

Mindfulness Starter Meditation Pack

Five guided practices you can read, record in your own voice, or follow from memory — plus a 7-day starter plan. No experience needed.

1 • The 3-Minute Anchor (breath)

Sit tall, eyes soft or closed. Notice the body's weight... the points of contact with the chair. Now find the breath at the nostrils — cool in, warm out. Count breaths one to ten, then begin again at one. Mind wanders? That is the practice: notice, smile, return to one. Three rounds.

2 • Body Scan for Unwinding (8–10 min)

Lying down, bring attention to the crown of the head. Slowly sweep downward — forehead, jaw (unclench it), shoulders (let them fall), arms, hands, chest, belly, hips, legs, feet. At each stop: notice, soften, move on. Where tension returns, breathe “into” it once, then continue. End by feeling the whole body at once.

3 • Walking Meditation (any length)

Walk slower than normal. Attention in the soles: lifting... moving... placing. When thoughts pull you away, use the next footfall as the bell that brings you back. No destination — the walk is the point.

4 • RAIN for Difficult Moments

When stress spikes: **Recognize** — name what is here (“anger”, “worry”). **Allow** — let it be present without fixing. **Investigate** — where does it live in the body? **Nurture** — hand on heart, one kind sentence to yourself. Ninety seconds, done sitting or standing anywhere.

5 • Gratitude Close (2 min, evening)

Recall three specific moments from today — small counts (the first sip of coffee). Re-feel each for one full breath rather than listing it. End: one thing about tomorrow you are quietly looking forward to.

Your 7-day starter plan

- Day 1–2: The 3-Minute Anchor, morning
- Day 3: Anchor + Gratitude Close in the evening
- Day 4: Body Scan before bed
- Day 5: Walking Meditation on any errand
- Day 6: Use RAIN once in a real stressful moment
- Day 7: Pick your two favorites — that pair is your daily practice

This pack is not medical or mental-health treatment; for persistent distress, please seek professional support.

Enjoying the practice? The 30-Day Mindfulness Journal at coursezensuite.com gives you a month of daily prompts, and the Meditation & Mindfulness Daily Practice course goes deeper on every technique here.