

FARAH LIZ PALLARO

A present for you

Meditation Practices for Creative Thinkers Workbook



*Hello my friend,
welcome to the Workbook:
“Meditation Practices
for Creative Thinkers”*

My dear friends,

This Mini-workbooks are gifts for you with useful tips and spiritual/well-being methodology to apply in a very simple, quick yet powerful way in your every day so to support you in achieving life-work balance because as often I say, there is NO WORK BALANCE IF THERE IS NO LIFE BALANCE, first.

We have created these workbooks with love and I am sure they will become useful resources for you my fashion light worker!

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In this workbook, we will be showing you 3 different ways to meditate. Meditation=reconnection, and its daily practice is so powerful to help you become the best version of yourself.

It doesn't have to be difficult, in fact, these 3 types of meditation are simple to follow and still will give you quick beneficial results.

My advice is that you try ALL of them and then decide which one fits better for you.

Start practice on a daily basis with 5 minutes, then move to 10, 15 until 20. I meditate 2 times per day, 20 minutes each time, but I've been doing it since years, so I am used to it, and it helps me clear all the "mental fog" of the daily life.

As creative person, I've experienced that the 3 types of meditation you will find in this workbook works miracles! And so I will explain to you how to use: Visual Meditation, Still meditation and Mantra meditation.

All this forms of meditation come from ancient ways of meditating, this 3 are just a few of a more simplify version of ancient techniques that I find useful to use in our chaotic contemporary life, as we do not live in the Himalayas and have all the time of the day to just meditate, maybe someday!

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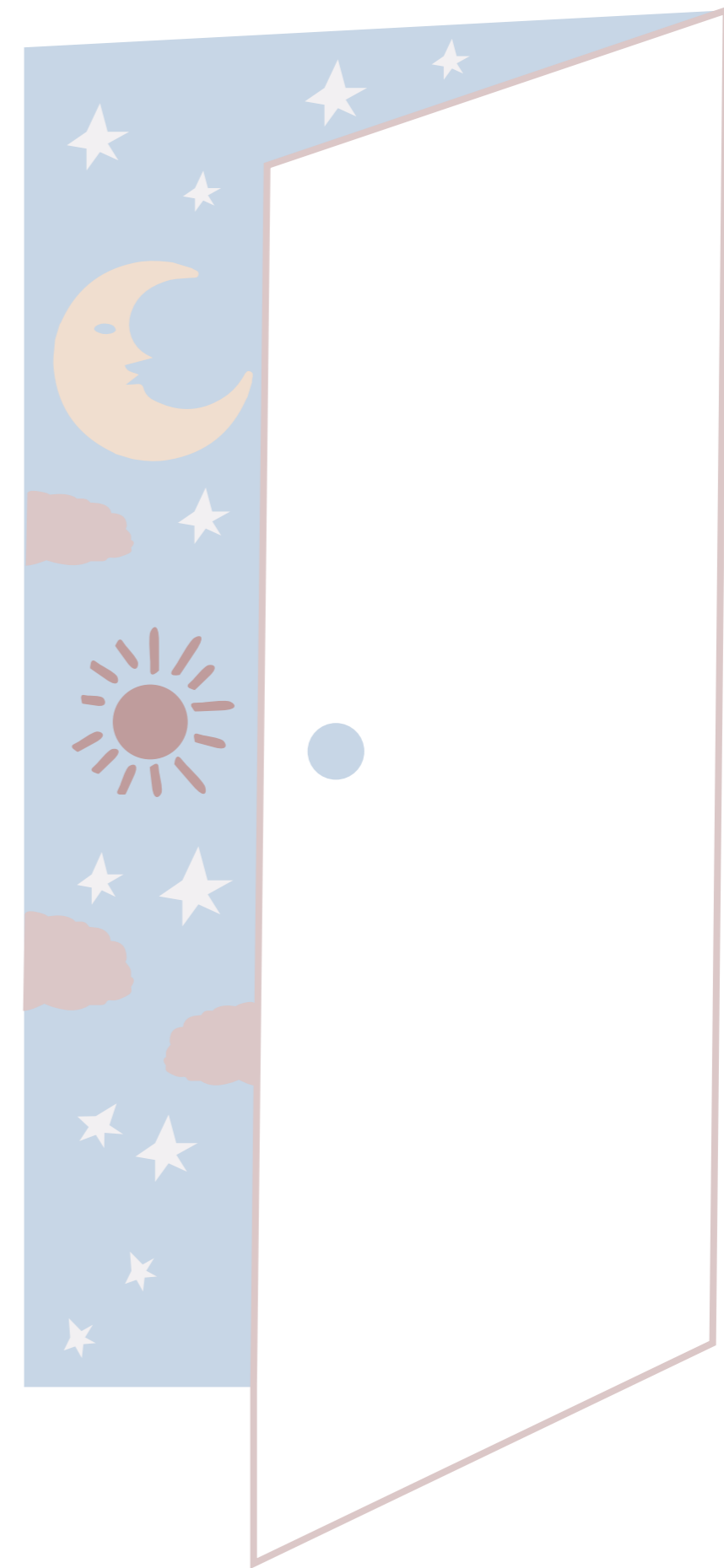
Visual Meditation

