



CREACALM

CONNECTING CALM WITH CREATIVITY



SHARIF LAIBE



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Otra más de Origo Lab!



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INTRODUCTION

This document presents the CreaCalm methodology which activates creativity by obtaining calm, combining these two criteria so that you can execute your personal and work projects more effectively than ever before.

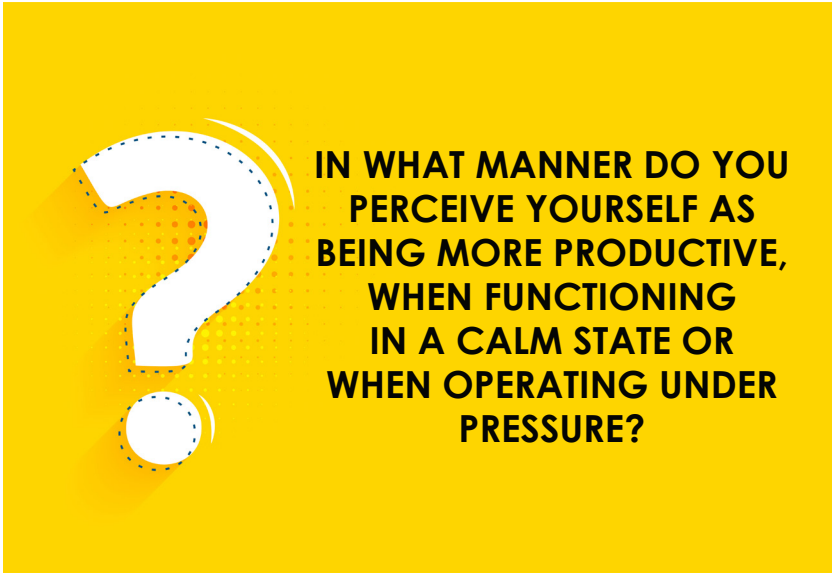
You will be able to align your challenges with your well-being with CreaCalm, considering self-knowledge as a crucial element when designing all types of ideas, regardless of the context in which they occur. As a tool, CreaCalm allows you to prepare for other processes like designing a product or service, writing a book, putting together a life plan, or working on a collaborative project. CreaCalm is about you and your inner world rather than interacting with the outside. If you apply this methodology, everything you face will be much more welcoming.

During the execution of this methodology, you must commit to each step and be aware that it is a tool for life, for you and the path you choose to be happy, so you must open your heart and mind at each step. Its use and application will produce a more favorable scenario for everything you create.

As part of CreaCalm, I integrated the organizational aspect of innovation methodologies (not research methodology) with aspects of personal planning and self-knowledge, which I intertwined with contemplative practices that would help you

achieve calm. The calm that we think we have, but does not manifest in our daily lives.

To start, I pose the following question for your consideration:



PREPARING OURSELVES FOR THE CREATIVE PROCESS

I assume you have already processed the question previously posed before we begin. As you know, the answer is simple, logical and obvious: we create better when we are calm, when we connect with our "inner self", when we leave aside all kinds of distractions that interrupt this creative process, this moment that is only for you. That is why there are moments for friendships, for family, for your partner, or for your work. Other situations like these exist. Now, let's focus on enhancing your interactions with yourself, as this will ultimately lead to better connections with others.

As previously mentioned, I employed a term that may have been too broad and imprecise in the preceding paragraph: "inner self." To effectively employ this methodology in consciousness, it is crucial to define specific concepts and classifications to ensure clarity and prevent the introduction of subjective notions like the "inner self."

The world of self-knowledge has specialized terminology that, when analyzed by someone unaware of its context, can be mistaken for everyday words like "consciousness," which possesses various meanings. It is essential to emphasize that when I discuss self-knowledge, I am referring to the journey that we all embark on to attain happiness and fulfillment by pursuing our passions, exhaling serenity

and contentment, and transcending materialistic pursuits.

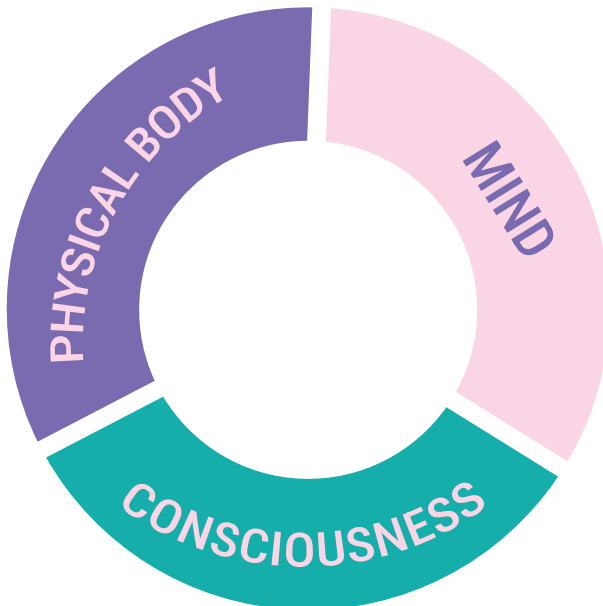
From this point onward, it is important to mention that I will not only explain the distinctions between concepts, but I will also incorporate psychospiritual (non-religious) ideas that will help you achieve your goals. It is crucial for me to be transparent and inform you that you can choose to bypass the introductory material and move directly to applying the methodology, which is completely valid. However, by doing so, you will miss out on a fantastic opportunity to acquire new knowledge that can enhance your overall well-being.

The following content is mainly explained in "The Tetraego Theory" (2023), a book that explores various classifications and approaches.

THE AXES OF LIFE

Regardless of whether you identify as religious, atheist, or spiritual, this content is abstract and applicable to all thought processes. Therefore, view it as a contribution towards your personal alignment, especially when considering the nature of human beings and the development of our abilities, emotions, and talents in the same context.

To put it more clearly, we are made up of three main parts: our physical body, our mind, and our consciousness. These three aspects come together to form a single entity.



As depicted in the image, the three axes of life include consciousness, mind and body. These components serve as the fundamental structure of

every human being and are detailed in the following manner:

- The mind is often considered to be the central cognitive and motor hub of a person's being, responsible for filtering and processing information and stimuli.
- The body can be viewed as a physical extension of the mind, encompassing all of its senses and representing the physical axis of the individual.
- Consciousness, or "sleeping axis", understood as the emotional and spiritual axis of the human being.

