How Meditation Transforms Your Healing From Within Transcript

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Introduction to Muse and the Interview

Welcome to Mold, Mycotoxin, and Chronic Illness Summit. I'm your host Dr. Ann Shippy and today we get to speak with Ariel Garten. She's the co-founder of Muse, which is a neurotechnology and meditation company.

It's used by hundreds of thousands of people, including the Mayo Clinic And NASA, Thank you so much for joining us. Ariel, I'm so excited for you to share about the news with our audience.

Good morning, Dr. Shippy. Yes, it's wonderful to be here. And so I too am excited to share about Muse and what it does. So this is the device. This is Muse the brain cooling headband.

It's an incredible clinical grade EEG, meaning it tracks your brain as effectively as a research lab would and it is able to help you meditate and sleep.

So it gives you real time feedback on your brain activity during meditation to help make meditation easy and then tracks your brain during sleep and gives you interventions to help you sleep better.

That's so amazing and I can't wait to share at some point about my story with three years because it really helped to do all that and more. So we have an audience that are dealing with a lot of inflammation and just really feeling like their bodies are out of balance in so many different ways.

And let's talk about how meditation can help and then how and the muse even amplifies the effects of meditation. Sure. So just to begin with, I actually went through my own journey with allergies.

We call them allergies. They were sensitivities. Who knows what it actually was, but it resulted in me being reactive to many things in my environment smells, molds and foods that I ate.

How Meditation Helps Chronic Illness

And for me it was a process of being able to shift my relationship to the things around me and change my reactions. And that was a phenomenal and tremendous part of my healing.

So when we talk about meditation and its role in being able to manage some kinds of chronic illnesses, meditation has multiple avenues of being able to help.

And so one in the most obvious one is meditation helps you decrease your stress. So being in these situations is increase relatively stressful. You know, everything around you can feel like it might be a threat or might be a trigger to your symptoms.

And so with meditation, what you're able to do is calm your mind, calm your body, and therefore help to calm the reaction. So at the most basic level, it's a tool to downregulate your thoughts and your feelings about a charged situation, and that can be helpful in all aspects of life.

So meditation can help when you're dealing with difficulties like chemical sensitivities, sensitivities to the environment, feeling like you're overwhelmed by the world.

Meditation can help in multiple ways. First of all, meditation makes real change in your brain and body. So we're all familiar with the concept of meditation as something that can help you relax and decrease your stress.

And certainly that aspect of it is incredibly useful when you're dealing with a chronic condition. But meditation has been demonstrated to make actual cellular change, which is phenomenal.

So when you're dealing with a stimulus, that can be very scary to use of, for example, if you have chronic sensitivities to mold or food or something in your environment and you are on constant high alert.

So you're always looking around for always, Is there some old here? Might I have a symptom? Oh, no. Is this going to trigger me? And that state of high alert actually starts to make the whole thing worse.

When we're in the state of high alert, that means that our body is now covered in cortisol. It means that our body is doing all the things it needs to do to be in fight or flight all the time, which actually creates the conditions to worsen these kinds of illnesses.

It really is like a snowball effect. It's like. The. More you perceive, the more physiologic cycle changes happen to be even more sensitive. Yes. I love.

Saying even meditation alone can start to change those things. Yes. So as you begin your practice of meditation, what you're teaching yourself to do is to calm your thoughts.

And so when you're in a situation where, oh, you know, am I going into a building, is it going to be moldy here? All of a sudden your brain starts ramping on the fear thoughts, which then trigger or the emotional responses to that fear in your body, which then trigger a downstream response of cortisol and, you know, increase in your blood pressure, increase in your readiness to deal with whatever the threat is, which makes you perceive the threat even more, which becomes this terrible downward spiral.

And I know because I was in one of these virals, we'll talk about that later. What we have discovered, what scientists have discovered is when you're actually able to shift your thinking from one where you are going to be, you know, damaged by things, one where there's a situation out of your control to a kind of thinking where you are in control, where you are able to stay calm or you're able to stay grounded, you actually change your physiology.

