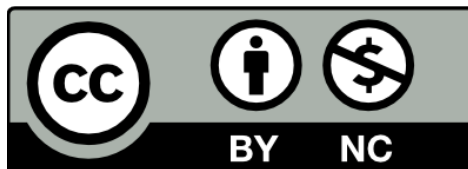


Meditative Actions



1

Luís Dias



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Contemplate a flower



realize that there is beauty in the world



Walk through an unknown street



refresh your mind



Visit a cemetery



be thankful to be alive



Turn off the TV for a day



purify your mind



Watch children playing



remember the importance of imagination



Feel the wind in your face



*let the wind take the thoughts that no
longer serve you*



Watch the trees on a windy day



observe the importance of resilience



Praise someone



realize that people need to be encouraged



Send a postcard to a friend



surprise yourself and others

ET RANGER



to bake chicken

Lunch in silence and slowly



refine your palate



Take a different path



refresh your perspectives



Look at the sky at night



realize your position in the macrocosm



Question your beliefs



be ready to change and create new beliefs



Imagine yourself as someone else



develop empathy



Watch the waves



*realize that reality evolves with or without
you*



Play with crayons



develop your imagination



Close your eyes



refine your hearing



Let the phone ring



*discover what is most important at the
moment*



ST
IN
only
years

Turn off the computer for a day



enjoy the real life



Observe a grain of sand



note the size of our planet in the universe



Plant a bean seed



*respect the time between sowing and
reaping*



Observe the life in the ant colony



realize the fragility of human existence



Create something from nothing



realize the nature of your true self



Write a text



find a way to express yourself



Prepare a meal



*be aware of the alchemical aspect of
cooking*



Think about the void



observe your thoughts



Walk in the fog



*realize that the present moment is
everything you got*



Visit ruins



*accept the impermanence of the material
world*



Visit a lighthouse at night



*realize that some ideas bring light to
darkness*



Fall in love with yourself



increase your self-respect

LOVED

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Contemplate a flower

photo by Luis Dias - Portugal, Matosinhos, Leça da Palmeira

Walk through an unknown street

photo by Luis Dias - Portugal, Viana do Castelo

Visit a cemetery

photo by Luis Dias - Portugal, Matosinhos, Leça da Palmeira

Turn off the television for a day

<http://www.flickr.com/photos/medhius/3217871488/>

Watch children playing

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Feel the wind in your face

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Watch the trees on a windy day

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Praise someone

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Send a postcard to a friend

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Lunch in silence and slowly

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Take a different path

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Look at the sky at night

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Question your beliefs

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Imagine yourself as someone else

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Watch the waves

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Play with crayons

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Close your eyes

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Let the telephone ring

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Turn off the computer for a day

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Observe a grain of sand

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Plant a bean seed

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Observe the life in the ant colony

<http://www.flickr.com/photos/gaab22/3910150439/>

Create something from nothing

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Write a text

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Prepare a meal

<http://www.flickr.com/photos/spool32/4535176115/>

Think about the void

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Walk in the fog

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Visit ruins

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Visit a lighthouse at night

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Fall in love with yourself

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