The literature on the mind-body connection is vast, encompassing topics such as healthy eating and psychology. I will concentrate on the axis of consciousness, which some doctrines view as the spirit or soul. From this approach, we see it as the spiritual axis that extends beyond our physical existence and cognitive mind, encompassing an energetic composition. This view is shared by Psychogeometry and various theories of the micro and macro cosmos that describe our existence as a chance to learn, be happy, and unconditionally love society, the environment, and non-human animals. Ultimately, we are all part of the same entity, one consciousness, and love.

When discussing consciousness, it's crucial to recognize that it has become dormant within us due to the various societal practices we have embraced. We can identify this by considering the culture of materialism and consumerism that has estranged us from discovering our true essence. This culture nourishes the ego and fosters unconscious patterns of behavior in our lives.

At this point, it's possible that someone might raise a valid question:

SO WHAT ARE THE CONSCIOUS WAYS TO LIVE?

Being conscious involves evaluating our actions and their consequences, without causing harm to ourselves or third parties, if such harm arises. It also entails demonstrating humility by acknowledging any mistakes, rectifying the harm caused, and learning from the experience to ensure that it does not recur.

This approach to life is characterized by self-knowledge, which allows you to understand your own limitations and those of others. By cultivating this consciousness, you can achieve a sense of balance that promotes qualities such as resilience, empathy, and compassion. Through this process, you will gain a deeper understanding of yourself and your place in the world.

When an individual engages in more conscious acts, the advantages they provide increase over time. Eating better and nourishing your mind are examples of actions that contribute to personal growth. Additionally, consciously choosing your actions can lead to positive results.

Since the three axes are interconnected, improving one of them leads to overall improvement in the individual. This is why promoting the health of these three axes can result in significant changes in the individual's habits and perspective.

Practicing conscious eating and engaging in physical activity can stimulate the body's axis. Similarly, continuous learning and studying can lead to increased wisdom and cognitive clarity along the axis of the mind.

So...

HOW DO I ACTIVATE MY AXIS OF CONSCIOUSNESS?

Calming down. And for that purpose we have meditation.



MEDITATION

To begin with, what exactly is meditation? Meditation involves engaging in contemplative and mindfulness practices, which promote a sense of calm, heightened attention, and cultivate compassion, ultimately leading to a fresh perspective. It is crucial to understand that a state of calmness is synonymous with a conscious state. Additionally, it is important to keep in mind that...

MEDITATING IS NOT SYNONYMOUS WITH THINKING

We can think of a multitude of things that can transport us beyond the present, carrying us to times that have not yet transpired, which is why excessive rumination is the antithesis of calm. The aim is to attain equanimity once more, rather than succumbing to anxiety.

We recommend incorporating 3 contemplative practices into our methodology, which are taught in our workshops alongside CreaCalm. For those who attend our workshops, we encourage you to come with an open mind and the willingness to meditate. Additionally, those who wish to apply the methodology in their homes or work can follow the instructions provided.

The initial step in meditation is to choose a location where you can ensure serenity and tranquility.

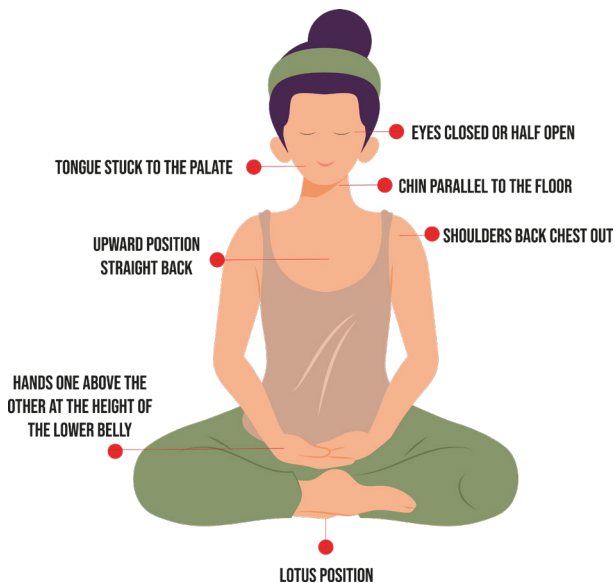
The second step is to recognize that this moment is entirely yours and devoted exclusively to your well-being. It should be treated as a sacred and precious time, during which you can cultivate self-love and spiritual harmony, ultimately leading to a greater sense of well-being and profound clarity. Remember to turn off or silence your cell phone.

After grasping the concept, the next step is to either assume the Lotus position, as depicted in the image, or to settle for a chair, and then proceed sequentially through the steps outlined in the exercise image.

The final point to keep in mind is that during meditation, distracting thoughts and concerns may arise. Practicing mindfulness involves dwelling in the present, so when these intrusive ideas come up, it is essential to refocus and return to the current moment by engaging in the following exercise:

Exercise: To exercise calm you will use a technique called Samatha. This meditation technique comes from ancient doctrines and seeks precisely to obtain calm. To execute this technique, try to be in a quiet place and follow the advice in the figure to achieve the position.

1. Apply Padmasana or lotus position, it is an asana or meditation posture sitting cross-legged, each foot located on top of the opposite thigh. If you cannot do it due to flexibility, you can start by simply crossing your legs.
2. Straight back and use the perineum as a base.
3. Keep your shoulders back and chest out.
4. Your chin should be parallel to the floor.
5. The eyes may be closed or half-open.
6. Tongue stuck to the roof of the mouth.
7. Hands on top of each other at the level of the lower abdomen.



For twenty minutes inhale and exhale through your nose, concentrating only on your breathing. If your mind wanders to other thoughts (rumination), you should force yourself to re-observe your breathing. If you want to make significant progress in this matter, meditate every day for 20 minutes.

As a suggestion to eliminate rumination, I recommend the following:

- If the source of your rumination is something that needs to be done, don't worry, everything can wait. Keep in mind that this moment is dedicated solely to you.
- If the source of the rumination stems from something that has yet to occur and lies ahead in the future, have no fear, as everything will prove to be okay. Keep in mind that this particular moment is solely reserved for you.
- If the nature of the rumination comes from something in the past, know that you are not your past. You are constantly changing.

