

# CALM:

## Printable Meditation Cards

### Visualisation



1. Find a quiet place to sit and close your eyes.
2. Close your eyes slowly. Breathe in.
3. Visualise a place you love that is peaceful and relaxing.
4. Breathe in the peace, calm, and love of that place.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Flying high



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Imagine yourself flying high above the ground.
4. Feel the wind on your face and the sun on your back.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### My aura



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Imagine a colorful ball of light surrounding your body.
4. Feel the light filling you with peace and love.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Mindful perception



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the objects in your room.
4. Notice the colors, shapes, and textures of the objects.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Higher self



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the light in your room.
4. Notice the colors, shapes, and textures of the light.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Mantra

I AM CALM

1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Repeat the mantra "I AM CALM" out loud or in your mind.
4. Stay in this place for as long as you like.
5. Open your eyes and take a deep breath.

### Muscle relaxation



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the muscles in your body.
4. Notice the tension and relaxation of the muscles.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Self-compassion



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the heart in your chest.
4. Notice the love and compassion of the heart.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Floating



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the water in your room.
4. Notice the colors, shapes, and textures of the water.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Box breathing



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the box in your mind.
4. Notice the colors, shapes, and textures of the box.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Show some love



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the heart in your chest.
4. Notice the love and compassion of the heart.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Warm drink



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the cup in your hand.
4. Notice the warmth and comfort of the cup.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Gratitude



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the gratitude in your heart.
4. Notice the love and compassion of the heart.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Like a mountain



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the mountain in your mind.
4. Notice the colors, shapes, and textures of the mountain.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

### Follow the breath



1. Find a quiet place to sit and close your eyes.
2. Take long, deep breaths and let your arms and legs go.
3. Focus on the breath in your chest.
4. Notice the love and compassion of the breath.
5. Stay in this place for as long as you like.
6. Open your eyes and take a deep breath.

# Meditation Cards

**Mishelle Knuteson**



## **Meditation Cards:**

*Look Up, Look In* Mari Andrew, 2021-12-07 52 thoughtful whimsically illustrated meditation cards to help you find a moment of rest in the midst of your day from the author and artist behind the New York Times bestseller *Am I There Yet* Pick a card each morning each night or whenever you need to practice mindfulness With meditations influenced by themes and lessons from the natural world from the romantic wonder of a full moon to the opportunity to rebuild after a devastating storm *Look Up Look In* 52 Meditations on Nature offers a reason to slow down and consider what nature has to offer Each meditation card approximately 4 x 6 inches is accompanied by a piece of watercolor art which can be displayed on your desktop stuck to a fridge or even sent to a friend as a reminder to slow down and check in with yourself and the world around you [Meditation Cards](#), 2021 Sixty meditative prompts from seven schools Buddhism Hinduism Kundalini Tai Chi Qi Gong Sufism contemporary

*Sacred Space Meditation Cards* Elinor Von Linden, 2011 The God within connects with the Universal God We are all of the same vibration ever expanding always creating and the energy of the Universe flows through everyone *Sacred Space Meditation Cards* with 56 beautiful images from the Hubble Space Telescope help draw on revered energy so that the force and potential of inner peace tranquility and abundance can be felt With firm meditation affirmations the inner self is encouraged to sit quietly and listen to go beyond the everyday traps the mind sets for us and to reach for the inner calm from which a state of happiness and serenity flows Spirit can be found in the smallest atom within to the universe and beyond There is nothing you cannot be All space is sacred Be there in each moment and experience the potential and power of Sacred Space *Imagine Meditation Cards for Kids* Meirav Tamir, 2019-11 A set of guided imagery meditation cards for kids including scripts and illustrations a breathing exercise and 2 DIY cards for kids to create their own guided meditations [Mindfulness Cards](#) Rohan Gunatillake, 2018 [Chants for Change](#) Mishelle Knuteson, 2017-11-02

