

Meditation

6 beginner-friendly meditation practices, broken down by duration for ease and integration into daily life:

Box Breathing

- Inhale 4 sec → Hold 4 sec → Exhale 4 sec → Hold 4 sec (repeat).
- *Purpose:* Calms the nervous system, improves focus.

2. Name It to Tame It

- Sit still and silently name what you're feeling (e.g., "tension," "calm," "worry") as sensations arise.
- *Purpose:* Builds emotional awareness and regulation.

5-Minute Meditations (Daily Anchor)

3. Gratitude Micro-Practice

- Close your eyes and bring 3 things to mind that you're grateful for.
- Feel it in your body. Let each one linger for 60 seconds.
- *Purpose:* Shifts focus from lack to abundance.

4. Sensory Mindfulness

- Sit with eyes closed. Tune in to one sense at a time (sounds, smells, temperature).
- Cycle through senses slowly.
- *Purpose:* Grounds you in the now, reduces anxious looping.

10-Minute Meditations (Deeper Grounding)

5. Body Awareness & Softening

- Do a full-body scan from head to toes, softening each area as you go.
- Stay present with any tension and invite it to ease.
- *Purpose:* Releases physical holding, promotes somatic connection.

6. Mantra-Based Meditation

Choose a phrase like “I am safe” or “Peace is within me.”

Repeat it silently with the breath.

Purpose: Builds internal stability and rewires inner narrative.

Meditation isn't about escaping life — it's about meeting yourself fully in it. Whether it's two minutes or twenty, this is your space to come home to your breath, your body, your truth. Let this be your return — not to stillness alone, but to self-awareness, clarity, and energetic alignment. Let it guide you inward so you can rise outward.