

INSPIRATION MEDITATION for Creative Entrepreneurs

A Meditation Practice to Center Distracted Minds and Tap Creative Flow

Eyes closed, look left. See the word "know" in your mind's eye and sound the sound of the word in your mind.

Eyes center.
Come into the space between the words.
Breathe into the space.

Eyes right to see the word "truth".
Sound its sound in your mind.

DON'T THINK

JUST BREATHE



Creative Out Breath:
Breathe out through your mouth. Lengthen your out-breath. When you reach the end, squeeze out more air.

Posture: Stand, sit or lie down but keep your spine straight and close your eyes. Let your muscles relax.

Creative In Breath:
Breathe in through your nose. Observe lungs and belly filling back up with air without effort.



All you need is 15 mins every day

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