

10 Minute Meditation

___/___/___

Prepare your space for meditation. Remove distractions and/or play some meditation music. Calm nature sounds can also be played in the background. Set a timer if needed.



Lay comfortably on your back with one hand on your belly and the other on your chest. Close your eyes and take a deep breath, pulling the air into your belly first, feeling your belly rise, and keeping your chest still. Keep your shoulders still and relaxed while breathing into your belly. Settle into your body, feeling the support of the ground, and feeling the stress melt from your body with each deep breath. Breathing in through your nose feel your belly expand like a balloon with each breath and gently hold your breath for a moment at the height of each inhale. Inhale warmth, calmness, and relaxation with each breath, while exhaling stress and tenseness from every portion of your body. When you're ready to finish, slowly bring your awareness back to the room. Take a moment to notice how you feel after this meditation. Carry this sense of calm and relaxation with you as you go about the rest of your day.

What are you grateful for in your life right now, and how can you nurture those aspects further?

Explore any insights or revelations that arose during the meditation.

How am I feeling after the meditation?



What intentions or goals can I set for myself moving forward?

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