There are 3 types of contemplative practices from this same position and breathing exercise, but with different approaches:

- **Samatha:** As seen in the exercise, this practice allows you to achieve calm.

- **Vipassana:** Practice that focuses on mindfulness.
- **Tonglen:** Practice to generate compassion and self-compassion.

By engaging in these three types of meditations, one can fully activate consciousness and bring out their best self, thereby laying the foundation for personal growth and transformation.

**The three practices will be explained later in the execution of the methodology.*

CREACALM GOAL

As we align our happiness with the balance of our three axes, well-being becomes more apparent. A crucial element for achieving this balance is to practice meditation, as we have previously discussed. This is the reason behind this methodology. Our goal with the Origo Lab team, when creating this methodology, is to give you the ability to discover your best self, and achieving inner peace will serve as the foundation for any creative endeavors you pursue, contributing to your overall well-being in all aspects.

Although the primary objective is personal development, it is not limited to individual growth. In fact, it also plays a crucial role in facilitating group interactions and collaborative efforts, such as brainstorming business ideas or creating music as a band. Therefore, incorporating CreaCalm into one's routine before other methodologies is highly recommended.

The Origo Lab team suggests applying CreaCalm on oneself and then following up with the Konkord methodology and its collaborative work panel when creating an innovative project. We have provided a QR code for your convenience.

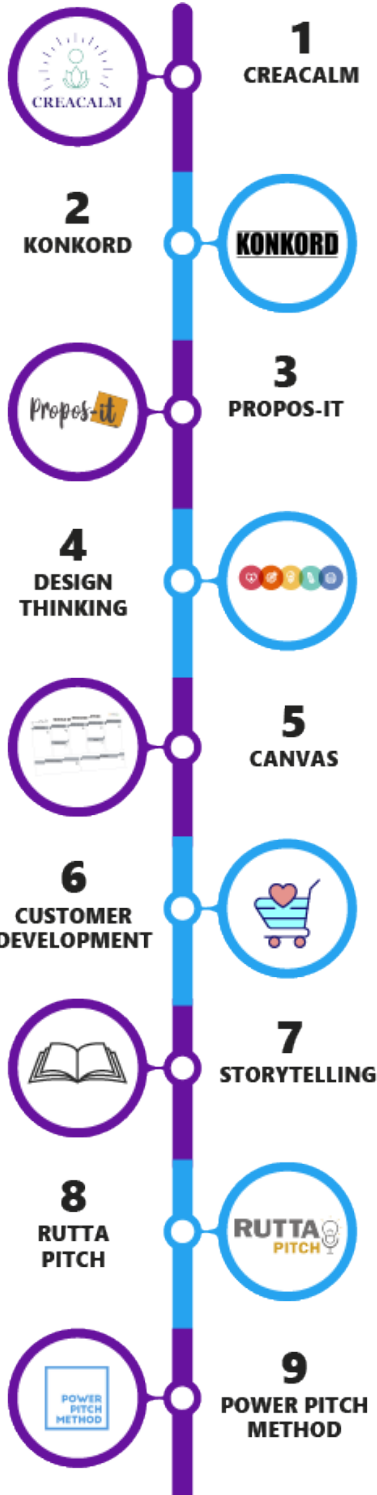


In closing this segment, don't neglect the fact that the most innovative concepts often emerge during moments of calm, which allows you to recognize and appreciate your inventive potential. By nurturing this talent, you can effectively apply it in any situation, as calm will always be a valuable asset.

METHODOLOGY

It is now appropriate to delve into the CreaCalm methodology, taking into consideration that its application is individualistic, as previously noted; however, this does not preclude its usefulness in group settings, where multiple individuals can employ it simultaneously. In this regard, CreaCalm can be employed by instructors for classroom activities, as well as by teams of collaborators tackling a shared challenge or entrepreneurs aiming to optimize their relationship-building and goal-setting processes.

The CreaCalm methodology can offer benefits to individuals in various ways, however, the primary focus of this document will be on the creative development that occurs during entrepreneurship processes. To achieve optimal results, I suggest reviewing the innovation methodologies map provided below.



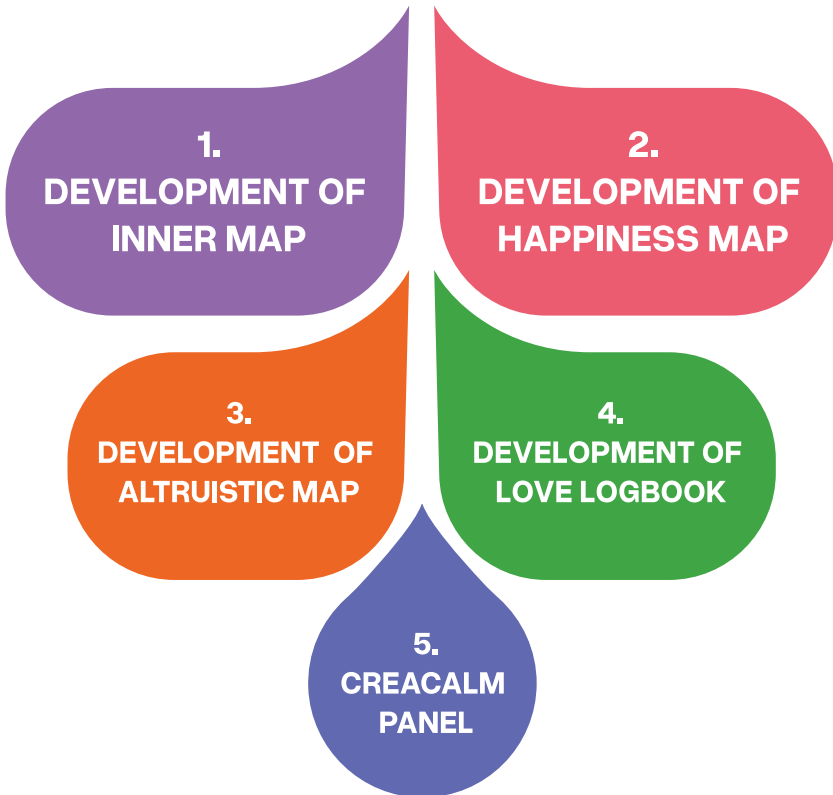
- **CreaCalm:** Methodology that promotes calm and creativity.
- **Konkord:** Collaborative work methodology.
- **Propos-It:** Methodology for the design of life and entrepreneurial purposes.
- **Design Thinking:** Methodology for the design of products and services.
- **Canvas:** Methodology for raising a value proposition.
- **Customer Development:** Methodology to commercially validate products and services.
- **Storytelling:** Methodology for creating playful stories with a focus on marketing.
- **RUTTA Pitch:** Methodology for creating a pitch when raising public/private capital.
- **Power Pitch Method:** Commercial storytelling methodology for “one-on-one” sales.

