

Live Your Bliss

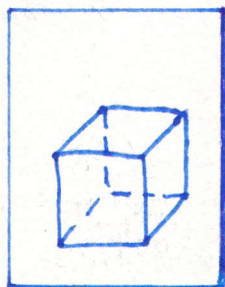
First, it is recommended that you find yourself a relaxing environment in which to meditate. A garden, or secluded outdoor spot, or even just your bedroom.

Live Your Bliss comes with 45 cards of three different types:

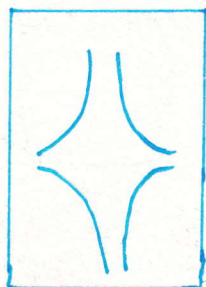
Thought



Subject



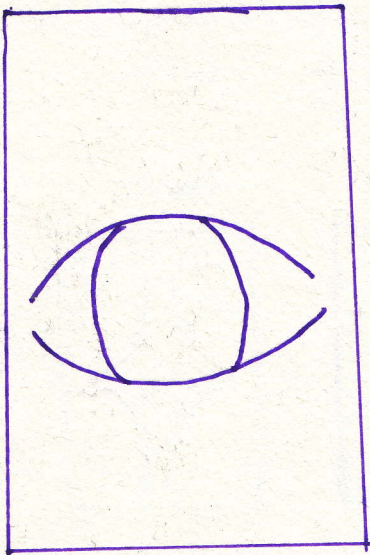
Guide



Live Your Bliss is a guided meditation experience themed around positive thinking about your past and future.

This booklet contains instructions on how to use the cards.

You may do this alone or with a partner, and in silence or with your favourite lo-fi beats to chill/study to. The most important factor is your comfort throughout.

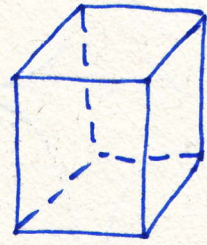


Thought cards contain abstract nouns, and are the focus you're asked to consider throughout.

You will find concepts like **Memory**, **Fantasy** and **Imagination** on these.

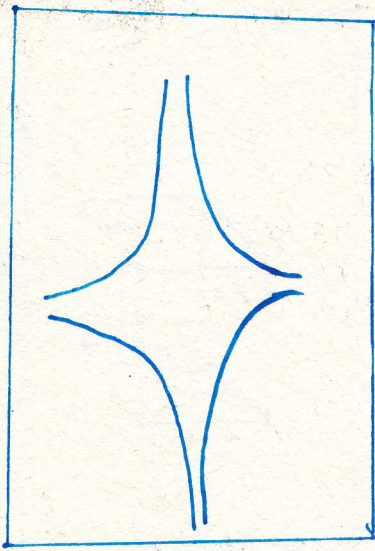
Subject Cards contain concrete nouns, such as Person, Place and Time.

You will consider your Thought card with regard to your Subject card, for example, a Memory of a Person.



To begin, shuffle the three piles of cards and take the top card of each pile, laying them out in front of you. Now, begin.

When you're finished, take the time to compile your thoughts. Write them down, share them with a friend or loved one, whatever best helps you process the meditation.



Guide cards contain more concepts to help direct your meditation. Things like Growth, Perspective and Rhythm.

They are there to focus your Thoughts on your subject through a particular lens, e.g. a Memory of a Person with regard to Growth

The meditation should last 3-5 minutes. Focus on breathing consistently and start on your Thought and Subject cards, using your Guide to direct your musings, or to change directions if you hit a wall.

Lastly, and importantly, this is designed to be a positive, uplifting, even healing experience. If the meditation causes you any distress, stop and exercise self-care, and come back to it later.

A "game" by Cypress

- cypressfluff.itch.io

- blog.cypressfluff.dev

Live Your Bliss was made
for Global Game Jam 2020

—— Thanks To ——

Erika Verkaarik, Liam James,
Fae Daunt, Will Haumann,

And You for checking this out.

