrainment" to induce the deep state of relaxation required. Individuals can select the type of meditation track they want to use on any given day instead of being held to a rigid schedule.

The Inspire3 system enhances and shortens the process, allowing individuals to experience their meditative goal quicker. There's no need for extensive time spent trying to quiet the mind and eliminate extraneous thoughts from the brain. The result is a satisfying and beneficial meditation session that begins quicker, is accomplished faster, and has the same healthful attributes.

Zen12 is appropriate for those experienced in meditation techniques and novices. Individuals can choose from relaxation music, sounds of nature, white noise or guided meditation, all of which can be used in a variety of combinations to accommodate the needs of the individual.

Through MeditationBrainwaves.com, Glowacki is committed to providing reviews and data about self-help products, techniques and technology that assist people live better, healthier and more fulfilling lives. The information about the Zen12 program provides consumers with essential information needed to make informed choices.

For more information about Zen12, visit <http://meditationbrainwaves.com/what-is-zen12-by-inspire3/>

About MeditationBrainwaves

MeditationBrainwaves is an informational blog providing reviews and information on a variety of self-help products that includes lucid dreaming, meditation, brainwaves, binaural beats, isochronic tones, brainwave entrainment and other techniques.

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