*Mindfulness on the Go Cards* Jan Chozen Bays, 2017-07-20 A card set of 52 mindfulness practices that don't involve silent sitting simple techniques anyone can do based on the best selling book *Mindfulness on the Go* Mindfulness is a simple practice with seemingly limitless benefits And contrary to popular belief learning it does not require sitting motionless for hours in the lotus position You can in fact access it right now and this little deck of cards is a convenient way to get started Each of the 52 cards presents one of the exercises Zen teacher Jan Chozen Bays has developed for fostering mindful awareness among her students It's as easy as Observing the sensations of eating checking in while driving your car taking three breaths whenever a phone rings aiming to be on time to everything for a week conscious smiling relaxing your hands several times a day resolving to pay a compliment daily listening like a sponge and so forth Pick a card a week and try it Before long these small moments of awareness will accumulate to infuse your days with the wisdom and kindness that are the natural result of mindful living **Loving What Is** Byron Katie, 2004-01-01 This is a deck of 52 cards **Unfolding**

**Wholeness (tm) with Yoga**, **Sacraments and Prayer Catechist's Guide** Patricia Clement, 2009-02 This faith

formation program introduces young Catholic adolescents to Jesus Christ in a new way and inspires them to follow him

Fostering the faith of young adolescents involves helping them to make connections between the Catholic faith and everyday life

*The Yoga Deck (Updated Edition)* Olivia H. Miller, 2026-03-03 Explore the benefits of yoga with the 25th anniversary edition of the classic bestselling Yoga Deck perfect for beginners and seasoned yogis alike This 50 card deck includes some of the most traditional and beneficial poses considered integral to a hatha yoga practice including 6 breathing exercises pranayama 6 warm up stretches 32 postures asanas 6 meditations dhyana Fully refreshed with a new design and updated with 17 all new cards and revised content throughout this handy deck helps you create a yoga practice that suits your specific needs anytime anywhere The 16 page companion booklet details the benefits of yoga and provides an overview of the cards in the deck as well as recommended sequences for strength flexibility and relaxation Packaged in a compact portable box with a hinged lid this full color deck is an empowering tool and a thoughtful self care gift for yourself or the yoga enthusiast in your life Includes 50 cards and a 16 page guidebook

**THE BENEFITS OF YOGA** Improve and maintain your flexibility strength and balance and counteract the stresses and challenges of modern life With cards dedicated to breath warm ups yoga postures and meditations this deck will help you focus de stress and practice intentional nourishing movement Intended for all levels these cards offer practical guidance on the journey to a healthier life

**FOR ALL AGES FITNESS LEVELS** Many postures offer modifications for more or less of a challenge ensuring that people of different ages and physical abilities can safely use the deck The cards include the names of the poses in English and in Sanskrit when applicable and can be used as flashcards or for teacher training too

**EASY TO USE** Each breath posture and meditation card includes an illustration easy to follow step by step instructions a list of benefits and an affirmation Create a yoga practice that focuses on your specific needs time and energy You may opt for a complete yoga session building your own sequence or following one from the booklet or you can select just a few poses for a shorter session You can work on specific areas e g neck and shoulders hips or lower back or pick at random for a more serendipitous practice

**KNOWLEDGEABLE AUTHOR** Olivia H Miller has authored several wellness and exercise card decks as well as a hatha yoga reference book She is a registered yoga instructor and leads workshops and classes about energy balancing and wellness techniques Perfect for Yoga enthusiasts of all levels beginners to advanced Anyone interested in breathwork meditation and mindful movement Mind body spirit enthusiasts People interested in self care and holistic healing Desk workers who need breaks to stretch and calm their minds Gift or self purchase as a transformative tool for a happier and healthier life Fans of the original Yoga Deck

