

5 BENEFITS OF MEDITATION



Short Grief Meditation for Beginners

Duration: 5 minutes

Find a Quiet Spot: Sit comfortably, close your eyes, or soften your gaze.

Take 3 Deep Breaths: Inhale through your nose, hold briefly, and exhale slowly through your mouth.

Acknowledge Your Feelings: Silently say, “It’s okay to feel this way. I’m allowed to grieve.”

Breathe with Compassion: Imagine each inhale bringing comfort and each exhale releasing pain.

End with Gratitude: Whisper, “I honor my grief and my love.”

Open your eyes, take a moment, and carry peace with you.

