

Perception



Sensation



Emotion



Intellect

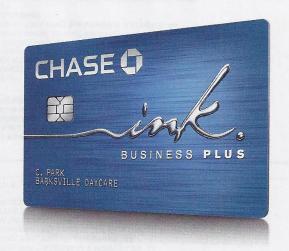


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identification



Reverberation



I meditate to not compete with myself

Emily, Volleyball Player

Emily uses Headspace to focus on the right stuff in her game. Download the Headspace app to find out what guided meditation can do for you.



Spirituality