So there's an incredible study by Dr. Elizabeth Blackburn. She's a Nobel Prize winning scientist. And she and another scientist, Dr. Alissa Apfel, they studied mothers who were chronically stressed, caring for chronically ill children.

And what they found was that these mothers, you know, not only had a lot of stress, but their cellular makeup was really demonstrating that. So they had increased levels of cortisol.

They had really a chemical makeup that was quite unhealthy. And when they even looked at the length of their telomeres, the telomeres, the little cap on the end of your DNA, which is a marker for cellular aging, they saw that their telomeres were quite short, stress had really cellular aged them.

It was that damaging. And then when they gave half of these mothers an intervention of meditation, they taught them to meditate and the mothers meditated daily.

What they saw was not only were they more able to handle the situation, they felt calm, they felt grounded, but their cellular chemistry had actually changed.

Ariel's Sensitivity and Healing Journey

Like at the cellular level, their telomeres had begun to lengthen the their cellular aging had begun to reverse. Their bodies were becoming healthier just through a simple meditation practice that allowed them to first shift their mind and then actually shift their bodies and their physiology and the illness that was resulting from their stress.

That's such a great study because that's such a worst case scenario, right? The situation's not changing with the children. And so seeing how even in those dire circumstances you can actually change your physiology in such a powerful way.

It's really amazing. Yeah, it's incredible how you can take control of your reactions to the world. And when I think

about multiple chemical sensitivities, mold, illness, these kinds of reactions to the world where you seem to be reacting differently than the people around you, it becomes an incredible opportunity to say, okay, well, the world is not changing, but people are reacting differently than I am.

What can I do to retrain my mind and retrain my body to act differently around these things that were previously triggering? And for me, that was the greatest key out of what happened to me, which was a round of chemical sensitivities and mold reactions.

Do you know what triggered it? You know, what brought it all on was that I said stress alone or was it something more complicated? So it was prior to when Muse was a device that existed for the world.

In my twenties, I experienced a trauma that led me to have nightmares and led me to kind of be afraid of the world for a period of time. And then I was in a period of extreme stress, and that led to my body all of a sudden becoming reactive to the world.

And it was quite befuddling. I didn't know what was happening. I didn't know why. All of a sudden I was like allergic to my cleaning products and I was allergic to the smell of leather and I was allergic to all of these things.

And the list of these things began growing and growing and growing. And I joked at one point I was allergic to both the problem and the solution because I'd be know have reactions to dust and mold, and then also have reactions to any cleaning product.

It's like it's kind of stuck. And my scientific mind, you know, went about trying to figure out what was wrong. And I spent a ton of money, you know, now analyzing samples of what was in my house, having mold experts come in and them saying like, yeah, there is a little bit of mold here, but like nothing that anybody else should be reacting to.

You know, these are safe levels. Everyone else is fine. And it then became a process of understanding how say, you know, I cleaned everything, even moved.

I threw out whatever I could that I thought I was reacting to. Things were making me itchy. My list of foods shrunk down. So I tried controlling my environment and it still wasn't successful.

I continued to react, and what I didn't realize is that each of those steps that I was taking to control my environment and say, Oh, well, you know, this clothing is awful.

It must be, you know, there's dust or molten clothing. Yeah, that must be the problem. Or it must be the paint in the house that must be the problem. Like every time I labeled something is the problem.

What it was actually doing was tagging in my brain and my nervous system to say, Oh, you're right, this is dangerous. You know, we've got rid of all of it. It must be dangerous.

Any time we see it again, it's going to be dangerous. So I'd go into a paint room and I would feel overwhelmed. I buy a new piece of furniture from IKEA and it would be like, I can't possibly buy that finished for Mickey.

I'm going to have a reaction to it. And the ends. That you were basically telling your body to react. Yes and no. You had done all these things to sort of really minimize the toxic exposures.

Yes. And so it was just spiraling. I was just teaching myself that all these things were harmful and dangerous. And it wasn't until I engaged a process of calming my mind, calming my body in the presence of these things, retraining myself to learn that actually these things are okay.

