



# *Meditation for Calm*

# *Meditation for Calm*



Lie down in a relaxed, comfortable position.

Close your eyes and feel the floor or bed beneath you.

Bring your attention to your breath.

Notice it rhythmically going in and out.

Feel your body begin to relax.

Your muscles release the tension they're holding.

Immerse yourself in the present moment.

Now picture a lake.

Maybe it's one you go to frequently.

Maybe it's from a photograph.

Or maybe it's from your imagination.

Bring the image of the lake into focus in your mind.

Notice how the light dances on the surface of the lake.

The sunlight strikes the water and reflects like  
glittering jewels.

# *Meditation for Calm*



Sometimes the lake is calm and glassy.  
Perfectly reflecting everything that passes over it.  
Birds, clouds, sun, moon, stars.

Other times, the surface is choppy.  
As the wind blows, waves move across the surface.

During the winter, the surface of the lake might be  
frozen over.

Our minds are often like the surface of the lake.  
During difficult times, they become choppy and upset.  
But under the surface, calm is always available.

In your mind, hear the gentle sound of the water  
lapping against the shore.  
Again, and again, the water comes forward and then  
retreats.

# *Meditation for Calm*



Forward.

Back.

Forward.

Back.

No hurry. No rush.

As you listen to the sound of the water, feel the sense of calm in your body and mind.

You are at peace.

You're not hurried or rushed.

Listen as the birds in the trees softly chirp.

Feel the breeze brush lightly against your skin.

Look at the light dancing on the surface of the lake

# *Meditation for Calm*



Continue viewing the lake for a few minutes more.

Let the peace and calm envelop you.

Notice how it fills your soul.

Now bring your attention back to your breath.

Slowly breathe in and hold the breath for a few seconds.

Slowly exhale, feeling any leftover tension melt away from you.

Open your eyes.

You are calm and at rest.



## Power of Meditation

Meditation brings rest and peace into your life - no special skills needed! Your performance grows stronger with each mindful pause.

Take quick meditation breaks throughout your day! Watch your productivity soar and enjoyment multiply .

Start your meditation practice today



# Learn the Secrets to Working Less, Earning More, and Enjoying Life!

You're invited to join our **FREE** Masterclass **"The Art of Working Less"**  
*How to Achieve More Freedom Without Compromising Your Income.*

**In this FREE masterclass, here's what you'll learn:**

- **The 4-Block Framework for achieving work-life harmony.** *Take control of your calendar and take back your time.*
- **How to spot and cut out distractions.** *Stop the energy-drain.*
- **The strategies that amplify your efficiency and output.** *Get more done.*
- **How to easily take days off.** *Relax and recharge without the stress of playing catch-up.*
- **The key to increasing sales and revenue in less time.**

Yes, Save My Seat



# Meet Ann Rusnak



From childhood dreams of entrepreneurship through lemonade stands to a thriving home-based design business, my path seemed set.

But success's shadow loomed large—I was winning in business but losing in life, with health and family time paying the price.

A wake-up call in an ambulance taught me hard lessons about balance. I reinvented my approach, creating a system that turned minutes into profits without sacrificing my well-being.

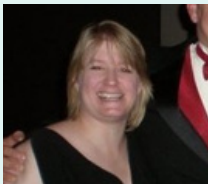
Now, I share this magic through the Harmonious Productivity Method™, showing entrepreneurs how to achieve the same: more income without the burnout, and a life enjoyed to the fullest.

## RAVES



"Ann This System is Unbelievable... I had my best month back in February. I topped that in May by passing last years income. It's been a breakthrough year. By the end of July or middle of August I should hit the leaders criteria for my company which I've only made once in the last four years... So it's very exciting."

~~~Joe Redmond III



I knew I was putting things off that needed to be done now. Today I'm making my schedule and have attained goals, not only in my business but in my personal life too.

~Amy Smoyer



"You have helped and my team focus on what is important to business profitability, so we stayed focused to complete projects on time. The ROI far exceeds the cost of the program!"

~Tracy L. Jones



"This week had been a game changer. Thanks to Monday's training, I told myself daily I ROCK! and intentionally carved out time for my business and stuck to it. I closed my office door and got busy. That yeilding in 4 new one to one appointments on my calendar. Yeah Me!

~Laura Moore McNeely

