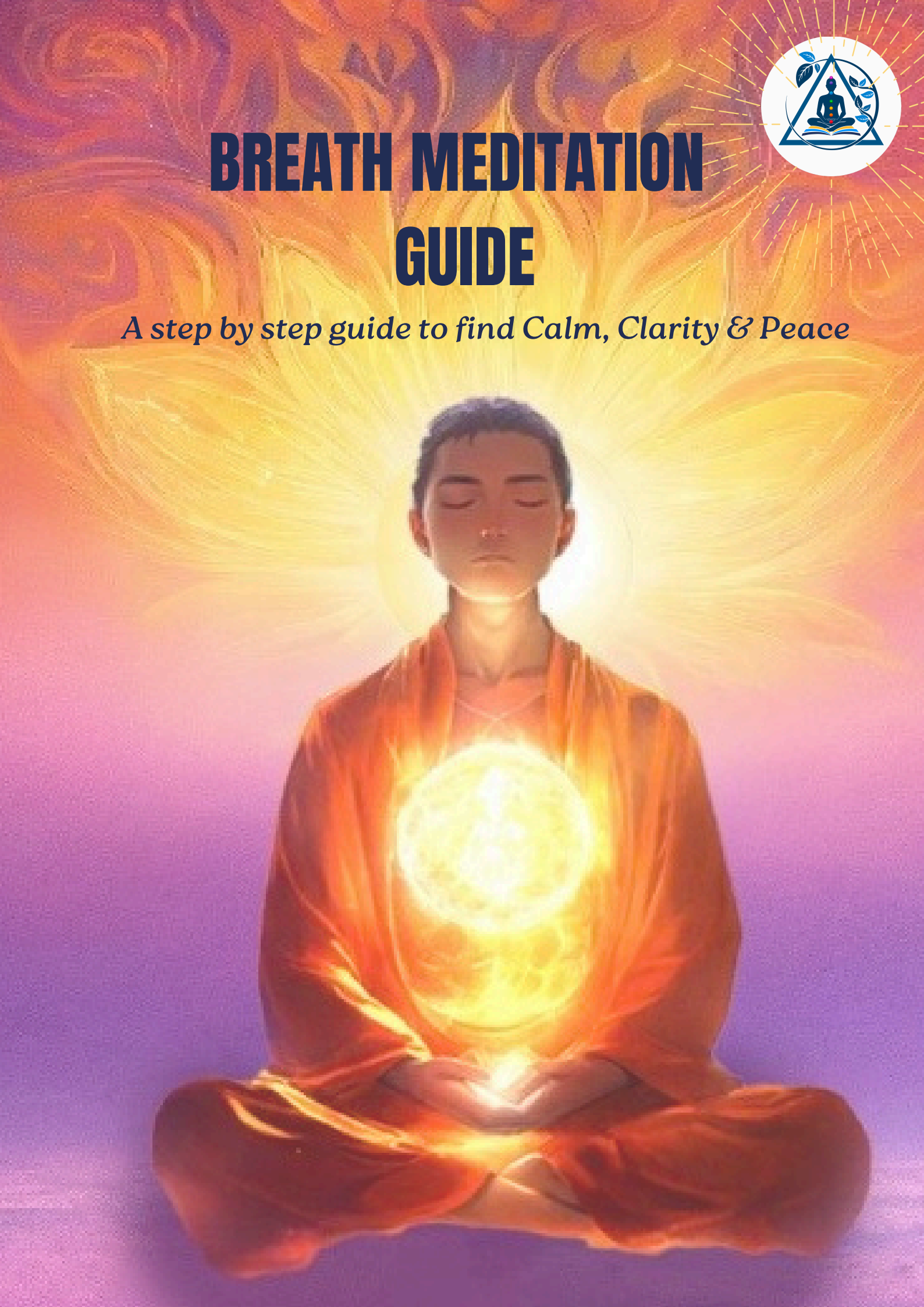
BREATH MEDITATION GUIDE

A step by step guide to find Calm, Clarity & Peace



MEDITATION MAGIC
(A Non Profit Organization, USA)

Congratulations on taking up the
21- DAY MEDITATION CHALLENGE!

You've made a powerful decision to commit to

21 minutes of Meditation for the next 21 Days!

And that's something to celebrate!

Meditation is a gift to yourself. It's a chance to pause, breathe and reconnect with your inner peace.

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WHAT IS BREATH MEDITATION?

Breath Meditation is a simple, yet profound technique where you focus on your natural breath.

Your breath is your anchor. The more you connect with it, the more you connect with yourself.

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BENEFITS OF BREATH MEDITATION

Breath Meditation Practice helps you:

- Calm the mind & body
- Improve focus
- Reduce stress & anxiety
- Increase self- awareness

THE BEST PART?

You don't need any special skills or tools- just your breath!

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HOW TO DO BREATH MEDITATION

(Beginner friendly step by step guide)

FIND A QUIET SPACE

- *Choose a peaceful spot where you won't be disturbed for the next 21 minutes.*
- *Dim the lights or use soft lighting to create a calming atmosphere.*

SET THE AMBIENCE

- *Turn on calming background music or nature sounds.*
- *YouTube links of Meditation friendly music provided at the end of this guide.*

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HOW TO DO BREATH MEDITATION

(Beginner friendly step by step guide)

SET YOUR POSTURE

- *Sit comfortably on a chair, cushion, or the floor.*
- *Keep your back straight but relaxed; use support if needed.*

- *Clasp your hands; fingers into fingers.*
- *Cross your legs.*
- *If sitting on a chair cross your feet at the ankles.*

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HOW TO DO BREATH MEDITATION

(Beginner friendly step by step guide)

SET TIMER

- *Set a 21- minute timer with soft alarm sound.*
- *A timer with soft chimes in your phone also works.*

CLOSE YOUR EYES

- *Gently close your eyes and relax.*
- *Let go of tension in your shoulders, jaw and body.*
- *Begin to observe your NORMAL, NATURAL BREATH!*

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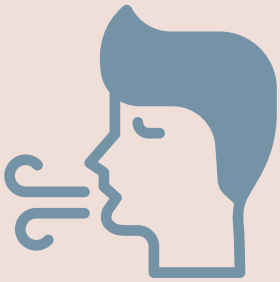
HOW TO DO BREATH MEDITATION

(Beginner friendly step by step guide)

FOCUS ON YOUR NATURAL BREATH



- *Bring your attention to your natural inhale and exhale.*
- *Feel the cool air entering your nostrils and the warm air leaving.*

OBSERVE, DON'T CONTROL

- *Let your breath flow naturally- no need to change or deepen it.*
- *If your mind wanders (which it will!), gently **bring it back** to your breath.*
- *You're not trying to stop thoughts- just **observe and return** to breathing.*

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HOW TO DO BREATH MEDITATION

(Beginner friendly step by step guide)

CONTINUE FOR 21 MINUTES

- *Stay relaxed and aware, returning to the breath each time your mind drifts.*
- *If you feel restless, remind yourself: **JUST KEEP WATCHING THE BREATH.***

Be kind & gentle to yourself- Meditation is a journey, not a destination. With patience and practice, inner peace will naturally unfold.

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ADDITIONAL RESOURCES

CALMING MEDITATION MUSIC

CLICK HERE

- Zen Bamboo Flute Music
- Meditation for Inner Peace
- Boost your Aura

CONNECT WITH US!

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