



Magical Meditation Boundary Assistant

This nifty contraption is a must-have for all who desire private time while meditating, intuitive focusing, and sneaking snacks from secret stashes.

Its magic is twofold. Not only does it alert the masses that you're unavailable, but it alerts YOU that you're unavailable. Win-groovy-win!

Boundary Rules: Unless someone is bleeding out, the house is on fire in a big way, or your favorite celebrity just brought you flowers AND chocolate, no one is allowed to interrupt you when the doorhanger hangs.

This includes but is not limited to knocking, calling your name, shoving notes/toes/fingers under the door, "just waiting" outside the door, repeatedly rolling one's body into the door while sighing loudly.

Penalties for ignoring said rule include eating boiled spinach 3 days in a row or cleaning all toilets for the next 47 days ... whichever is worse.

Communication: Let your housemates know the workings of this *Magical Meditation Boundary Assistant*. Include pets – they understand a lot more than they let on. Your conversation helps set the stage for optimum, uninterrupted time. It may take a bit for everyone to get with the program, but after they see the shifts in your awareness (or they're green from all that spinach), they'll get it.

Instructions: Print & cut out doorhanger (using card stock is extra nifty). Write words reminding people you are in an other-worldly state and mere mortal communication is simply not possible.

At meditation time, hang your *MMBA* on the doorknob. *Important:* Do this even if you are alone in the house – you will notice a difference.

Advanced: Embellish doorhanger as desired – glitter and ribbons always acceptable.