*The Stretch and Breathe Deck and Yoga Dice*

*Planting Seeds* Thich Nhat Hanh, 2007-05-09 Planting Seeds Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community s collective practice with children Based on Thich Nhat Hanh s thirty years of teaching mindfulness and compassion to parents teachers and children the book and enclosed CD cover a wide range of contemplative and fun activities parents and educators can do

with their children or students The activities are designed to help relieve stress increase concentration nourish gratitude and confidence deal with difficult emotions touch our interconnection with nature and improve communication Planting Seeds offers insight concrete activities and curricula that parents and educators can apply in school settings in their local communities or at home in a way that is meaningful and inviting to children The key practices presented include mindful breathing and walking inviting the bell pebble meditation the Two Promises or ethical guidelines for children children s versions of Touching the Earth and Deep Relaxation eating meditation and dealing with conflict and strong emotions Also included are the lyrics to the songs on the enclosed CD that summarize and highlight the key teachings as well as a chapter on dealing effectively with conflict in the classroom or difficult group dynamics based on a conference with Thich Nhat Hanh teachers and students The accompanying CD has inspiring recordings of all the songs in the book as well as a guided pebble meditation total relaxation and children s touching the earth Beautiful color illustrations by Wietske Vriezen Illustrator of Mindful Movements ISBN 13 978 1 888375 79 4 accompany the various practices Any adult wishing to plant seeds of peace relaxation and awareness in children will find this book and CD helpful It is full of wisdom on how to simply be with children and nourish their compassion for themselves and others Illustrated by Wietske Vriezen Illustrator of Mindful Movements Mindful Movements Ten Exercise for Well Being ISBN 13 978 1 888375 79 4 Includes 1 audio CD **Meditation Book**

Charla Devereux, Fran Stockel, 2013-10-21 Learn to meditate for total relaxation Based on the best selling Book in a Box kits the Meditation Book will help you to enter a tranquil state and feel completely calm and composed It tells you all you need to know to make meditation a part of your daily life **MEDITATION CARDS FOR SELF-LOVE** ROCKRIDGE PRESS., 2022

Meditation Cards Añjaneë Mata, 1975 **The Tibetan Buddhist Meditation Deck** Gill Farrer-Halls, 2011-09 Tibetan Buddhism is a harmonious blend of the rational and the mystical incorporating a belief in natural forces as divine powers into the Buddhist emphasis on compassion This beautifully designed deck of 52 meditation cards offers practical wisdom and inspiring guidance Attractively illustrated with evocative Tibetan art the cards are divided into four suits Ritual Meditation Tantra and Compassionate Wisdom and feature visualizations exercises and inspiring quotations on one side and on the other magnificent images of Tibetan Buddhist deities The box of the deck itself forms a folding easel enabling you to focus fully on each one as you meditate *The Strengths Within You* Poor Me Tea, 2019-03-22 Daily Meditations for Healing and Happiness Mary NurrieStearns, 2016-04-15 Transform your life with meditations for healing and happiness This unique card deck gives you 52 simple meditations to connect you to the present moment cultivate happiness take loving care of your emotions enhance your wellbeing and develop gratitude Select a card each day for a relaxing and renewing meditation

*Reclaiming the Sealskin* , Reclaiming the Sealskin is a book of meditations inspired by the Celtic legend of the selkie a mythical seal like creature who could also live on land in human form but sometimes became trapped because a human stole its sealskin The book consists of 70 contemplations on the natural world and on some human made objects **Tranquility**

**Cards: Garden Bliss** Aimee Chase, 2022-09-06 Beautiful daily affirmation cards for a dose of self care and inspiration Add a little sunshine to your day with Tranquility Cards Garden Bliss Choose from 48 plant and flower themed affirmations for a soothing moment of calm and clarity With beautiful imagery and empowering messages each card is a soothing escape from your busy routine Toss one in your bag tape another to your mirror and offer a third to a friend Treat yourself to the relaxing meditative break each card offers anytime anywhere Enjoy 48 blooming cards that bring a garden's healing vibes to you Use as a daily reminder to slow down savor the moment and take a restorative break Nurture your spirit root yourself in the present moment and grow your positivity with Tranquility Cards Garden Bliss

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