



MEDIATE YOUR LIFE
BY JOHN KINYON

Poster Printing Recommendations

Applicable for all poster sizes and content variations.

1

AVOID PIXELATION

Print your poster in the dimension of the file.



2

AVOID UNPRINTED PAPER

Choose the correct paper size.



3

AVOID OR CHOOSE A WHITE EDGE

Verify with the printing company if their machine prints to the edge or not.
Make sure you know what to expect.



The file includes 0,118 inch / 3mm of bleed.

4

AVOID FLIMSY PAPER

Choose a paper weight of at least 170 g/m².



Poster User & Printing License

Applicable for all poster sizes and content variations.

1

PERSONAL USE

This poster file is intended for personal, private use. Both digitally as in printed form.

2

REPRODUCTION

The reproduction of the poster file is permitted for your own personal copies.

3

DISTRIBUTION

Distribution of this file is permitted for the sole purpose of getting your poster printed by you or a third party. It is not intended to be transferred to others.

4

NO INCORPORATION

Incorporating the poster file into presentations, handouts, videos, or other electronic or mechanical media, is not permitted.

5

DO WANT TO SHARE WITH FRIENDS?

Please refer others to the website to download their own poster or handout.

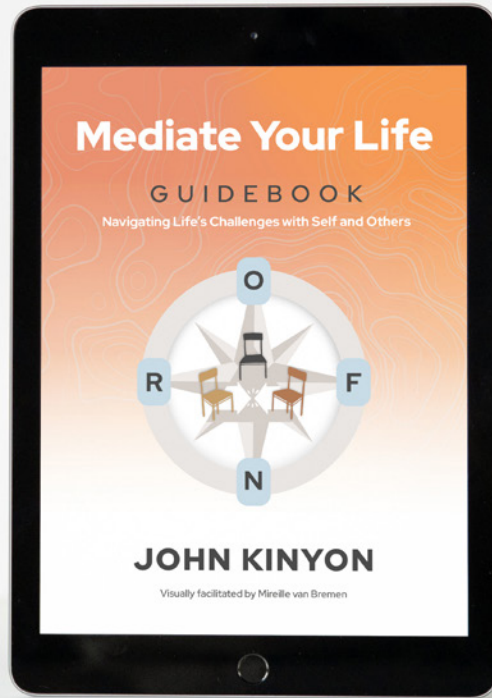
6

DO YOU WANT TO SHARE PROFESSIONALLY?

Please contact us about multiplying these posters for professional use or for providing copies as posters or handouts.

connect@mediateyourlife.com

www.mediateyourlife.com



or visit www.johnkinyon.com/guidebook

Mediate Your Life Guidebook

This interactive guidebook serves as both a visual guide and practical hands-on tool for anyone looking to strengthen their ability to navigate life's challenges.

Using the Mediate Your Life map, you will be guided step-by-step through processes designed to help you face and transform any challenge. It provides valuable support as you delve deeper into the transformative tools that turn life's challenges into opportunities for growth, helping you create the life you want and empowering you to help others do the same.



MEDIATE YOUR LIFE

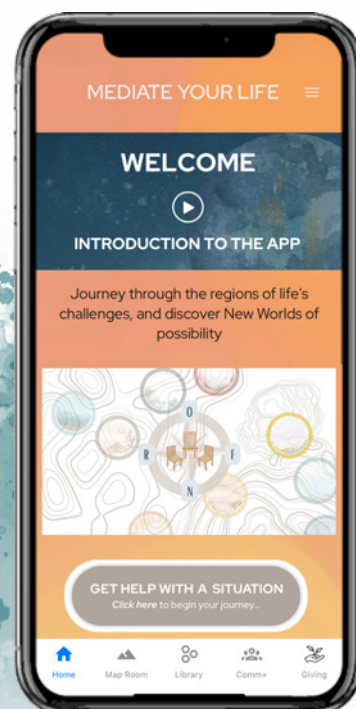
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Mediate Your Life App

The Mediate Your Life App is an audio guide to help you when you are in conflict with someone in your life, or with yourself – a clash of differences, the pain of unresolved hurt, a breakdown of communication or connection.

Listening to the audios, you feel better and find new insights and solutions to the difficulties you face.

Experience more harmony, peace, and deeper wellbeing in your life. Contribute to peace and wellbeing in the world!



How does it work?

- In terms of the general format, there are some introduction and overview audios, however in most of the audios you are guided through a meditative experience.
- You can relax and listen, allowing yourself to be guided to a place of feeling better and gaining new insights and ideas for how to respond to a challenging situation.
- The more you listen to the audios, the more you naturally learn and can apply the components, processes, and skills to situations in your life.



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