

Learn to Meditate

Meditation With Michelle: 10-Minute Body + Spirit Practice Card

Breathwork + Chanting + OM • A simple wind-down you can start tonight

Set Up (10 seconds)

Sit comfortably (in a chair or on a cushion). Let your spine be tall but relaxed. Soften your shoulders. Close your eyes or lower your gaze.

1) Wind Down (2 minutes)

Arrive in your seat.
Unclench your jaw.
Let your belly soften.
Feel the weight of your body being held.

Cue: *"I am here. I'm arriving."*

2) Breathwork (3 minutes)

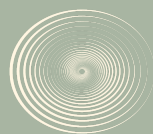
3 Cleansing Breaths (1 minute)

Inhale through the nose.
Exhale through the mouth, slow and steady.
Repeat **3 times**, letting each exhale release the day.

Nose Breathing to Center (2 minutes)

Breathe in and out through the nose—smooth, natural.
Optional:

- Inhale: *"I am here."*
- Exhale: *"I soften."*



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3) Quiet Mind (1 minute)

Thoughts may arise. That's normal.

Notice gently: *"A thought is here."*

Return to the breath.

4) Ground the Body (1 minute)

Relax the "instruments" of the body:

forehead • eyes • jaw • shoulders • arms • hands • fingers • belly • hips • legs • feet

Line: *"My body is safe to soften."*

5) Chanting Meditation (2 minutes)

Play a chanting track softly (or sit in silence).

Let the sound hold you.

If the mind wanders, return to **breath** or **sound**.

6) Close + Seal (1 minute)

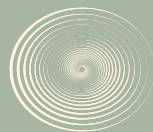
Let the chanting fade. Inhale through the nose.

Chant slowly:

OM...

OM...

OM...*Sit for one quiet breath.*



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Choose one closing line:

- *“I honor the divine within me.”*
 - *“I honor the light within me.”*
 - *“I return to peace.”*
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Salutation

Hands to heart (or bow the head).

“Thank you.”

Optional: Longer Wind-Down (15–20 minutes)

Repeat the same steps, and extend:

- Chanting Meditation for **10–15 minutes**
 - Quiet sitting after OM for **2–3 minutes**
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Gentle reminder

You are not trying to erase thoughts. You are practicing return.

Start tonight. Keep it simple. Let it be enough.