Using this methodological path you will be able to transform an idea into a product, a service or a social impact initiative, converging the technical, commercial and creative perspective at the same point.

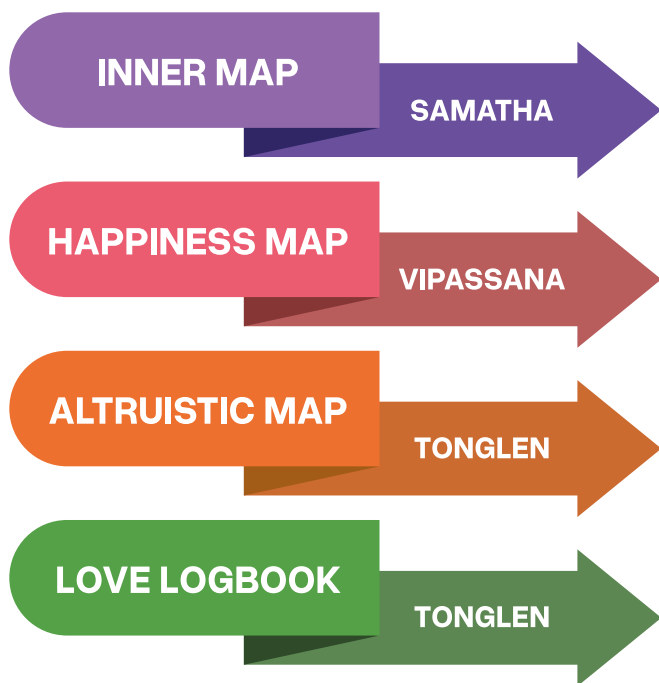
CREACALM SECTIONS

CreaCalm is a methodology that integrates creativity and calm for personal and professional growth by aligning individuals on their journey to turn ideas into reality. To achieve this, a clear and organized process is necessary to effectively tackle each challenge.

For this purpose, CreaCalm is divided into four large sections, and the methodology panel:



Each section is made up of two perspectives, one associated with calm and the other with the world of creativity, where the first is represented by contemplative practices, while the panels of each map and the logbook are completed for ideas. In this way each block is defined as follows:



It is important to clarify that all contemplative practices use the same position and breathing explained in the meditation exercise.

Next, each section is explained, and then the CreaCalm panel.

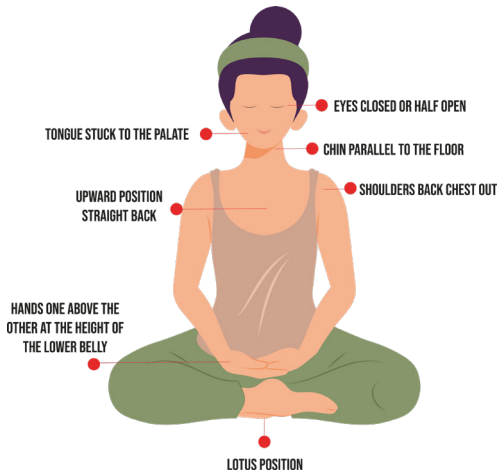
SECTION 1: INNER MAP

Before starting with the initial section, it is essential to bear in mind that you must create an environment that enables you to concentrate fully on this methodology without any interruptions. To accomplish this, you may choose a suitable location where you feel calm and at peace, free from everyday issues or the numerous distractions that our mobile phones currently present.

We will begin by focusing on the first section, which is designed for personal introspection and the development of self-knowledge. This process involves defining your own personal identity in your own words, but only after completing the initial contemplative exercise associated with this block.

MEDITATION ACTIVITY:

The first step for section one is to meditate for 20 minutes using the Samatha technique, as outlined in the exercise. It is important to follow the instructions step by step and remember that there is no meditation without distractions. While there may be external thoughts, only you have the power to return to your center repeatedly by focusing on your breath and ignoring outside distractions.

