

THE ULTIMATE

Meditation Starter Kit

FOR

Beginners



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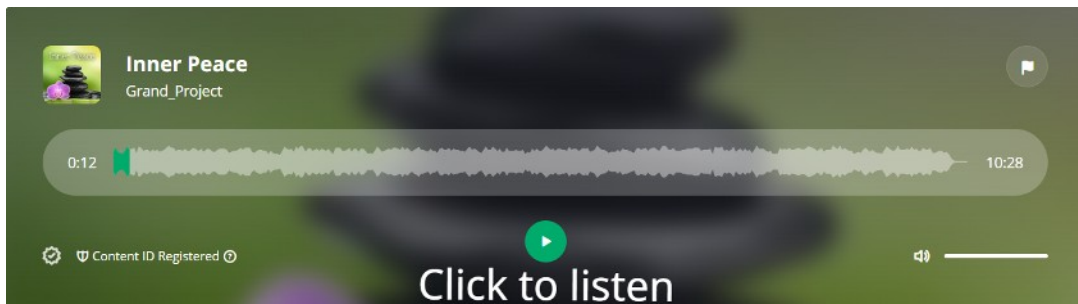
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Why Meditate?

"Peace isn't prescribed. It's practiced."

You don't need to escape your life to feel calm again.

You just need a moment of stillness — a moment that's yours.

Meditation is a simple daily habit that helps you feel better from the inside out.

No pills. No pressure. Just practice.

Here's what meditation can do for you:

Sharpen your mind

Say goodbye to brain fog. Meditation improves focus, clarity, and memory — so you can stay sharp at any age.

Sleep deeper

Struggle to fall or stay asleep? A few minutes of stillness can calm your nervous system and prep your body for real rest.

Reduce stress naturally

Lower your heart rate, relax your muscles, and finally exhale. Your body responds to breath the way it does to medicine.

Meditation Starter Kit

Boost your mood

Meditation balances your emotions and lifts your energy. It reconnects you to yourself — gently and powerfully.

(Mind • Breath • Heart — your natural healing system)

Meditation isn't about "clearing your mind."

It's about showing up — with compassion, curiosity, and one deep breath at a time.

Flip to the next page to learn the easiest way to begin.

(No experience needed — just 5 minutes and a quiet spot.)

Quick 5 Minute Meditation Guide

You don't need to do it perfectly.

You just need to start

Here's the simplest way to begin — no experience, apps, or incense required.

Step-by-Step

1. Sit or lie down comfortably.

A chair, a bed, the floor — wherever you can relax without effort.

2. Close your eyes or soften your gaze.

Let your body settle. Let your shoulders drop.

3. Take a slow breath in through your nose — 4 seconds.

Fill your lungs gently.

4. Hold your breath — 4 seconds.

Let your body pause in stillness.

5. Repeat for 5 minutes.

Set a timer or count 10–12 rounds.

6. If your mind wanders, gently bring it back to your breath.

No judgment. Just awareness.

Just You + Your Breath

You don't need silence. You need presence.

And that presence begins with just one breath .



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The more you practice, the easier it gets.

The calmer you feel — the stronger you become.

Audio & App Resources

Meditation doesn't have to be silent.

Sometimes, the easiest way to start is with someone gently guiding you.

Here are our favorite free guided meditations — all hand-picked to help you calm your mind, relax your body, and get results you can feel:

Insight Timer (Free App)

- “5 Minutes to Calm” (Perfect for Beginners)
Simple breathwork to quiet anxiety and tension.
- “Release the Day” (Evening wind-down)
Unwind, reset, and prepare for better sleep.
- “Gratitude Grounding” (Midday mindset reset)
Center yourself, even on the busiest day.

Download Insight Timer

Calm App (Free & Paid)

“Daily Calm” Short, story-style meditations for clarity and emotional balance.