The only the main problem was my own physiological reaction. And when I learned to downregulate that reaction and retrain my relationship to these objects, I was able to heal and, you know, now go through the world easily.

Somebody just gave us a beautiful gift of Jo Malone, fragrant fragrance. And I was shocked at myself when after

smelling it and saying thank you and enjoying it, I looked back and said, Oh my God, in the past that would have been so fearful.

It's like, Oh my God. Like, you know, this is this is going to make me cough and I'll have a headache and this and that. I smelled it this morning when I woke up again and like, it smells lovely in here.

And that was unbelievably shocking to me that I could have enjoyed the smell. It really does show that you've moved your system from being on the high, high, high, high alert into a neutral place where you can choose to react to like if you smell something burning or something that is dangerous, very end.

Part of the interesting psychology of all of this is that these things, you know, you, you, you cause yourself to believe that these things are toxic because you react to them.

So for me, you know, it was very easy to say, oh, well, paint is awful. Of course it's not good for you. You know, I'm having a reaction, but I don't want to be around this pain.

I want to avoid it because it must be bad for my children. It must be bad for in the list or it's going on because it's bad for you. And the reality is, if a room was painted a month ago, probably it has dissipated sufficiently for it to be a safe place for you and your children and everybody else like it's okay.

And so there are meters that you can get to measure the body hoses If you are if you really want to know, you can measure it. Okay. So, yes, I agree. But now that's going into the dangerous territory of re convincing yourself that there must be a problem.

So when you're somebody with chemical sensitivities, you are reacting to such a tiny, tiny little amount that at a certain point you need to say people are functioning normally in this world and it's okay.

My body has mechanisms to process whatever might be left here. It's okay. And the damage that I'm doing to my body by this level of reaction is the actually the harmful thing.

How Muse Neurofeedback Works

So let's talk about what the muse provides, how it actually uses the neurofeedback art, the neuroscience part of things to really optimize the meditation process.

Sure. So Muse is quite an incredible tool and it was a very important part of my own healing journey. Learning to meditate was something that I have been told to do many, many times in my life.

I was a practicing psychotherapist and I was teaching people to meditate and like it was still a very hard practice for me to do, because typically in meditation you sit there, your mind bounces all over the place.

If you're somebody who's in the middle of having anything anxiety based experience, it's really hard to calm your mind and you're like, okay, well, meditation is not for me.

I just can't do it. And what Muse does is it gives you real time feedback on your meditation to let you know when you're doing it right. So you sit down, you slip on your muse and there's sensors on the forehead and behind the ears.

So these are actually EEG sensors and it's able to track your brain activity in real time while you're meditating so you don't have to guess. All right.

Am I meditating? Am I doing this right? The muse is actually letting you know. So what it does is it translates your brain activity into guiding sounds.

So when you focus your attention on your breath, you're in your meditation, you hear the sounds, get quiet and it's

lovely and reinforcing to your brain.

And as your mind wanders away, off into the thoughts, then you hear the sounds pick up and that becomes your cue to say, Yep, that's okay. Come on back to your breath.

So it becomes very, very lovely. An easy way to know that you're meditating and to help you stay there. And then after the fact, you get data, charts, graphs, squares, things that actually show you moment by moment what your brain was doing and help you to get even deeper into the process.

So it teaches you to quiet your mind, to quiet your body and be able to react in a much more helpful and healthy way. I know you've really upgraded this because this is all the way back to 2016.

I was so grateful that I found you in 2016. I'd love to share my chart for what was happening when I was listening to the Rain Forest after I got into mold another time, it wasn't my most severe one, but I had moved into a new place and I started getting asthma.

And the that asthma was so bad that about 80% of the buildings that I went into, I had to leave. It turned out that they it was a new place and they had put carpet down over and floorboard that was still damp so that it was a really bad mold problem.

So I was grateful for the asthma that it let me know that there was a pretty major problem that my body was just so alert. So do you want to explain this chair to can you see it?

Yeah. Yeah. So and this is fascinating. What we're looking at is Dr. Shippy's results from when she started meditating with Muse back in 2016 and a very, very early version of the Muse.