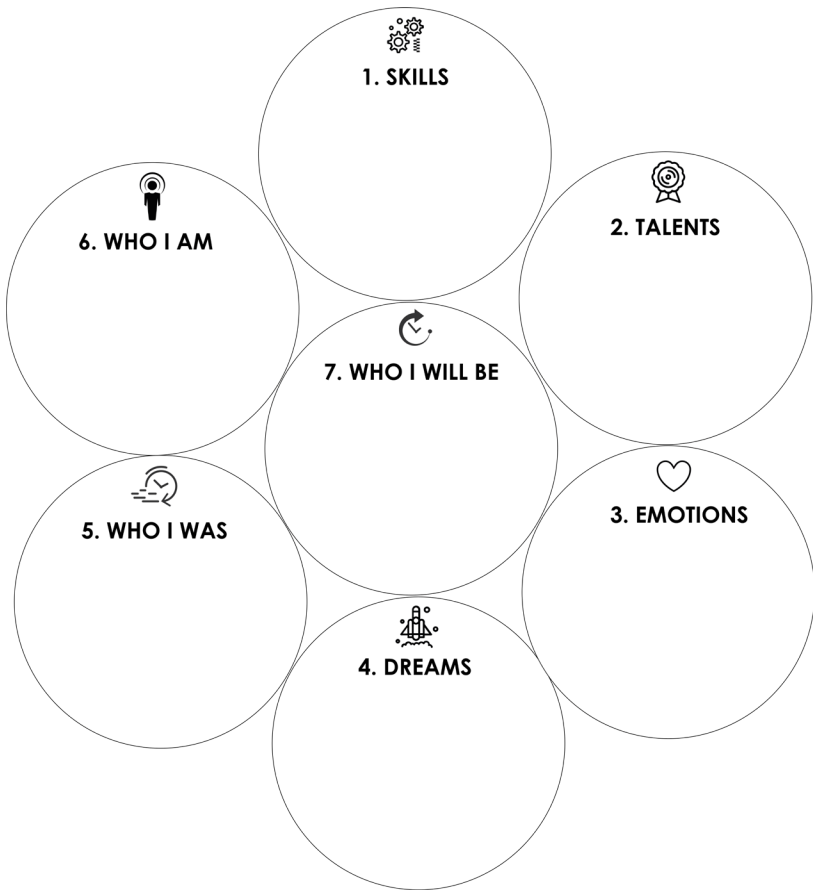


After completing your meditation session, it's important to evaluate both your level of calmness and the extent of mental noise. These personal indicators reflect your current state of mind. If you're new to this practice, it's common to experience a lot of mental noise, but don't worry because this is a normal and a widespread phenomenon. We must remember that we live in a fast-paced, stressful society where people of all genders face various pressures and shortcomings.

The beneficial aspect of this practice is that as you repeatedly engage in it daily, ideally in the mornings, you will experience increasing levels of tranquility and overall well-being. Consequently, the frequency of rumination will decrease, leading to noticeable improvements in your emotional state, and you will observe the positive changes in your thoughts and consciousness.

INNER MAP

Following the meditation, we proceed to construct the "Inner Map," a personalized self-definition tool. It's crucial to maintain sincerity, as this exercise is exclusively for your introspection and creative expression.



1. Skills: In the first circle labeled with the number 1, please list all the skills that you consider to be your most prominent, these being the values, attitudes, and strengths that you have honed through training and repetition, making you more proficient. Skills can include abilities in interacting with others, perseverance in the face of obstacles, musical proficiency, culinary expertise, or unwavering positivity. This is entirely up to you and is determined solely by your innate abilities. Feel free to list as many skills as you like.

2. Talents: In the second circle, identify your talents, which are distinct abilities that set you apart from others and go beyond skills that you regularly work on to enhance. Talent is an inherent quality, which means that it is something that you have naturally. It is important to note that everyone possesses skills, but not everyone has talents. Please limit your response to three talents.

3. Emotions: What are the main emotions that you experience every day? Write down the top 5 in this circle, then read and internalize them. If these emotions are positive, think about how to reinforce them in the future and if they are negative, think about how to reverse them. The important thing is that you recognize your emotions, whatever their nature.

4. Dreams: Describe the main dreams you have in your life. Write down everything you would

like to achieve in your life. I recommend that you focus on things other than material things. Describe dreams associated with your fulfillment as a person and human being, defined by experiences rather than things. For example, a life experience may be traveling to the place of your dreams, which will leave you with a lot of fulfillment, different from focusing on acquiring the latest sports car or a gold watch.

5. Who I Was: In your own words, describe the person you were in the past. This past can be close or distant, but it should reflect a part of you that you have already left behind. It can also contain positive or negative aspects, depending on how you view who you were yesterday. It is important to consider that when we evaluate the “I” of the past, guilt should never be present. You must resort to self-criticism without this component.

6. Who I Am: Define who you are at this moment, how you see life and what your current state is. Apply objectivity by looking at yourself from the focus of a viewer, an exercise also known as “getting out of the box.” Like the previous point, rescue positive and/or negative aspects of your person. Remember that “positive” is not the same as “good,” while “negative” is not the same as “bad.” The good and the bad are social constructions that involve emotions, judgment and associated prejudices, while the negative and the positive are presented objectively. If in “who I was” guilt must be left aside, in “who I am” acceptance applies. Accept who you

are today, only then will you achieve a better you in the future.

7. Who I Will Be: The time has come for you to define who you want to be in the future. Rescue the best of your past and present, and freely decree who you want to be. Use your style and creativity to describe yourself in the most true way of who you are. Do not be ashamed or afraid when thinking about your best version for the future. Project the future with openness and love towards yourself.

SECTION 2: HAPPINESS MAP.

Using the help of the Samatha meditation, you have already put your personal definition into practice to obtain calm, which is essential for revealing your best self. Without calm, your true potential remains hidden and suppressed within you. The most authentic version of yourself will emerge from a state of calm, drawing from your purest essence. You have an "Inner Map" that reflects your personal vision of yourself, which will guide you in unlocking your full potential.

Now is the time to focus your attention outward, towards what you like to do most in life and that brings you greater happiness and fulfillment. We will use Vipassana meditation and the "Happiness Map" tool as support.

MEDITATION ACTIVITY:

Using the same position and recommendations of the exercise already explained, you should apply mindfulness for 20 minutes, the main objective of the application of the Vipassana technique. For this, we will perform the body scanner technique.

The initial step is to sit in the lotus position, and as you inhale, imagine a scanner rising to the top of your head. As you exhale, the scanner descends, and it is important to maintain your breath both when the scanner is at the top of your head and when it is at your feet. This means holding your breath when the scanner is rising and also when it is falling. The goal is for the scanner to travel from the top of your head to your feet, allowing you to identify and acknowledge any pain, discomfort, or tension in your body.

If you come across a specific type of discomfort during this process, you can concentrate on it as the scanner moves along. The key is to avoid giving in to the pain. Instead, you should carefully observe its location and intensity without letting it control you.

If you distinctly identify one or more pain centers during this practice, it is suggested that you objectively analyze the source of this discomfort

after meditation and take all necessary steps to eliminate it.

HAPPINESS MAP

You may already be familiar with what I am about to explain, but it is essential to reiterate it in order to address any lingering uncertainties.

Individuals are born into this world with the aim of achieving happiness. Although Buddhism's non-theistic doctrine highlights the inevitability of suffering due to material lack, it does not preclude the possibility of joy in life. Despite living in a dystopian society characterized by egoism, we can still strive for happiness.

