



Theron Moore

AGE: 50

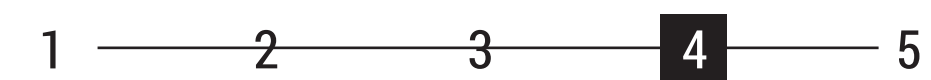
GENDER: Male

STATUS: Married

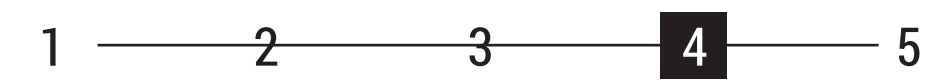
LOCATION: Fullerton, CA

OCCUPATION: Professor, Graphic Design

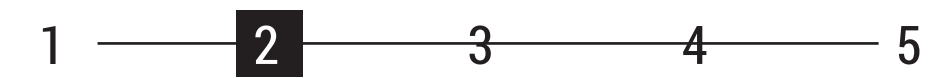
AVERAGE OF STRESSFULNESS



COMPRESSIVE CAPACITY (BARING STRESS)



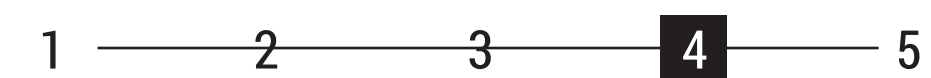
KNOWLEDGE OF MEDITATION



HOW OFTEN PRACTICE MEDITATION



EFFECTIVENESS OF MEDITATION



LOCATION

- Grown up in **Boulder, Colorado**
- First grade through High school in **Boulder, Colorado**
- Summer visit his Dad in Ithaca, New York
- Move to Fullerton, California

POPULATION

107,125 (In 2017) Boulder, Colorado

People diversity: Boulder, Colorado < Los Angeles, California

88.0% White
0.9% Black or African American
0.4% Native American

4.7% Asian
0.1% Pacific Islander
3.2% some other race

WEATHER

Sunny Dry Weather: 22°F to 87°F over the year

FAMILY

- Parents come from **Ohio**
- Parents move to Colorado pursuing **Trunepa**
 - Teacher of Tibetan Buddhism
 - Went to university in England
 - Group of following people — 1960s-70s: Group of Spiritual Seeker
- Parents believe in **Tibetan Buddhism**
- Grandparents were **non-believers** — Went to Church on Christmas Day (Default Christian)

SPORTS

- Playing Soccer — In the soccer team in high school
- Ski
- Hiking
- Run — Doing once a week or once a month
- Climbing — Go for a run rather than doing Meditation

EDUCATION

- Good Standing
- Finish homework on time
- Like Art, English, Literature, and Writing
- Dislike Math, Physics, and Chemistry
- Climbing

PERSONALITY & THOUGHT

- Social Anxiety
- Not being around with people
- Fun day is not in Disneyland
- Wish to move to middle of nowhere
- The guy with noise cancel headphone in the gym

STRESS

- Pressure from Study
- Pressure from Parents
- Money and financial issues (Biggest)
- Time

SOLUTION

- Meditation
 - 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.
- Sports
- Live in present
- Breath

BENEFIT

- Gain clarity and better work
- Effective dealing with anxiety, and abandon all the worries
- Help people calm down
- Less aggressive, less speedy