

The  
Greatest  
**TREASURE**  
*already*  
You <sup>^</sup>Own

WILDDIVINE 

The background of the entire page is a monochromatic blue-toned landscape. In the foreground, there is a dark silhouette of tall grass. Behind it, a range of mountains is visible, with the peaks and ridges softened by a light mist or haze. The sky above the mountains is a gradient of blue, with some faint, wispy clouds. The overall mood is serene and contemplative.

# The Greatest Treasure You Already Own

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# The Greatest Treasure



There's a secret you possess, deep inside your sub-conscious mind, but you've forgotten about it. It's the greatest treasure you'll ever have and it has the power to make you happy, help you relax, and even reach your greatest dreams.

But the pressures of life, the business of it all, the running around *doing* things all the time, has pushed it down, neglecting this great treasure of your heart and mind.

It's called your Imagination.

You still have it — it's there deep within you, but it's buried now.

Remember when you were little, and you could imagine what you would BE instead of just what you would DO to make a living?

The importance of BEING over DOING gets lost along the way, but new studies point out that BEING is far more beneficial than DOING for your brain.

The number one regret of the dying is, *"I wish I'd had the courage to live a life that was true to me, not the life people expected of me."*

# What We Know

Somehow, we go from being in a world unlimited by our desires when we are young, to compromising our dreams and what we wanted to accomplish when we get older.

We accumulate more and more stress and pressure, disappointment and struggle. We need to relax and let go. We want to escape and return to our pure innocent nature.

Your imagination can help you do all of that.

By using our imagination, we can create and affect the reality of our daily lives. When we imagine ourselves in new surroundings or circumstances, those thoughts can change our physical reality inside our own body and affect the world around us.

In his recent article, *Mind Over Matter: Why Your Imagination Is More Important Than Practice*, Christopher Cruz says:

*“New research published in Psychological Science shows your imagination may be more important than practice. In fact, for the study, those who imagined a target before having to actually pick out the target from a group of items were quicker at finding it.”*

His information comes from a study done by Woodman GF, Reinhart RMG, McClenahan LJ. *Visualizing Trumps Vision in Training Attention.*

## Visualization

Visualization has been used successfully by professional athletes for years. Michael Jordan was known for repeatedly making his free throw shots from the line with his eyes closed. His muscle memory was so strong and his skills at visualizing a positive outcome from that one shot were powerful enough, he could 'see' and successfully shoot a basket without the benefit of his actual eyesight.

## Day Dreaming

Renowned neuroscience researcher, Mark Robert Waldman says that daydreaming is essential for the brain; employees who allow themselves to stare out the window and daydream occasionally are more productive than those who don't.

## Games

We know that many intelligent species use play as a method of learning and growing. Human children are the most playful of all. They use imagination to roll play and learn with their peers.

Research shows that adults can also learn and grow through gaming and play. Unfortunately, most adult games do not foster a positive, progressive change in us, but plant the seeds of violence and competition.

## Mindfulness

Jon Kabat-Zinn defines Mindfulness as "paying attention on purpose, in the present moment..." This practice is shown to reduce stress, deepen relaxation and improve our quality of life. According to a 2014 article in *Time Magazine*, Mindfulness meditation is becoming popular among people who would not normally consider meditation.

# Consider This...

Ever heard of Neuroplasticity? It's how our brains continue to change.

We have over 100 billion interconnected neurons and we can strengthen or weaken those connections through the process of learning new things. This adds positive behaviors and thoughts while removing unwanted connections, like dropping negative habits or thought patterns.

In other words, we can continue to evolve, grow and change our brains. By using our imagination we "fire up" unused neurological connections inside our minds.

This treasure is completely yours to unlock and tap into, any time you need it...at any age.

*"Dr. Einstein was not successful in school, but he found something in the air from his own imagination and his own brain power, and look what he did." - Eartha Kitt*

Since your imagination is so powerful...don't you want to unlock this buried treasure and all its benefits?

We'll show you how: By giving your imagination the proper care it needs to expand and flourish.

**The ideas in this little ebook will help your imagination help you.**



**What Your Imagination  
Needs to Survive  
and Thrive**  
(and make your life better)

A whimsical scene featuring a stone castle with a tall, conical-roofed tower and a smaller round tower, both perched on a thick, white, ethereal cloud. A large, bright full moon hangs in the dark blue, starry night sky behind the castle. A black bat is captured in flight, its wings spread wide, positioned in the center of the frame between the moon and the castle. The overall atmosphere is dreamlike and serene.

# Give It a Safe Place

Your Imagination needs to be safe when it runs free. Create a quiet space at home or work, or go outside and connect with nature. Keep it private and only share your ideas with those who are supportive of you.

Clear away other tasks or reminders of daily life when you use your imagination. The important point is that you feel safe and nurtured in this process.

Do not judge yourself. Give your mind permission to wander.

This is what Mindfulness Meditation is all about.



# Give It a Clean Slate

Clear away the clutter both physically and mentally. Clean off a desk in your room and keep it organized.

Relax. Breathe.

Each time, before you begin, do this short breathing exercise:

- Sit comfortably, feet flat on the floor, hands in your lap, your back straight but relaxed.
- Breathe gently in and out from your lower belly, do not force your breath.
- Inhale for a count of 5.
- Exhale for a count of 5.
- Repeat this cycle 5 times.





# Give It a Positive Environment

Inside your space, allow only positive thoughts. Never criticize your thoughts or ideas. Create a vision board or mind-map that supports and illustrates these thoughts. Listen to positive music, sounds and smells.