And here the squiggly line you're seeing is actually her level of brain activity. So when you're at the top, your mind is active. You're thinking you're you're ruminating, you're you're in thinking zone.

When you're all the way down at the bottom, you've made it into calm. You're in the meditation zone. So this is a 20 minute meditation. And you can see over the course of the meditation, you know, a couple moment when she starts to dip down from active into neutral.

But she's she's pretty wrapped in this. So this is obviously earlier on in your meditation practice. Well, no, the interesting thing about this is I had been a meditator for, you know, decades. And this this this fear around not being able to breathe took me into such a limbic state that I couldn't meditate, like I couldn't get any birds.

And in the cold state like it was, it was very traumatic. Let me show you what happened. So I really like I knew something was really off. So I stopped this chair and I, I, I found the muse.

And I just knew I just believed in it from the beginning. I knew it was going to be my answer for helping me to get my brain back at my limbic system back.

And so I was so committed. I basically got up every morning first thing and and put the muse on. And if I was raining kids around or whatever, I would do at least five or 10 minutes.

But I the goal was 20 minutes and look what happened. Wow. Oh, this is amazing. So here what we're seeing is so this is October 28th, not that much longer after her very first session, the results that we just saw, this is just a little bit later.

And you can see that her mind went from the active in the last graph all the way down to calm. She's 98% calm. So that means that her brain was focused 98% of the time.

This is a 20 minute meditation. So you can see she dropped right into meditation. At the beginning, mind wandered a little, brought it back, wandered a little towards the end.

By 15 minutes, her mind is starting to fatigue a little bit, so she's not as fully, completely calm. But wow, this is incredible. She got 227 birds. So one of the things that one of the lovely parts of the Muse experience is when you're really in the meditation zone and your mind is quiet, you hear little birds tripping.

We just go tweet, tweet, tweet. And that's a way to reinforce to your brain that this is the right state. You're here, you're doing it. And so we've seen her muse has taken her from totally anxious, high mode alert state to calm and grounded.

Wow. Amazing. So I was so grateful to you because I'm on. Right. You know, you can have I know meditation has really made a difference in my life as as an early adopter of meditation.

But this really, really changed things for me. So, you know, children are the winner of our biggest teachers, right? So I felt like after doing this, I could respond to my children differently, like if they did something wrong or, you know, were fighting or whatever, I could stay in a calm place, even when there were things that were really important that mattered.

That upset me. Yeah. Actually, one of the kind of lifelong residual effects of meditation is just that. So, you know, meditation was really key to my healing journey because I was able to shift my reaction to things in the environment.

I would be like, okay, well, this leather, you know, everybody else seems to be okay with it. Maybe I can sit with it, maybe it's going to be fine.

Meditation Progress and Daily Practice

And I'd watch myself react and I'd sit there and say, Hey, buddy, hey, mind, this is not helping me. This reaction doesn't help me at this moment. That can just calm.

And after enough doing that, it calms. And through the meditation practice, I was able to just downregulate and then I could take that, as you said, to the kids, to the husband.

And even this morning, I note I have two children now and they were fighting over something and I needed to be doing something else at that moment. And, you know, you watch yourself because the temptation at first is to yell like I, I still can see the the frustration and the annoyance rising in me.

And then I'm able to just observe it without doing anything about it. The yell doesn't come out my mouth. It's like, okay, I'm seeing that that wants to happen.

But it just falls away. And then I can respond very kindly. And it's interesting how these kinds of experiences can change your reactions to the world, because one of the things that I noticed when I was in the reactivity state to the world around me, to the chemicals, to the mall, to the everything was I started to control other people in control, my husband in control.

I didn't have kids inside, but, you know, control my husband and control the stuff that was happening around me. And it made other people crazy. And so part of the retraining of my reaction to the world was also the retraining of my relationships with other people, because now it wasn't threatening.

When my husband came home with a new shirt that he insisted on wearing that made my throat feel all scratchy. You know, it was no longer threatening when people did normal things in their lives.

