



r.studio.t

12 DAYS

OF MEDITACTION*

,8,9,10,11,12)

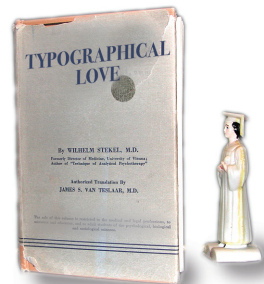
**a journal
to help you cope
with confinement**

** Meditation or meditation? Or both?*

*Here's
an exclusive
gift for you to enjoy.
The very first R studio T's
Twelve Days of Meditation:
One activity or reflexion per day.
You can follow them daily or
practice as you wish.
"One Action a Day
Keeps the Doctor
Away!"*

1. Choose a font to **iDentify** yourself.

There are so many typefaces!



2. Send a **postcard** to a friend you haven't seen or talked to or texted to in a while.

YES!
A POSTCARD,
YOU CAN STILL
BUY THEM.
OR MAKE THEM:
CARD STOCK,
6" X 4-1/4"

→ FROM AN OLD
LITTLE GOLDEN
BOOK ABOUT
SEVEN LITTLE
POSTMEN.

Tommy takes the letter
And seals it with red wax.
Then runs down the sidewalk
(Avoiding all the cracks).

The mail box opens, the letter drops in.
"Won't Granny be delighted," thinks Tommy with a grin.



3. Think of a happy accident,

e.g. you broke a leg and had to stay in recovery for a month > you listened to a bunch of new music / Pollock dripped some paint on the floor > he inaugurated action painting / a yellow rectangle (left exactly where it is) and fragments of a sentence (left exactly where they were) from a previous job > recyclable design! / I wonder how many happy accidents Alexander McQueen reused in his *couture*.

4. Focus on an obstacle.

Then focus on how you'd bypass or overcome it.



5. If you have a pet, make a secret pact with him or her. If you don't have a pet, choose your favorite object* in the house and make a secret pact with it.



(CABIRIA, OUR INSPIRATIONAL MUSE)

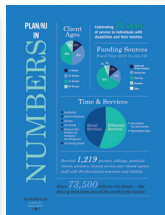
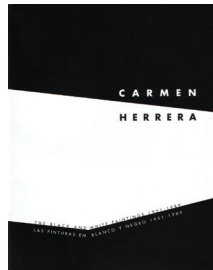
or



(* SOMETIMES CALLED A TALISMAN)

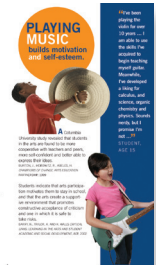
6. Line up your best achievements.

It could be a series of poems you wrote, paintings, bonsai plants you're proud of, your sports trophies or diplomas. As a graphic designer, I chose R studio T's best eye-catching, effective designs. Designs that make communication fluent and **exquisite**.



7. Meditate in front of them.

(Or thinking of them. . .)



(And then forget about them and create something **NEW**.)

8. Choose one or more from the list to combat the quarantine:

- Sing or play songs in C MAJOR
(like Terry Riley *In C* (1968), lasting circa 40 minutes)
- Make a list of things to do once the quarantine is over.
- Zoom with a friend or friends to listen and analyze Schubert's *Winterreise*:
(a collection of 24 songs)
- Get treated to a nice virtual tour of a museum.
- Start learning a new language.
- Start your day early!

Give it structure!

Make it fun!

1. Gute Nacht
2. Die Wetterfahne
3. Gefrorene Tränen
4. Erstarrung
5. Der Lindenbaum
6. Wasserflut
7. Auf dem Flusse
8. Rückblick
9. Irrlicht
10. Rast
11. Frühlingstraum
12. Einsamkeit
13. Die Post
14. Der greise Kopf
15. Die Krähe
16. Letzte Hoffnung
17. Im Dorfe
18. Der stürmische Morgen
19. Täuschung
20. Der Wegweiser
21. Das Wirtshaus
22. Mut!
23. Die Nebensonnen
24. Der Leiermann

9. Measure something in centimeters and in inches.

Compare.

10. Practice writing backwards, mirror-like.

Leonardo da Vinci

wrote all his notebooks this way.

(All CAPS is easier!)

PAINT MOLDING
DO LAUNDRY
ORDER TKTS ONLINE
TEXT BRIAN RE. CAR
SEND THANK YOU
CARD TO MOM
PAY INSURANCE

PAINT MOLDING
DO LAUNDRY
ORDER TKTS ONLINE
TEXT BRIAN RE. CAR
SEND THANK YOU
CARD TO MOM
PAY INSURANCE

11. Now write something backwards *and* in another language.

PAINT MOLDING
DO LAUNDRY
ORDER TKTS ONLINE
SEND
THANK YOU CARD
TO MOM

PAINT MOLDING
DO LAUNDRY
ORDER TKTS ONLINE
SEND
THANK YOU CARD
TO MOM



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12. Refresh
your look, rebrand
yourself every 6
months, every 3
weeks, every so often.

Call Raúl @ **R studio T**
for a free quote!

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*These end papers
belong to the 2nd edition
of the book VANITY FAIR,
A NOVEL WITHOUT A HERO,
by William Makepeace Thackeray,
published in London in 1849
by Bradbury & Evans,
on Bouverie Street.*

* * *

This booklet

was set in Garamond 3

*Oldstyle and **News Gothic Bold.***

*Printed in the USA by Village Digital
villagedigital.net, a neighborhood
small business that needs patronage
like all of us in this crisis.*

Printed in April 2020.

*The envelopes
are A7.*

(1,2,3,4,5,6,7



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