



3–5 Minute Belly Breathing Meditation

“Soft belly, steady breath, calm mind.”

(Perfect before a meeting, after a meltdown, or when life’s a little too loud.)

Purpose: This technique, rooted in ancient yogic practices, is believed to help reduce anxiety, promote relaxation, calm the nervous system, reduce anxious thoughts and reconnect with your body.

✨ How to Begin:

- Find a quiet spot.
 - Sit or lie down comfortably.
 - Place one hand on your belly, the other on your chest.
 - Gently close your eyes.
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🌀 The Breath Pattern (Deep Belly Breathing):

- **Inhale slowly through your nose for 4 seconds**, letting your belly rise like a balloon. (The hand on your belly should move more than the one on your chest.)
 - **Pause briefly** at the top of the breath— **7 seconds**.
 - **Exhale slowly through your mouth or nose for 8 seconds**, allowing your belly to soften completely.
 - Optional silent mantra with each exhale: *“I am safe.”* or *“Let go.”*
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Tips for Best Results:

- Imagine a soft white light entering through the crown of your head and flowing all the way down to your lower abdomen with your breath.
- Stay present with the rhythm—if thoughts arise, gently return to the breath.
- 6–9 full belly breaths is enough to reset your entire system.