

# 5 STEPS

## TO CALM YOUR MIND AND INCREASE CREATIVITY



### 1. Do it early in the morning.



It is easiest to stay calm when your brain isn't completely awake and the sensory distraction of the day has not yet begun. Unless you're a meditation expert, trying to still your mind in the middle of the day can be very challenging.

### 2. Create a solitary, comfortable setting that's inviting.



Calming your brain requires you to be alone so that you can invite individual inspiration. Choose a space carefully, preferably one that's away from distracting noises or sights. Put a soft chair in a corner with a warm blanket to keep you cozy while you sit and focus on calming your brain.

### 3. Cleanse your energy.

Rub your hands together vigorously until you feel heat, then place them on your temples and drag your palms down your cheeks. Shake your hands as if air-drying them, and repeat this two more times. Do the same for your forehead three times, and **then** cross your arms and brush your hands over the opposite shoulders and upper arms three times.



### 4. Relax, breathe, and sigh.



Always sit upright to prevent falling asleep. With your feet on the floor, breathe deeply and exhale with an audible sigh, visualizing the breath filling your body. Repeat until your entire body feels deeply relaxed.

### 5. Distract your left (logical) brain to maintain a blank slate.

Follow the path of your breathing for 10-15 minutes, while pushing unrelated thoughts out of your mind. This is tough to do, but keep practicing. The purpose is to still the part of the brain that inhibits creativity and spontaneity.



*"Once we stop distracting the brain with mental everyday worries and tasks, we release it to work at its maximum speed long enough for the brilliant ideas that are constantly fired at us to come into our awareness."*