

X UPPER CHEST BREATHING

SENDS "STRESS" SIGNALS TO BRAIN

ABDOMINAL BREATHING

SENDS "OK" SIGNALS

"SAFE TO RELAX"

BENEFITS

- LOWER BLOOD PRESSURE
- LOWER HEART RATE
- RELIEVES TENSION - HEADACHES AND ANXIETY
- INCREASED IMMUNE SYSTEM
- IMPROVES LUNG EFFICIENCY
- OPTIMIZES HEART
- IMPROVES BLOOD CIRCULATION
- BOOSTS ENERGY
- IMPROVES STAMINA

8 OR LESS BREATHS PER MINUTE
CONSIDERED IDEAL

1/2 NORMAL RATES
"NORMAL" MEANING LAZY HABIT!

EASY TO RETRAIN BREATHING
DO WHAT IS COMFORTABLE
NO STRAINING
DON'T STRESS YOUR BODY
RELAX IT

DEEPER BREATHING
LARGER VOLUME OF AIR IN LUNGS
SLOWER
DON'T FILL TO BURSTING POINT!
OR HOLD YOUR BREATH
GENTLE
SLOW
DEEPENING

* REMEMBER THE CAUTION ABOVE *
DO NOT OVERDO IT
TAKE IT EASY

MAXIMUM AIR
MINIMUM EFFORT

- NATURAL
- RELAXED
- EASY
- GENTLE
- FREE
- IMMEDIATE
- FEELS GOOD
- NO FIGHTING
- NO FORCING
- NO STRAINING

BREATHING PROPERLY

* CAUTION! *

YOU MAY EXPERIENCE
LIGHTEADEDNESS

HEADACHE OR SIMILAR
WHEN TRYING ABDOMINAL

BREATHING: IF SO
CONSULT A
HEALTHCARE
PROFESSIONAL
BEFORE
CONTINUING

ABDOMINAL BREATHING
IMPROVES HEALTH

RELAXATION
WELLBEING
PEACE OF MIND
IMMEDIATE BENEFITS
KEY AREAS

KEY AREAS

SLENDER
SILENT
DEEP
EMPTY
PAUSE
NO FORCE

GREATER RELAXATION
IMPROVED BODY FUNCTIONING
PHYSICAL AND MENTAL
THINK CLEARLY
MEDITATIVE STATE
STILLNESS
TRANQUILITY

DRAW AIR INTO NAVEL AREA
IMAGINE INFLATING BALLOON
LOWER BACK AND CHEST EXPAND
PAUSE MOMENTARILY
COMFORTABLY FULL
LET GO - EXHALE
IMAGINE BALLOON DEFLATING
NO FORCE
SLOW
FILL FULLY
RELAXED

DEEP
EMPTY FULLY

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To see more Mind Maps by Paul Foreman visit the
Mind Map Inspiration Website www.mindmapinspiration.co.uk

and

Subscribe to the Mind Map Inspiration Blog to receive
new Mind Maps, plus creativity and drawing tips.

Blog at www.mindmapinspiration.com

Mindmaps ® were invented by Tony Buzan

They help us progress from "linear" (one-dimensional) through
"lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.

For more information see his books and visit the following websites:

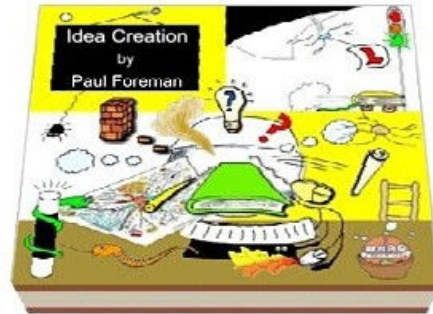
www.buzanworld.com

www.imindmap.com

E-Books available from <http://www.mindmapinspiration.co.uk>

Idea Creation

101 Page E-Book £7.95



In this E-Book I share how I create ideas and help guide you towards the land of infinite possibilities.

Never be stuck for an idea again!

Contents

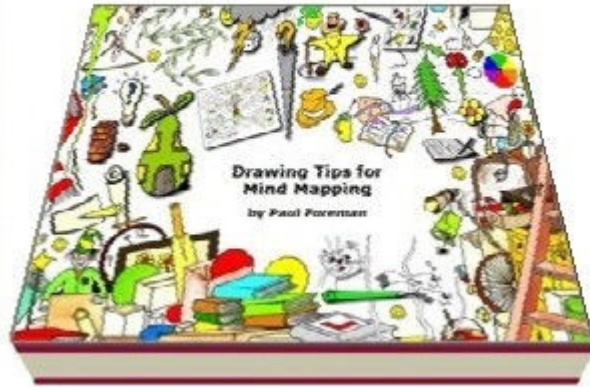
Why simple is often best
Fresh ideas
Use thinking – don't let it use you
Lifespan of an idea
Simplicity of an idea
Everything stems from a thought
Planning ahead and the bigger picture
Sparking ideas
Random thinking styles
Creativity Toolkit
Outside the box outside the box
Ideas don't dry up – thoughts do
Constant Daily Learner
Land of infinite possibilities

