

## GET STARTED

It does not need to be need not be difficult or time consuming to get started with meditation. Here is a beginner program from Magnus and Martin.

1. Choose a time three or four times a week when it suits you to meditate. For example, on the bus to or from work, at lunch, walking or in bed at night.
2. Choose one of the meditations in the mindfulness-apps, and listen to it during the times that you have dedicated to this. Choose a short meditation if you are a beginner.
3. Scientific studies show that the effects will already appear after eight weeks of regular meditation. **GOOD LUCK!**

*They want to get everyone to*

# MEDITATE

Now the sequel to the popular Mindfulness App – The Mindfulness App II is available in the AppStore. Soon the apps will be available in eight languages, both for iPhone and Android. The vision is crystal clear to the creators of the app: ***To make the whole world to discover meditation!***

**MEDITATION HAS MANY** effects that make us more harmonious people, as we start to feel better. And when we are harmonious, we are also more compassionate and open to things around us.

– We want to help make the world a better place by making meditation accessible to all people, wherever they are. And the mobile phone you always carry with you, says Martin Wikfalk, mindfulness teacher and one of the founder of Mindapps.

It is scientifically proven that meditation improves our sleep, results in better relationships, stronger immune system and greater self-awareness. It reduces our feelings of stress at the same time as it makes us more effective. In other words your quality of life improves, as

well as your ability to handle the everyday puzzle and negative thoughts that often want to intrude.

– You become more grounded and steady. When negative thoughts comes it is easier to see through them, says Magnus Fridh, also a meditation teacher and the other founder of Mindapps.

It's not complicated to get started and it does not need not be particularly time consuming. Shorter meditations more often is better than longer meditations more seldom. Scientific studies have shown that positive effects of meditation are noticeable in the body only after a few weeks of meditation for 20 minutes.

– The great thing about the apps is that you can meditate anytime, anywhere: on the bus on the way to work, in

bed at night or when you go for a walk.

– We get very positive response from our users, and a person who has downloaded the app wrote that she stays five minutes in the car every day and meditate before getting into the family. As a re-start after work, says Magnus.

During the past three months more than 350 000 meditations were completed through the apps and The Mindfulness app is one of the most downloaded healthapps in Scandinavia. Mindapps is now releasing The Mindfulness App II, with ten new meditations, six guided and four silent, the ability to set your own length, and the option to set reminders in various ways. With these two apps in the mobile phone no one need to miss the opportunity to meditate.

– As a part of our vision to change the world through meditation, we have translated the apps into English, French, German and Danish. During the autumn, they will be launched in Dutch, Spanish, Portuguese, Italian and Norwegian says Magnus. ■