



Theron Moore

AGE: 50 **STATUS:** Married

GENDER: Male **LOCATION:** Fullerton, CA

OCCUPATION: Professor, Graphic Design

STRESSFULNESS

① ② ③ ④ ⑤

COMPRESSIVE CAPACITY

① ② ③ ④ ⑤

KNOWLEDGE OF MEDITATION

① ② ③ ④ ⑤

KNOWLEDGE OF OTHERS: SPORTS

① ② ③ ④ ⑤

EFFECTIVENESS

① ② ③ ④ ⑤

PRACTICE MEDITATION Yes No

PROBLEM / REASON

- Work stressed out
- When feel tired and exhausted

SOLUTION / METHODOLOGY

- Sit on a cushion and watch the river of thoughts that go by.
- Wake up at 5:00 AM, go to gesture room and sit for a while.
- Following your mind, and following your breath. Returning to the center and concentrate.
- Learning to be in the moment, and live in the present.

BENEFIT / EXPECTATION

- Gain clarity and better work
- Effective dealing with anxiety, and abandon all the worries.