



The Resource Guide To Meditation Gadgets

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About This Guide

If you're like me, maybe you're feeling the effects of a global pandemic. Some of us work less. Others don't work at all. Others work from home. If you run a business, maybe you've laid off a person or two. Maybe, like me, you now have fewer clients.

This is a time when we're all forced to reorganize and take the lessons we can for stronger immunity in the future.

One tool that is helping me these days is meditation. It helps me to get centered. It brings stillness so that I can exist in the midst of national and global anxiety.

The opportunity that this has shown me is that I can develop skills that help me more readily access solutions and deal with challenges. And I think that the skills gained through a stronger connection to Self isn't just for me, but might be able to help you find inner strength too.

These are different meditation tools that are helping me to cultivate calm, and build a new foundation that will let me thrive as the metaphorical fog clears. I hope you will find renewal in these tools too.

Warmly and safely,

Banu Hantal

EMOTIV

EMOTIV devices measure brain signals to paint a more accurate picture of your brain activity. EMOTIV devices help to improve emotions (happiness, anger, sadness and relaxation); your attention; and your emotional state.

EMOTIV Insight 5 Channel Mobile (headband)

Train your brain for better mental health and performance with the Insight 5 Channel Mobile. This wearable measures activity from the four cortical lobes of your brain, each with a different function, from reasoning to perception of sound.

Link

<https://bit.ly/31xEkSN>

EMOTIV MN8 (headphones)

The EMOTIV MN8 helps to improve work performance with data about your stress and attention levels. It is a Bluetooth headset with 2 channel EEG buds, and can be used in meditation practices for better focus.

Link

<https://bit.ly/2ExYALx>



UNYTE

Studies show that Unyte devices help to reduce stress and anxiety. Unyte devices measure HRV, which is a strong indicator of your meditative state—the higher the HRV, the more optimal the state of your nervous system.

Iom 2 ear clip

The Iom 2 ear clip helps to regulate your breathing. It is a biofeedback sensor that monitors HRV and is also a customizable breathing sensor that guides your breathing to its optimal rate. Compatible with iOS and Android.

Link

<https://bit.ly/2FWqnp7>

Journeys (Interactive Program)

Use Journeys with Iom 2 to combine biofeedback with VR technology for a more impactful experience that reduces stress and anxiety. Choose from 50 interactive experiences.

Link

<https://bit.ly/2QqqqM7>

MUSE

Studies show that four weeks of using Muse meditation tools helps a person improve their mental performance. It also reduces stress. One study showed that monks experienced a more relaxed state after using a Muse headband. Try Muse technology if you want to perform better with the added element of zen.

Muse 2 (headband)

Muse 2 optimizes your meditation by tracking your mind, heart rate, body and breathing to build a more fruitful meditation practice. The Muse 2 tracks the Mind (EEG), Heart (PPG + Pulse Oximetry), Body (Accelerometer), and Breath (PCG+Gyroscope).

Link

<https://bit.ly/2QqaadW>

Muse S (headband)

The Muse S is a lighter, more comfortable version of the Muse 2. It shares the same functions, with the added Go-To-Sleep function, which combines voice guidance with biofeedback to help draw you to sleep. The Muse S is compatible with both iOS and Android.

Link

<https://bit.ly/2EFjDeC>



BODHI NEUROTECH, INC.

Wearable tech to improve meditation

Zendo

Pair the Zendo device with music, a personal meditation app, or in-person meditation to help reduce stress. This tiny handheld device uses transcranial direct current stimulation (tDCS), or small electrical currents that are sent to activated areas in the brain for a better meditation experience. Compatible with iOS and Android.

Link

<https://bit.ly/3gxRfZl>

CORE

Inspiring mental wellness as a normal part of everyday life

Core Meditation Device

Build lasting meditation habits with the Core Meditation Trainer. This hand-held device uses biosensors to measure stress levels as you meditate. It offers guided meditation and soundscapes for calmness and focus trainings. You also get access to meditation classes at the Core Studio and can follow along with instructors.

Link

<https://bit.ly/2YCYNDY>

HEARTMATH

Train yourself to cultivate happiness from within with HeartMath technology

Inner Balance App

The Inner Balance app helps to monitor HRV and coherence levels. This app provides guided meditations and real time coaching tips. It also tracks progress and is a note journal. It's compatible with iOS and Android.

Link

Available in [Google Play](#) or the [App Store](#)

MELOMIND

A science-backed way to train your brain to relax

Melomind Headset

Do you want to be in control of your "relax" dial? The Melomind Headset helps to develop this strength. The Melomind Headset monitors the alpha waves in your brain (which are responsible for feelings of relaxation). The Melomind Headset also helps the user experience less blockage of alpha waves as well.

Link

<https://bit.ly/2D9R1dl>

SILENTMODE

Improve your fitness and balance

Powermask (bluetooth)

The Powermask assists with meditation and breathwork. It is a sleep mask with a built-in cushioned speaker system and passive noise and light cancellation. It includes settings for duration and type of sleep and plays music as well.

Link

<https://bit.ly/2EHkegc>

UMAY

A science-backed path to better sleep and eye health

Umay Rest

Keep your eyes well-lubricated with the Umay Rest mask, which helps to restore the natural function of our eyes that can be compromised when we stare too long at screens. This mask also helps to decrease stress levels as well. The Umay Rest mask uses thermal therapy for guided breath meditation.

Link

<https://bit.ly/2G8ZI8Q>

DREAMLITE

Experience more relaxation and a better night's sleep

Dreamlite Zen

This almost magical Bluetooth provides relaxation and mindfulness "as you wish." The Dreamlite is a sleep mask with 3D facial mapping to help induce relaxation. The Dreamlite also includes access to meditation guides and music via audiobook.

Link

<https://bit.ly/32tcyq3>

Call To Action

These meditation gadgets can help you to calm your senses and mind, and give you the focus you need to reorganize, make the most of this period, and set a new foundation for your business to thrive.

If you enjoyed learning about the meditation tools in this guidebook, we invite you to join our email list to get the latest insights on science and well-being in the Project X Factor newsletter.

[Sign Me Up NOW](#)

