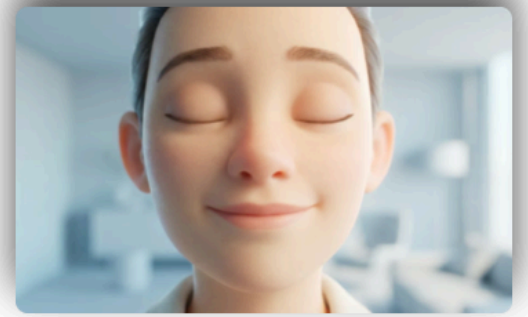
Mini Meditation #1: "One-Minute Pause"



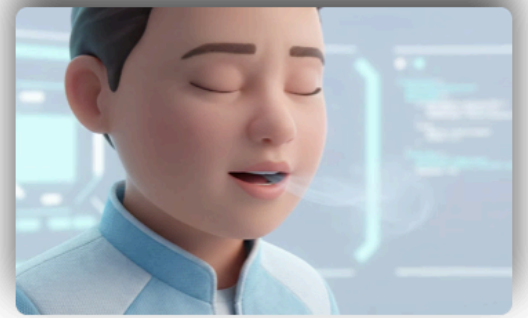
Find a comfortable seated position

Sit in a chair, on your sofa, or wherever you feel supported. Your posture doesn't need to be perfect — just comfortable enough to stay still for one minute.



Inhale slowly through your nose

Take a natural breath in, feeling air enter through your nostrils and fill your lungs. Don't force anything — just breathe normally.



Exhale gently through your mouth

Release the breath softly, letting it flow out without effort or control. Notice the feeling of letting go.



For 60 seconds, notice the breath moving

Pay attention to the sensation of breathing. Where do you feel it most? Your nose? Chest? Belly? Just observe.



When thoughts arise, return to the breath

Your mind will wander — that's completely normal. Each time you notice, simply guide your attention back to breathing. No judgment needed.

This simple practice can be done anywhere, anytime you need a moment to reset.

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