

WORLDZ COLLECTIVE

Hack Your Brain
& Find Peace In
The Hardest Moments



Jesse Israel
Founder



THE BIG QUIET

Jesse is a social entrepreneur, meditation leader and former record label executive known for founding the mass meditation movement **The Big Quiet**. Jesse has signed multi-platinum bands like MGMT, has led some of the largest meditations in the world, teaches meditation to next-generation leaders and speaks at Fortune 500s and colleges.

At the start of 2020, Jesse was invited to go on tour with Oprah Winfrey and WW to speak at and lead mass meditations at sold-out arenas throughout the US. Jesse's work has been featured in the *New York Times*, *Vice*, *Vogue*, *Fast Company*, *GQ* and *The Wall Street Journal*.

KEY LEARNINGS



TOP TAKEAWAYS

1. Establish a meditation habit.

Attach your meditation habit to something that occurs frequently and on a daily basis (ex. brushing your teeth, a morning stretch, etc.).

2. Be easy on yourself.

Wandering thoughts don't necessarily equate to bad meditation. Although meditation may not be immediately gratifying, successful sessions take practice and repetition.

3. Make space.

Regulate stress response by intentionally minimizing stimuli and slowing down your pace of operation.

TIPS & HACKS

- Remove your cellular device from your daily routine, 30 minutes after waking up and 30 minutes before sleeping.
- 555 breath (inhale for 5 seconds, hold for 5 seconds, exhale for 5 seconds --- repeat for a total of 5 times).
- Strive daily to cultivate connection with another human being.

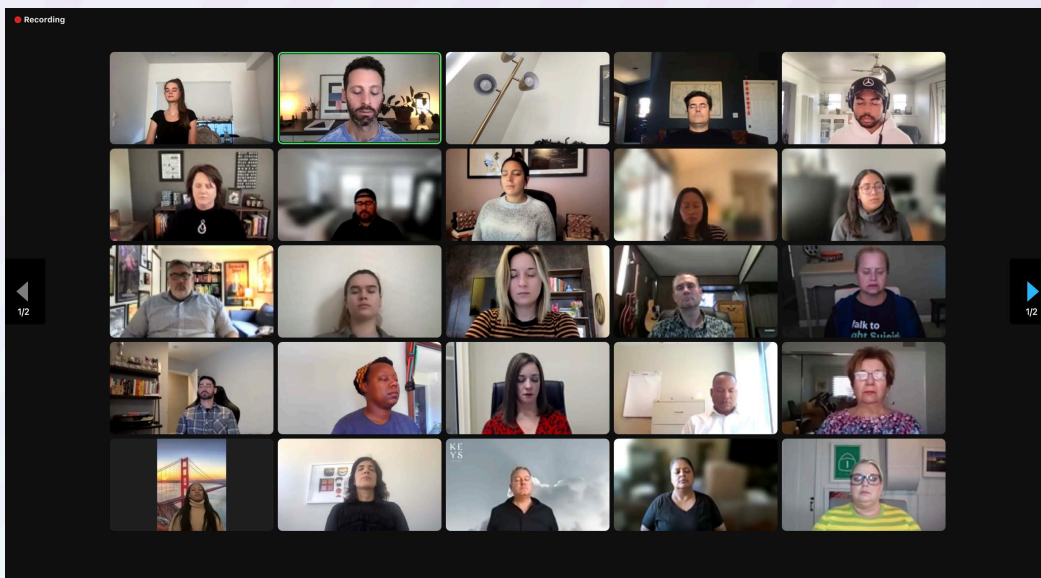
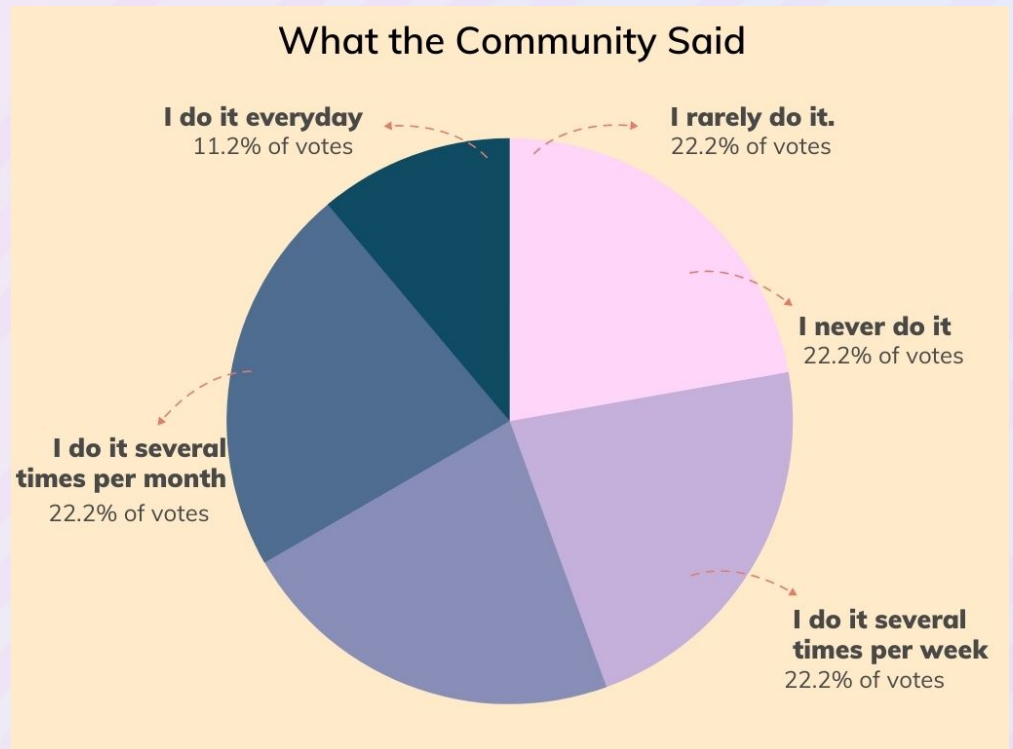
HELPFUL MATERIALS

1. "The Power of Habit" by Charles Duhigg
2. "The Big Quiet X Audible Sleep Meditation" by Jesse Israel
3. "The Big Quiet 101 Learn Meditation Virtual Course" taught by Jesse Israel
4. "Why Leaders Need Meditation Now More Than Ever" by Matthias Birk

RECAP

Session Poll

Q: What is your relationship to mediation?



Want to dive back in?
Be sure to [CLICK HERE](#)
to access the session
recording.