And, you know, I would at first feel the feel reaction like, oh, it's a, you know, new detergent that we laundered your clothing in. And the previous reaction would have been to be pretty freaked out about it and then to take it out on somebody else who brought that detergent in to try to, like, you know, stifle it.

And it would just like rise in me and I would, you know, be so upset and befuddled because this thing was

happening and I, you know, didn't want to impose it.

But but, but and through the course of the meditation practice, I was both able to shift my relationship to the laundry detergent, which everybody else uses.

It's fine. It's okay. Of course, we still use natural. I was reacting to natural detergent. Did we just it was illogical. Yeah. I mean, some people get to where there's, like one brand of natural detergent they can use.

Yeah. Yeah. My lemon. Right. Okay. Yeah, it's ridiculous. And so I was both able to shift my relationship to the thing and to the relationship to the people in my life who are trying to live their life normally.

And I was able to shift my reactions to them and to the environment as it related to them. And that was so huge. That's beautiful for people that are wondering about, like, can I really meditate?

How do I how would I do that? Or I don't think I can do that. I can I can't sit still. I can't become like, why? What advice do you have? So first of all, everyone can meditate.

It's okay. And meditation becomes much easier when you realize one important thing, which is you're not trying to have your mind go blank. So this is an important misconception about meditation.

Most people think, All right, I'm going to sit down. My mind is going to go blank, and then I'm going to, you know, look Zen like and and it'll be great.

And of course, you sit down and your mind doesn't go blank because people's minds don't just do that. You have thoughts that come in and then you think you're a bad meditator.

First of all, don't worry about it. You're great meditator. It's fine because our minds have thoughts. That's what our brains do. And the question is, what do you do when you have that thought?

And so what meditation is really teaching you, it's not to be a thoughts, it's how to retrain. Retrain your relationship to that thought. So when you sit down to meditate and you close your eyes and the first thought comes up of the grocery list, or, you know, whatever standard thoughts come up for you.

And instead of following that thought, you just say, okay, that was a thought that that would go. And then the next thought comes up of like, Oh, no, maybe I'm not good at this.

And so you also a thought that you're like, okay, well, that's a thought. And then the next thought comes up in the next thought. And what you're learning to do is to not follow the thoughts, not get hooked into them and hooked into the impact that they have.

And if you get hooked in, that's okay. You see, I got hooked in for a second. I'll let that go. And meditation is just a process of teaching you to shift your relationship to your thoughts.

And when you do that, oh my God, does the world get better? Because from there, or you also learn to shift the relationship to the reactions in your body.

And so the tension that you're feeling, the anxiety, the fear, all of those things can begin to be things that you're like, okay, well, I'm feeling this sensation of tension in my chest and I'm noticing the sensation of fear.

That's just a reaction that I'm having. And I can let that go, too. And that's when you're able to go, Oh, okay. And come back down to a calm and grounded place.

That's so beautiful. It's it really is life changing. And so how long do most people find it takes of using them muse to start to feel like they're making progress?

So most people over the first few first time use the muse. You're like, okay, wow. I just heard my mind. Well, I meditate. That's incredible. You know, it's kind of a mind blowing experience.

And then over the first week, even if just five, six, 7 minutes of meditation a day, you're like, you don't have to commit to 20 minutes of meditation to actually get your practice going.

You just have to do a small amount each day. So, you know, three or four or 5 minutes on the first day, the second day, the third day, all of a sudden you're starting to notice like, Oh, okay, this is what it is.

This is the meditation practice. And I've had lots of people say, you know, tried to meditate so many times in my life, but it wasn't until I sat down and use this tool that I actually got what I was supposed to be doing was like, Oh, right, this is meditating.

And then from there, by week one, you're starting to actually notice that the world around you, you're having a bit of a shifted relationship to it. By week two, you might actually start to notice like, Hey, in my mind that was always racing.

It seems kind of calmer, like it's the lumped deer in there. By week three people around you are probably starting to notice a difference. Like your partner might notice it.

You might notice the way you're changing with your kids. And by week five or six, you're saying, okay, this has made such a big impact in my life that I want to do this every day just because when I do it, I feel better, like life is better.

