



The Quantum

Eight hundred
Cranium scans:
Rhythmic chains
Theta waves,
Relax'd alertness,
Daydreaming!



Magnetising heartbeats
Brain coherency,
Synchronising hemispheres,
Large amplitude
Alpha waves
Mindfulness,
Stimulating creativity!

Angry
Frustrated,
Unrhythmic beats,
Gene suppression.
Solution,
Change emotional state!



Be evidenced,
DNA modifications:
Genetic expression
Immune system buttress
Lengthening telomeres
(Unhurried ageing),
Sixty within days,
Daily meditation!

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Kinder. Kindness. Kith & Kin.