Includes the following Mind Maps:

5W1H
Idea Creation
Topical Ephemeral or Practical Immortal
Theory of the Brain
Idea
Planning Ahead and the Bigger Picture
Sparking Ideas
What is Original?
Thinking Styles
Thinking styles template
Creativity Toolkit Mind Map
Planetary Thinking
360° Thinking
Creative Focus
Odd Combinations
Thinking outside the Box
Thinking outside the Box Checklist
Curious Brain
Constant Daily Learner

Drawing Tips for Mind Mapping

110 Page E-Book £5.95

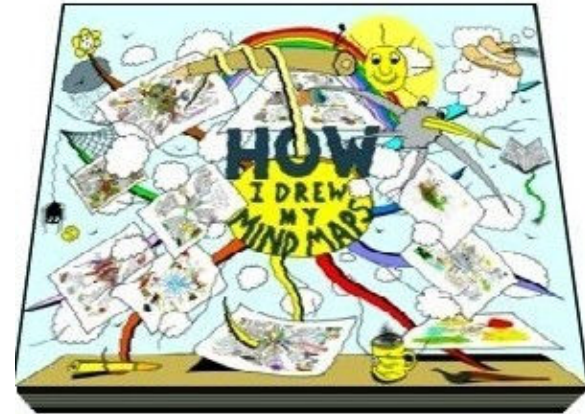


Beginners guide

- Colour wheel and use of colours
- Suggested Equipment
- Drawing Fish
- Drawing Cats
- Drawing Books
- Using Stencils & Templates
- Drawing Hats
- Mind Map Templates
- Drawing Curves & Shapes
- Detailed breakdown of "Fantasy Mind Map"
- Enhancing Creativity through Thought Reduction
- Drawing Speed Tests
- Drawing Faces
- Lettering
- Photo to Cartoon transfer
- Drawing Tips and Tricks
- Doodleboards
- Mind Maps

How I drew my Mind Maps

71 Page E-Book £6.95



Learn how to take your drawing to the next level

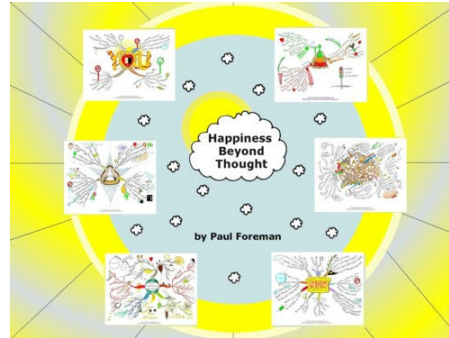
in my second E-Book and discover the secrets of

"How I drew my minds"

Including:

- The thoughts behind the maps
- Mind Map structure
- What products I use
- Tips and tricks for drawing
- Colour placement
- Image placement
- Detailed image analysis
- Illustration walkthrough step by step
- Fast sketching
- Idea generation
- From a simple line and curve to an image
- Overlap and 3D
- Plus a few surprises!

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Discover true happiness and inner peace

Learn how to stop incessant thinking
and take control of your thoughts

Learn how to meditate, relax your
mind and body and foster inner calm

How to stay in the present moment

How to let go, find simplicity and
transform your life for good

Simple tips and strategies for
a harmonious and stress-free life

Includes:

Happiness is your primary state

Stop Thinking

Happiness is inside you

Go Within

Meditation

Organisation – Inner & Outer

Coming back to now (Present Moment Awareness)

Includes the following Mind Maps:

Happiness is your primary state

Stop Thinking Tips

Happiness is inside you

Go Within

Meditation

Organisation

Present Moment Awareness

Positive Acronym Your Name

Letting Go

Plus a Bonus Mind Map

“Mind Map Game Boards” 46 Page E-Book Plus 8 Large JPEG Image Set £5.99



Choice Maker Game Board

Use the Choice Maker Game Board as a Random Choice Selector for idea generation, fun and more

Choice Maker Blank Version

The Blank version allows you to create unique Choice Maker Game Boards of your own

Boredom Buster Game Board

Select random hobbies, ideas, pastimes and interests; for occasional daytrips, days out, or lifetime pursuits

Chore Choice Game Board

Add a fun element to sharing out or selecting chores using the Chore Choice Game Board

Positive Thinking Game Board

Enhance your mood and create a positive thinking environment with the Positive Thinking Game Board

Theme Maker Game Board

Create ideas and storylines from the images within the Theme Maker Game Board

“My Favourite” Mind Map

Outline your personal favourites for a snap shot of your unique personality

Bonus Mind Maps

Two Bonus Mind Maps

**Mind Map Game Board Image Set
(8 Individual Large Size JPEG Images)**

You can print the images out in whichever size you wish and even laminate them for longevity