And that's when you've really built the habit. And from there it's a lifelong thing you do because it feels good and it makes the world better for you.

You find a difference with whether people will do it in the morning or midday or in the evening or some of both. Like what? Like for those of us that kind of like to have an optimal practice using the tools optimally, what would you advise?

So the reality is the best time to meditate is the time you're going to do it, the way you're going to get it. You know, you're going to get some good morning.

Yeah, yeah. And for some people it's first thing in the morning because you wake up and you know, maybe you're up before your family has got a little bit of time and space to do it.

Then for some people, doing it in the morning is like pulling teeth. So forget it. Like there's no magic to doing it in the morning unless it feels good for you, for other people doing it in the evening when you've come home from work, when you're in that transition period is great because it lets you let go of your workday and become present to your house and your family.

For other people, it's at night before you go to bed, after the kids are in bed, after everyone's done their stuff. And people also report that helps us sleep better.

So the time to meditate is the time when it's going to work for you and when you're going to be able to do it regularly. Because the key to building any habit is choose a time that you can do it Typically the same time every day is helpful because then you're like, Oh, it's part of my routine.

You know, I wake up, I brush my teeth, I drink some water, I do my meditation, I have breakfast, and it just becomes built into your life. Or every night before I go to bed, I slip it on.

I do my meditations and then I feel nice and cozy and I fall asleep. So choose the time that works for you that you can do it every day. That's the magic.

So I've had a lot of patients use the muse and sometimes in their guide, take care of both kids and adults, but the adults will go home with it and then the kids will want to use it.

Anything. Any advice around children? Yes. So this is very common. You know, mom brings it home. The whole family starts meditating.

Using Muse with Family and Children

You know, dad, who was never into meditation, is like, this is a cool gadget. Okay, I'll try it. And like often dad's meditating to do for kids, we technically say that it's for kids 16 and older, although we certainly have had younger individuals use it and there have been studies demonstrating the benefits of it.

Technically, we can't say it's for anybody under 16 because we comply to European GDPR compliance. So it's just a compliance question. That said, people who do meditate with their kids find that it is quite effective.

I meditate with my own son and it has made a dramatic difference in how he relates to the world and to his own mind. That's beautiful. Oh, and I had dinner with my mom and stepdad last night and he's 82 and he's he's had it every day for two months now.

And he feels a difference. Oh, that's amazing. I have gotten it for him a few years ago, and he had used it for a little while. And then my wife happened to get busy.

And he's just really recommitted to it because he can tell such a difference. So you're not just making a difference for me, for my patients, but also for my family.

Oh, that's amazing. So I'm going to go back out tonight because my mom has one too, and she's like, I want to start back to this, so let me just go and help her with a tech because she's 93 and incredible.

Well, congratulations on having such a beautiful mom and stepdad still, you know, engaged and going at this age. That's incredible. I'm so lucky and so, so lucky.

And thank you, because I really do think that it's made a huge difference for my stepdad. So any other advice you want to give about getting really getting going with meditation and not being afraid of it and just really understanding what the possible benefits can be.

Sure. So meditation is not a werewolf thing. It is just a practice or a training that helps you enter healthy and positive mind. States Meditation can be very easy to do.

The simplest practice is focused attention on the breath. So if you want to meditate for the first time, or if you have an existing practice, one of the easiest ways to meditate is just put your attention on your breath so you're going to feel your chest rise and fall or feel your belly expand.

Feel the air coming at your nose. You're just paying attention to your breath. You can count your breaths. One, two, three, four. And then when your mind wanders away from your breath, then that's your chance to notice.

Hey, I've stopped focusing on my breath. I'm not going to choose this thought. I'm just going to come back to my breath. And then you keep focusing on your breath.

Your mind wanders away and you come on back. For other people, you may be focusing on a word or a mantra or a let's say you're focusing on that thing.

You know, I am love. I am joy and love and joy. Your mind wanders away. You choose to bring it back. So it's a very, very, very simple process. And it's been demonstrated to make unbelievable impact in the body, in the mind.