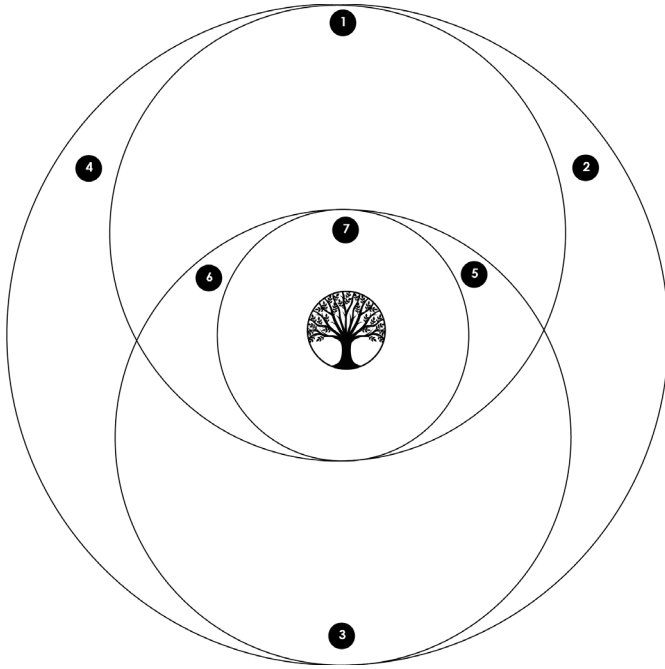
We find ourselves immersed in a situation riddled with inadequacies and necessities. Essential requirements such as a roof to shelter us, clothes to wear, means of transportation, and the ability to purchase goods and services all depend on a system that is fundamentally based on the haves and have-nots. However, material possessions do not ultimately determine one's success and happiness. It is crucial to acknowledge and accept the society we are part of, regardless of whether we do not align with its beliefs and appearances.

Remembering that poverty is just a state of mind and is influenced by a feeling of scarcity is

essential. Whether you come from a disadvantaged socioeconomic background or reside in affluent neighborhoods, constantly yearning for more money and material possessions will keep you in a state of poverty due to this persistent lack. This is why individuals from all walks of life can be content, while others are preoccupied with what they don't have and are constantly in distress. It is crucial to recognize what truly matters in life, such as people, the environment, and non-human animals, and most importantly, to cultivate self-compassion and love for oneself.

It is important to rise above the superficial and materialistic aspects of life and pursue what brings you joy without causing harm to yourself or others. By finding happiness and fulfillment within yourself, you can also bring happiness to those you care about. This is the principle I was emphasizing when I mentioned that in order to help your loved ones be happy, you must first be happy yourself. This is your personal challenge to grow with sincerity and love on this path.

Having said the above, let's move on to the Happiness Map, which is divided into 7 parts and represents everything that will make you happy.



1. Present Happiness Factor: What makes you happy in your current life? Briefly describe.

2. Present Barriers: Describe 3 barriers or obstacles that have interfered with your present happiness and that you want to reverse for your personal well-being.

3. Future Happiness Factor: How would your life be happier than your current one? Briefly describe.

4. Hobbies and Pastimes: Describe 3 activities that you consider promote your well-being, whether at the level of body, mind or consciousness. (axes of life).

5. Light People: Write down the name of 3 people who illuminate your life and contribute to your happiness.

6. Light Places: Name the 3 places that you consider make you happy and where you should eventually spend more time or visit frequently.

7. Clarity: Define your future happiness with a single sentence.

SECTION 3: ALTRUISTIC MAP

You have previously embarked on an inner journey and used the "Happiness Map" to outline the focus of your present and future well-being. Now, it's crucial to shift your attention from yourself to the environment and the individuals around you. To do this, we will employ the contemplative practice of Tonglen, which emphasizes cultivating compassion and empathy, as well as the "Altruistic Map" tool to evaluate the impact you wish to create.

To progress in the realm of emotions and recognize that the modern era is more about "we" than "I," individuals must embrace their true selves, learn to forgive, and avoid dwelling on past mistakes or projecting future catastrophes. Doing so will prevent feelings of fear, hatred, anger, envy, and jealousy that can lead to a life filled with sadness and lack of happiness.

In essence, you, the individuals surrounding you, and your surroundings are all part of the same unified entity. This entity is comprised of all living beings on the planet, who share a common energy source. Thus, it is crucial to recognize that we are all interconnected and part of the same whole, regardless of our differences. This applies to both humans and non-human beings, as well as the environment we all share.

In order to truly grasp the concept, it is necessary to internalize it and apply it in our daily lives. This involves embodying the principles of truth and love, and sharing our positive energy with others on a daily basis.

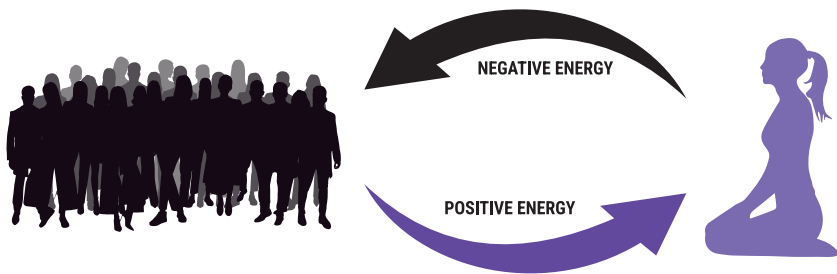
If you're dependent on the energy of others, I suggest that you evaluate the situation and seek to change the course of your life. Drawing energy from others without their consent is not only detrimental to them, but it also harms the environment and society as a whole.

In the book "The Tetraego Theory", I present practical tools and techniques to manage the ego and the sensation of being the central figure in our own story. By mastering the ego and its four components, which are detailed in the book, you can progress mentally and spiritually as your consciousness is awakened. This can be further enhanced by incorporating the principles of CreaCalm.

MEDITATION ACTIVITY:

When discussing energetic abilities, it's important to apply the Tonglen meditation technique. This method is designed to cultivate compassion within oneself and others. To begin, follow the previously mentioned steps to position yourself, and focus on your breath while maintaining conscious awareness of it.

To start the meditation, envision all the individuals you have encountered, regardless of whether they are people you hold fondly or not. Close your eyes and visualize a comprehensive photograph that showcases your family, friends, acquaintances, pets, as well as your colleagues from work or study. If you so desire, you may also add individuals who have had a profound impact on your life, even if you do not know them personally. Additionally, include those who have caused you hurt or pain in your life. The purpose of this moment is to practice forgiveness.