Get Calm.com

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YouTube

5-Minute Body Scan Meditation

5-Minute Body Scan Meditation Relax from head to toe — perfect if you're new to slowing down. Watch here

<https://bit.ly/5minbodyscan>

Tips for a Peaceful Listening Experience

Speakers vs Earbuds

- Speakers work great in quiet rooms.
- Earbuds are ideal when you need to block out noise.

Where to Sit

- Chair, bed, couch — it doesn't matter.
- What matters is comfort without slouching .

Environment Matters

- Turn off distractions.
- Dim the lights.
- Light a candle or open a window. Let your senses slow down.

One breath, one track, one moment of peace.

That's all it takes to start.

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7 Day Peace Tracker

7 Day Peace Tracker

Day	Meditated? (Yes/No)	Mood (😊 😌 😊 😞 😡)	One Word
1	<input type="checkbox"/> / <input type="checkbox"/>	Emoji options	_____
2	<input type="checkbox"/> / <input type="checkbox"/>	...	_____
3	<input type="checkbox"/> / <input type="checkbox"/>	...	_____
4	<input type="checkbox"/> / <input type="checkbox"/>	...	_____
5	<input type="checkbox"/> / <input type="checkbox"/>	...	_____
6	<input type="checkbox"/> / <input type="checkbox"/>	...	_____
7	<input type="checkbox"/> / <input type="checkbox"/>	...	_____

[Download Tracker](#)

Bonus Tips for Real-Life Meditation

Meditation isn't about doing it "right."

It's about doing it your way— with patience, presence, and self-kindness.

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If you've struggled to sit still, quiet your thoughts, or stay consistent, you're not alone.

Here are a few practical, heart-centered tips to make it easier.

1. Use Guidance When You Need It

You don't have to do this in silence.

Try a guided meditation when your mind feels loud.

Use apps like Insight Timer or Calm, or listen to one of our recommended audio tracks.

2. Create a Calm Environment

Meditation feels different when your surroundings support it.

- Dim the lights
- Light a candle
- Play soft nature sounds
- Sit by a window or go outside

The space around you helps quiet the space within you.

3. Make Yourself Comfortable

There's no "perfect posture."

Sit on a chair, couch, cushion — wherever your body can relax and breathe freely.

Stillness begins with comfort.

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4. Start Small — Really Small

One minute.

Three breaths.

That's enough.

Consistency matters more than time. Let your habit grow slowly and naturally.

5. No Judgment Allowed

Your mind will wander.

You'll forget a day.

You might fall asleep.

All of that is part of the practice.

What matters is that you gently return to your breath — and to yourself.

Progress in meditation isn't how still you sit...

It's how kindly you return when your mind drifts.

Your peace is already within you.

Meditation just helps you remember.

Next Steps & Connection

Thank You

You did it.

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You gave yourself the gift of stillness.

Of presence. Of peace.

That matters — and we're honored to be part of your journey.

Your path to peace starts with one breath...

and continues with one powerful choice at a time.

Stay Connected

Let's keep the calm going.

Follow us on Instagram for weekly tips, guided meditations, mindset shifts, and real-life wellness tools:

[Instagram.com/EmpowerUplan](https://www.instagram.com/empoweruplan)

Share Your Journey

We'd love to celebrate your progress!

Tag us in your posts, stories, or send a DM and let us know how your 7 days felt.

Your words might just inspire someone else to begin.

Want More Peace?

If you found this helpful, you'll love what's next:

[EmpowerUplan.com](https://empoweruplan.com)

Meditation Starter Kit

- Weekly 5-minute meditations
- Journaling guides for clarity and calm
- Special tools to deepen your peace practice

Find everything in our bio or at EmpowerUplan.com

You're not just learning to meditate.

You're remembering how to come home to yourself.

See you soon,

The Empower U plan Team.

Meditation Starter Kit

Unlock the power of stillness with the "Meditation Starter Kit," your essential guide to finding calm in just five minutes a day. This accessible resource offers simple techniques to sharpen your mind, improve sleep, and reduce stress, all while fostering a deeper connection to yourself. Embrace the journey to inner peace with practical tips and guided resources designed for everyone, regardless of experience.