Practice

This one is my favorite one, and if you are a creative professional will work wonders for you!

Is the one I personally use every day and works like this:

- Find a comfortable place where to sit, and make sure your back is sustained either by the chair or the wall. Legs, arms, and hands should be relaxed but placed as you wish and makes you feel comfortable.
- Start with taking 3 long and profound breaths and then start breathing normally but profound, avoid breathing in apnea.
- Put some calm music, I use the calm.com app with my headphones and put the sound of nature.
- Put the timer on your phone or watch and set the time you wish to meditate.
- Then comes the fun part: visualize a place that you will love to be in, it could be a landscape, a room, a home, a city, a pink cloud! Anything that makes you feel happy and protected. This place that you will create in your mind will become your "safe place" and every time you will meditate you will see yourself going there, and just sitting or reacting to that imaginary, harmonious, magical and safe place that is only yours and nothing and no-one can touch you or harm you there. Mine is a beautiful island, full of nature and magical animals, so now it's your turn my friend, have fun and create yours! Imagine it and visualize it!



Just to be Still Meditation

Practice

This one is perfect for people that are good at observing and being calm, and works like this:

- Find a comfortable place where to sit, and make sure your back is sustained either by the chair or the wall. Legs, arms, and hands should be relaxed but placed as you wish and makes you feel comfortable.
- Start with taking 3 long and profound breaths and then start breathing normally but profound, avoid breathing in apnea.
- Put some calm music, I use the calm.com app with my headphones and put the sound of nature.
- Put the timer on your phone or watch and set the time you wish to meditate.
- Pick a word you would like to use as a mantra, it intends to be short, simple and a positive word.
When I do this meditation practice I use LOVE as a word, as for me, love is one of the higher vibration words we have. You start the practice repeating the word and stop at one pint when you feel relaxed and that can be still.If a thought comes to distract you, you start with the mantra again and focusing on the breath, and you will go back to the meditation state.
Enjoy the practice, my friend!



Mantra Meditation

Practice

This one is perfect for people that are good at observing and being calm, and works as this:

- Find a comfortable place where to sit, and make sure your back is sustained either by the chair or the wall. Legs, arms, and hands should be relaxed but placed as you wish and makes you feel comfortable.
- Start with taking 3 long and profound breaths and then start breathing normally but profound, avoid breathing in apnea.
- Put some calm music, I use the calm.com app with my headphones and put the sound of nature.
- Put the timer on your phone or watch and set the time you wish to meditate.
- All you have to do is to focus on your breath and be still. You will see that thoughts come and go and that the mind will play tricks on you and try to create chaos You don't have to do anything, all you have to do is to focus on your breath and to observeDo not judge your thoughts, just observe them come and go. You will be amazed that at some point wisdom thought will manifest and it will give you the answer to questions you have been searching for a long time.



Thank you always,

Farah