Create a positive atmosphere around you physically.

Turbo-charge your experience!  
Use a Super-Hero or animal avatar (like an eagle or tiger) to help you in your journey. With your avatar, you get to be bigger, stronger and faster than you ever thought you could be.

# Give It Unlimited Boundaries

Close your eyes and imagine where you want to be or use visual cues from magazines and video games to fire up your imagination.

When you use visuals and motor skills in this type of play, it actually carries over into your real life.

These are called “transfer effects”, and they work the same with both positive and negative stimuli.

Here is one example of making a creative dream become a reality: More than 19,000 people worldwide participated in an online game called EVOKE. Participants used real-world scenarios to improve food security, reduce poverty and improve access to clean energy in over 130 countries. After 10 weeks more than 50 *real* companies were born from this experience.



# Give It Gainful Employment

It's one thing to let your imagination run wild and free. But why not use your imagination to increase your joy, abundance and love in life?

Your imagination, directed through mindfulness, can do all that for you.



A silhouette of a person sitting on a chair, looking out a window at a large globe. The background is a solid blue color. The person is on the left side of the frame, and the globe is on the right side. The window frame is visible on the left.

# Give It Regular Attention

Make time for the care and feeding of your imagination everyday. Even if only for 5 minutes. As you gain confidence, you'll see that using your imagination is like flexing and strengthening a muscle – the more you do it, the easier and stronger it becomes.

Studies show that the process of success and failure in game playing actually enhances learning, develops perseverance in the face of obstacles and increases confidence.

In short – when you decide to regularly impact your brain with new, positive skills to learn, your brain will change, your imagination will expand, and your reality can and will improve.

# Your Imagination Is Your Future



Now you see that the treasure within you is much more than just fun and games...it actually **creates** your future.

The secret to working with your imagination is to remove the barriers that are in its way by stripping away the clutter that life has piled on top of your unique gift.

And it can be fun, relaxing...and all the while, your brain is growing!

Scientists continue to research ways in which we can affect and improve our brains in a whole variety of ways. Brain training games, neurological imaging, visualization exercise, biofeedback, mindfulness training and all sorts of other ways are now available.

When you combine modern science with entertainment you can positively impact your overall well-being, both mentally and physically.

A wooden signpost stands in a lush, mossy forest. The signpost is made of a vertical wooden post and a horizontal wooden plank. The word "FANTASY" is written in white, bold, serif capital letters on the horizontal plank. The background is a soft-focus forest scene with sunlight filtering through the trees, creating a warm, golden glow. Numerous colorful butterflies, including monarchs and other species, are scattered throughout the scene, some in flight and some resting on leaves. The overall atmosphere is magical and serene.

# FANTASY

**At Wild Divine**, we've been at the forefront of combining the science of biofeedback with playfully immersive, interactive programs for the last 15 years. We've done this to give people activities they will enjoy and return to again and again...and mindfully change their lives for the better.

You can see more of how our programs work to awaken your own buried treasure on the following pages..

# Journey to Eagle Mountain

Relax and Increase Mindfulness



Epic gaming fun with Nawang Khechog as your guide and mentor. Your relaxing breath and calm mind allow you to soar as a Golden Eagle across the breathtaking landscape of Eagle Mountain.

Teeming with wildlife, and shrouded in mystery, Nawang asks you to help an old, blind monk named Tenzin. A valuable treasure has been lost, and it is up to you to help Tenzin recover it.

Are you ready?

- Fly free across an epic landscape, and seek wildlife
- Wildlife give you the ability to access useful items
- Collect items, and use them to open sealed chests
- Sealed chests contains part of Tenzin's lost treasure
- Return to visit Tenzin, and he will reward you
- Just soaring around Eagle Mountain is relaxing



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# Villa Serena

## Purify and Clear Your Mind



A program with one purpose, and one purpose only, to help clear your mind. Much like our own minds, Villa Serena was once a peaceful place. However, just like our own minds, over the years, what made it peaceful and serene has been impacted by stress and time.

Use your Iom and take on the task of restoring Villa Serena. You'll find your peace of mind being restored at the same time.



- Repair and restore everything from floors to walls
- The power of your breath & calm is your toolset
- Adjust settings & difficulty to suit your needs
- Once the repairs are done, relax to summon the rain
- After filling the pool, a glorious starry night appears
- Restore Villa Serena, restore your peace of mind

# Mindfulness Meditation

Practice Awareness of the Now



Experience profound transformation training your attention in Mindfulness, a practice embraced by schools, workplaces, and businesses across with the country.

Mindfulness decreases stress, cultivates inner calm, expands wisdom, and enhances creativity. Unique: Your lorn acts as "Mindfulness Meter", showing your progress.

- Instantly see your state of mindfulness
- Receive this feedback during the session
- Replay any part, at any time
- Watch as your score continues to improve



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# Mindfulness Bundle

Three brand new Iom-enabled programs: Mac & PC.

Soar free as a Golden Eagle on your breath with *Journey to Eagle Mountain: The Seeker*, master Mindfulness Meditation with psychologist Tara Brach, clear your mind with *Villa Serena*.



All three of these new software titles are meant to be played with any of the Wild Divine hardware Ioms. Use the Iom active feedback device for game control and added play.

No Iom? No Problem! Our special bundle includes one.

On a budget and don't own our hardware? You can still use and benefit from these mindfulness games, even if you don't have the hardware.



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[Find out more](#)