When you inhale, visualize as though you are extracting all the negative energies from this group of individuals, which will then enter you and be transformed into positive energy. As you exhale, you will then return this positive energy to these people as a whole. We take out the negative, transform it into positive, and return it with love.

If you want to heal a specific conflict with someone or apply the process to someone who is suffering from an illness or going through a difficult

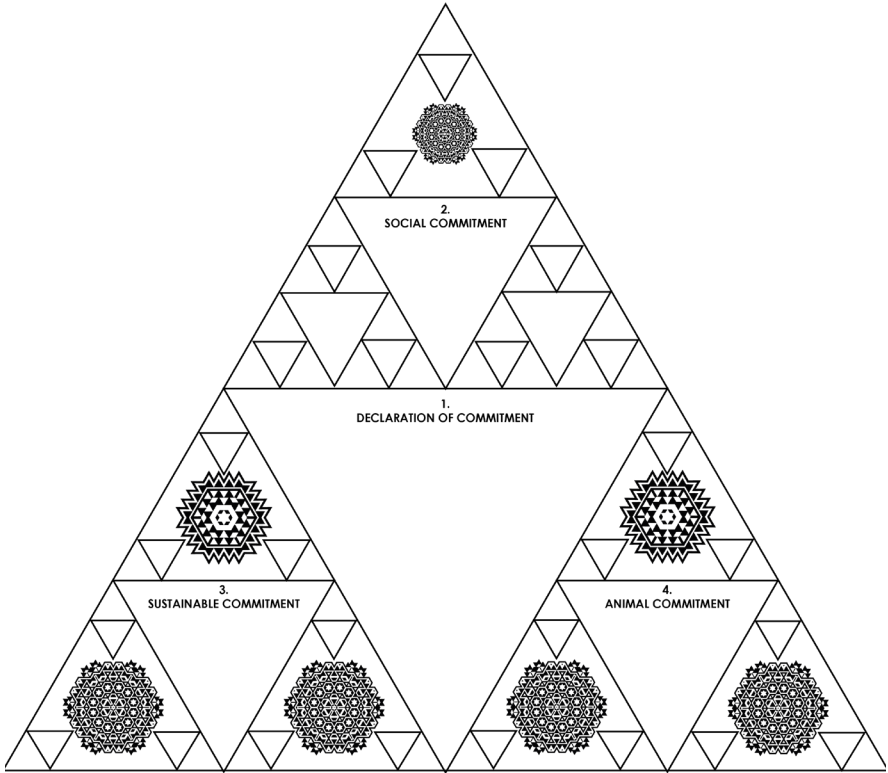
time, you can individualize said individual and apply the Tonglen technique “one by one.”

It's crucial to emphasize that contemplative practices need a systematic structure and organization. This entails that cultivating compassion requires first establishing tranquility and unwavering focus, which is the reason the optimal sequence is to initially master the Samatha technique, followed by Vipassana, and ultimately Tonglen. If you find that you are practicing Tonglen without a state of tranquility, I suggest revisiting Samatha, solidifying the serenity, and then returning to the compassionate practice.

ALTRUISTIC MAP

The aim of the altruistic or impact map is to illustrate your dedication to the external world, taking into account all elements that are outside of yourself. To accomplish this, it is necessary to evaluate your involvement with every aspect of life that encircles you, with the primary focus being on people, the environment, and animals.

To determine the extent of your commitment, the map will be completed by starting at the center of the pyramid, specifically from the largest inverted triangle.



1. Declaration of Commitment: Write at the center of the figure the altruistic commitment that you will make to yourself for a life of well-being, which must be declared before committing to external factors. It is essential to cultivate determination and commitment, which are key elements for personal growth.

2. Social Commitment: What is the commitment to society and the people around it? Describe your vision and contribution to the society in which you are inserted as a person.

3. Sustainable Commitment: Express your dedication to the environment and plant life explicitly. Emphasize how you support a sustainable planet through your actions.

4. Animal Commitment: People are also part of the animal kingdom, and they are classified as such in the scientific community. In this regard, it is essential to demonstrate a dedication to the welfare and respect of all living creatures. Explain how you plan to make a positive impact on the animal kingdom and its various species.

SECTION 4: LOVE LOGBOOK

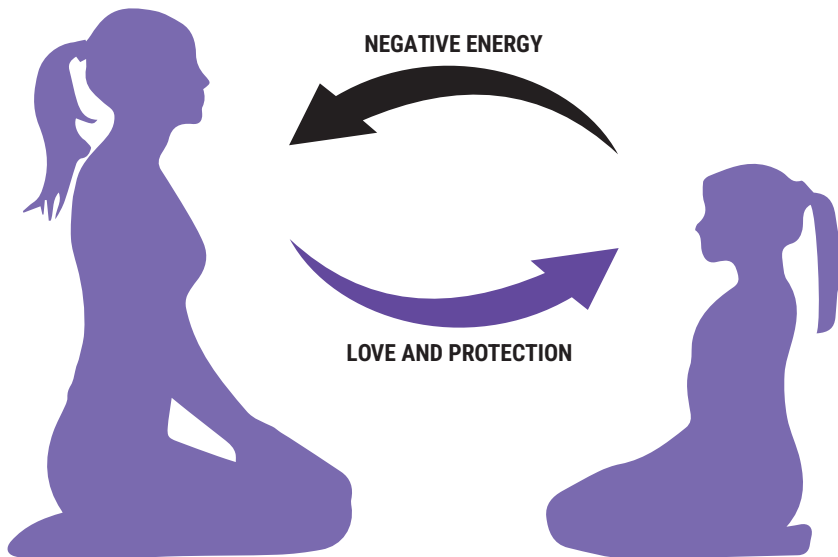
The final section is known as the "Love Logbook," where you will be asked to track your personal progress in terms of emotional control and calmness on a weekly basis. This will allow you to evaluate your current emotional state and make necessary improvements. Before beginning this practice, we will first introduce the fourth contemplative practice, which is based on the Tonglen technique but has a different focus.

