



CULTIVATING THE CREATIVE

guided meditations for inspiration, performance and balance





**Life is creative naturally and so are we. We are all creative.
Although not everyone identifies themselves as an artist, we are creating constantly.
When we sleep, we create dreams. When we awake and rise we create our life.
What we think, we become. Positive creativity must be encouraged.**

We need to connect with ourselves and things around us. There is a need to meditate.

Meditation helps to reduce stress, and develops a sense of inner peace, joy, and strength. Scientific tests have shown that meditation can lower your blood pressure, improve your memory and creativity, and strengthen your immune system.

Meditation is bringing your attention inward. It is the practice of allowing your mind to settle into stillness. A “practice” -- because it improves with practice. The more you practice, the better it gets.

With our ‘modern’ way of living, we only use about one tenth of our total lung capacity. This is sufficient to survive, but not sufficient for a high vitality level, long life and high resistance to disease.

Breathing is one of the most basic facts of life. You can go without food for weeks. You can go without water for a few days. But a few minutes without a breath and your dead. It is fundamental, it seems so natural and effortless, we usually take it for granted. We shouldn't. Your breath is your link to the next moment in your life.



It's very important to know where the breath goes ... because where the breath goes, the mind follows. The rate and rhythm of the breath are intimately connected to our mental and emotional states. By combining pranayam (*breathing exercises*) and meditation, we consciously begin to oppose and release the habitual patterns of emotion and attention that we have created for ourselves. We calm the mind and cool down our emotional energies.

We limit ourselves as to what we can accomplish. We have this inner conflict. Our intuition begins to tell us something and then rather quickly we label the thought as crazy, and put it out of our grasp. It happens all the time. We consciously set limits on ourselves. When in reality we are limitless. We aren't going to run out of luck, energy or creative ideas. We have all the answers and ideas we need. We have enough. We are enough. We just need to take the time to remember all of that.

Stress breaks down the systems of the body leaving it vulnerable to all forms of disease and discomfort. The average person is bombarded by information ... smartphones, tv, internet, the radio, advertising, the human psyche is flooded with information at a non stop rate. Without a buffer zone for the mind, this information overload acts as blanket of emotional manipulation creating tension, stress and illness.

You need to make time for yourself to breath and meditate.





Week One: Everything Starts with the Breath ~ the Mind Body Connection

Week Two: Create Space Inside of Yourself. Meditation is for Everyone

Week Three: Mastering the Mind. The Positive, Negative & Neutral Mind

Week Four: How Our Habits Lead the Way. Change Your Habits. Change Your Destiny

A typical class will run about 30 minutes. It will begin with a pranayam (*breath exercises*) and move into a guided meditation. Class sizes can vary according to space and time.

Please note Custom Goal Specific Classes and/or Sessions can be arranged.

Please call 617.207.1113 or email jason@wrenchwear.com to schedule a class today.

JASON OSBURN, graduated from the University of Arizona with a BFA in Printmaking & Graphic Design. After almost two decades in the advertising industry he has turned his focus and energies to his 'real' life; his family and his art. Jason has been practicing yoga for over 10 years. Kundalini Yoga has been a huge part of this change of focus and he hopes to help others discover their own true potential.

He currently teaches Kundalini Yoga classes
Tuesday mornings @ Oceanside Pilates & Yoga Studio in Winthrop
& Wednesday mornings @ the Boston Harbor Shipyard & Marina

