

# NuCalm Rescue, PowerNap, and FlowState

Provides the benefits of meditation without meditating. Requires access to the mobile app, quality headphones, a light-blocking mask, and a comfortable place to recline for at least 20 minutes. Benefits can include a balanced [autonomic nervous system](#), which is crucial for overall health and well-being, as it regulates many involuntary bodily functions such as stress reduction, improved heart health, enhanced digestive function, better sleep quality, emotional stability, immune system support, optimal energy levels, improved cognitive function, enhanced respiratory function, and healthy weight maintenance.

## Mindfulness Meditation

Focuses on being present in the moment, observing thoughts, emotions, and sensations without judgment. Benefits can include reduced stress, improved focus, and enhanced emotional regulation.

## Loving-Kindness Meditation (Metta)

Cultivates feelings of compassion, love, and kindness towards oneself and others. Benefits can include increased empathy, improved relationships, and greater emotional resilience.

## Transcendental Meditation (TM)

Involves silently repeating a mantra to achieve a state of deep relaxation and transcendence. Benefits can include reduced anxiety, improved clarity of mind, and enhanced creativity.



## Guided Meditation

Involves following verbal instructions or visualizations provided by a teacher or recording to induce relaxation and explore specific themes. Benefits can include stress reduction, improved sleep quality, and enhanced self-reflection.

## Body Scan Meditation

Systematically scans the body for sensations, promoting relaxation and mindfulness. Benefits can include reduced muscle tension, improved body awareness, and enhanced stress management.

## Chakra Meditation

Uses visualization, breathwork, and sound to balance and activate the body's energy centers (chakras) for physical and emotional well-being. Benefits can include improved energy flow, enhanced emotional stability, and increased vitality.