MEDITATION ACTIVITY:

As you already know, we will use the same postures and techniques explained in the central meditation exercise. We will apply something similar

to the Tonglen exercise where you visualized a whole group of people in front of you. However, this time you must visualize your inner younger boy or girl.

To do this, every time you inhale you remove the negative energy from your younger version, and when you exhale you deliver all the love and protection. Take advantage of accepting and forgiving, applying self-compassion and leaving behind all associated suffering.



LOVE LOGBOOK

The final step is to fill out the "Love Logbook," where you will document weekly a set of precursors tied to tranquility and innovation. These elements will serve as the foundation for devising personal objectives. To get started, begin with the most recent week and then proceed with the present and future weeks, extending the log for a full month.

The idea is that you can improve the indicators in favor of your happiness and love for yourself and others.

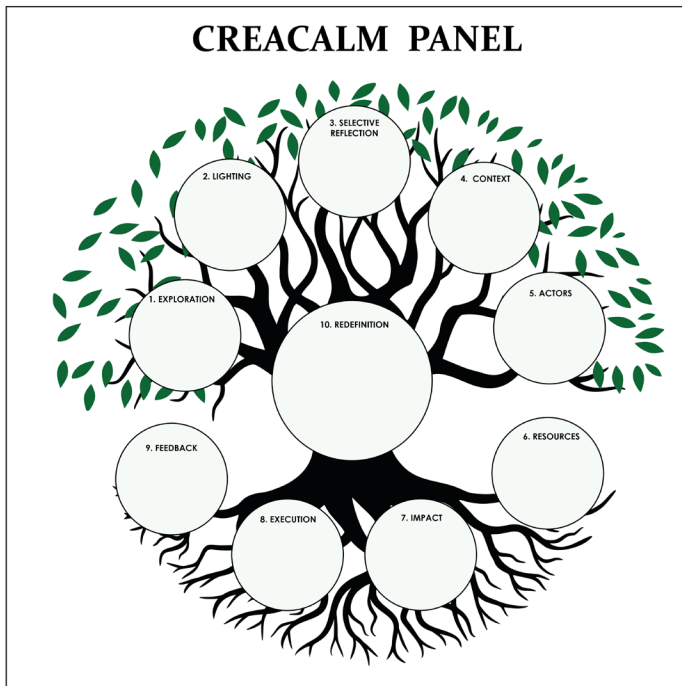
Below is the logbook:

LOVE LOGBOOK													
DATE	DAILY MEDITATION		PHYSICAL ACTIVITY		HEALTHY DIET		CALM FEELING						
DAY 1	YES	NO	YES	NO	YES	NO	1	2	3	4	5	6	7
DAY 2	YES	NO	YES	NO	YES	NO	○	○	○	○	○	○	○
DAY 3	YES	NO	YES	NO	YES	NO	○	○	○	○	○	○	○
DAY 4	YES	NO	YES	NO	YES	NO	○	○	○	○	○	○	○
DAY 5	YES	NO	YES	NO	YES	NO	○	○	○	○	○	○	○
DAY 6	YES	NO	YES	NO	YES	NO	○	○	○	○	○	○	○
DAY 7	YES	NO	YES	NO	YES	NO	○	○	○	○	○	○	○
WEEKLY EMOTIONS													
WELL-BEING			QUALITY TIME		1 2 3 4 5 6 7								
					○ ○ ○ ○ ○ ○ ○ ○								
PROBLEMS													
SOLUTIONS													
FEELING OF HAPPINESS													

CREACALM PANEL

After finishing the four sections, it's time to proceed to the CreaCalm panel, which is designed to produce a creative idea through a series of conscious steps. This panel allows you to exercise your own creativity in generating content for the idea.

The CreaCalm panel is designed to accommodate innovative processes for the creation of products, services, and ideas as part of a creative practice. Below is the panel:



- 1. Exploration:** Your idea must respond to an opportunity or problem that exists in your life, in your work or in society. To do this, explore and define in this section what you want to solve with your creativity.
- 2. Lighting:** Point out 3 ideas with which you can respond to these identified problems or opportunities.
- 3. Selective Reflection:** Evaluate each of these ideas from 1 to 7, considering as optimal the one that gives the best response to the problem to be solved. The selected idea will be the central ingredient of your creative process.
- 4. Context:** Define the scenarios and contexts where your idea will impact. It can be a market segment, an industry, a group of people, your household, etc.
- 5. Actors:** Define the actors involved, indicating their degree of participation in primary, secondary and tertiary. You can be one of those actors involved, as well as friends, family, clients, users, etc.
- 6. Resources:** Explain how you will carry out this idea and what resources you require for these purposes. These resources can be physical, human, financial, machinery, etc.

- 7. Impact:** Describe the impact of your idea, which may be on you, society, the environment, your family or flora and fauna.
- 8. Execution:** Launch your idea with a certain time, in order to establish a starting point and an end point. With this you will transform your idea into a reality.
- 9. Feedback:** Analyze the results of your creative process after the time you defined for its execution and contribute 3 new improvements to your idea.
- 10. Redefinition:** Describe your idea in a single final sentence, which should not exceed more than 7 words. It must be direct and clear, and leave no room for doubt.

Once you have finished the panel, you will have journeyed through the four stages of calm and creative development associated with this tool, which will enable you to gain a deep understanding of the processes involved in conceptualizing and implementing ideas.

As I previously mentioned, CreaCalm should be used as an initial approach to creativity, and it should be preceded by other innovation methodologies that help to consolidate these ideas into larger personal or business projects.

Without calm, you are not the same person as when you have it. When you are calm, you are at your highest potential, and anything is possible. Therefore, never abandon contemplative practices and make them a daily part of your routine, especially when problems arise.

Develop and exercise empathy, unconditional love, compassion and altruism, and your life will take a turn, even more so if there is emotional control, calm and absence of materialism and personal interests. Observe your emotions and learn from them, and any future version of you will be more aware and happier than the current one

OTHER WORKS BY THE AUTHOR

- THE TETRAEGO THEORY



- E-BOOK DX EXPRESS



- E-BOOK LIFE PURPOSE



- E-BOOK ENTREPRENEURIAL PURPOSE



- BOOK PROPOS-IT



- BOOK UMANOZ





CREACALM

CONNECTING CALM WITH CREATIVITY

SHARIF LAIBE