

# Meditation Starter Guide

Three techniques to calm the nervous system in 10 minutes a day

## Why Meditate

A consistent 10-minute practice lowers resting cortisol, improves heart-rate variability and sharpens focus. You are not trying to empty the mind — you are training attention to return, gently, again and again.

## Set Up

- Sit upright on a cushion or chair, feet flat
- Soft gaze or eyes closed, hands resting on the thighs
- Set a timer so you are not checking the clock
- Same time and place daily — morning works best

## Technique 1 — Box Breathing (5 min)

Inhale through the nose for 4 counts. Hold for 4. Exhale through the nose for 4. Hold empty for 4. Repeat for five minutes. Use this before stressful meetings or to fall asleep.

## Technique 2 — Body Scan (10 min)

Start at the crown of the head and slowly move attention down to the toes. Spend 10–20 seconds on each area, noticing sensation without judgment. Released tension is a side effect, not the goal.

## Technique 3 — Mantra Focus (10 min)

Choose a one-word anchor (peace, calm, ease) or a short phrase (so-hum on the inhale, exhale). When the mind wanders — and it will — return to the word without frustration. The returning is the practice.

## Build the Habit

- Start with 5 minutes, daily, for 14 days before extending
- Track sessions on paper, not a phone
- Pair with evening magnesium glycinate and a wind-down ritual
- Notice changes in sleep, patience and focus after 3 weeks