There are thousands of published studies demonstrating the impact of meditation on your brain, your body, chronic

illness, anxiety, depression. It's extraordinary.

And even with news, we've had over 200 published papers. So the Mayo Clinic, for example, uses me as they first starting using me as with their breast cancer patients in 2015, and they published a paper demonstrating that using use for as little as 3 minutes a day actually was able to decrease the stress and fatigue in the cancer care process.

And then that was so effective that they've gone on to do additional studies for use with long COVID. Those results will be published very shortly and they're enthusiastic about them.

Yeah, they've used it for chronic fatigue syndrome, fibromyalgia, sorry, not chronic fatigue for fibromyalgia. They have two different fibro studies. And so it's been incredible to see how Muse has been able to transform.

They now use it with their own doctors. So they did another study with doctors at the front line using Muse to improve their resilience and decrease their.

Burnout so much since it's just like the last few years. That's awesome. Yeah, it's been amazing. And now we're seeing other hospitals use it with their doctors.

So it's incredible. You know, the most important thing to know about meditation is it's not hard to do. You just stick with it and do it regularly and bit by bit see the change in your life.

Muse Products, Sleep Features, and Closing

And you will notice shifts not only in your reactions to the world, your reactions to yourself, your reactions to your family, your health, your happiness. It's life.

Change everything you want for improving resilience. Yes, You just have to stick with it. That's beautiful. So I know you have a couple of different products if you want to just kind of help people that are thinking about getting one. No.

Which which one to purchase. Sure. So we have two different Muses. One is the Muse that you have, which was the it's now the Muse 2. And it's a thin little device that slips back on your ears and that has the EEG neurofeedback that we've been talking about, as well as programs for the heart, the breath in the body.

So you can do meditations for your brain, your heart, your breath and your body. So it teaches you breathing meditations that will calm down your physiology.

It teaches you how to listen to your heart, which then becomes a clue that you can use when you're rapt to be able to calm it down further. And then we have and it has actually hundreds of guided meditations.

When you get the subscription, they're meditations for basically anything that comes up in your life. You have a stressful relationship, you have a job interview, you want to do better at the gym, like we have meditations for all of it.

And then if you have difficulty with sleep, this is our newest device, the Muse S So it's soft and comfortable and it has all of the meditation practices that come with the Muse 2.

And it also gives sleep intervention. So it tracks your sleep as effectively basically as a sleep lab. We have a set of researchers that have been using use for sleep studies in the wild one, the Canadian Association for Degenerative Diseases.

They've been running a huge study with Muse, with elderly adults, and Muse allows you to fall asleep faster using what we call the digital sleeping pill and smart fade technology.

So as you slip on the Muse, it allows you to listen to a meditation or a soundscape and really walks your brain into

sleep. So a lot of people have difficulty falling asleep.

Muse was designed to make it easier to fall asleep, and then if you wear the Muse throughout the night, it makes it easier to fall back asleep. And a recent study by the Brain and Mind Institute demonstrated that improved sleep quality by 20%.

Okay, so. So since sleep is so integral to being able to to heal, that's so important. Yeah. Yeah. So how do people find you. So you can find All Things Muse at choosemuse.com, C H O O S E M U S E.com And actually I think there is a special link from you and we have a special gift for your audience, which is 20% off and a free subscription which gives you access to all of the content that we've been talking about.

That's great. I think that's choosemuse.com/heal Sounds good. choosemuse.com/heal H E A L. Yes. Well, and then you have a podcast. Yes. So I'm the co-host of an amazing podcast called Untangle, where we talk about all things brain, mind and healing.

And so you can check that out at Untangled podcast. Well, thank you so much for joining me. Thank you so much for all the info you've made in my life and helping me to help people to heal.

I'm so grateful for your brilliance and all this hard work you put into really, you know, coming up with this technology that is so innovative and so powerful.

Thank you so much. Oh, that's a wonderful thank you. And thank you for sharing it and helping so many people heal. We're all on the journey of putting our minds and bodies into their best possible shape so that we can be present for the people in our lives that we love and present for ourselves.

So thank you for helping us on this journey. Thank you.