



MEDITATION STARTER GUIDE

Your Mind is Trainable. Here's How.

8 weeks of consistent meditation physically changes brain structure — science confirmed.

1

YOUR FIRST 14 DAYS

- ◆ Days 1-3: Breathe and notice — 5 minutes. Count breaths 1-10. Start over if you lose count.
- ◆ Days 4-7: Body scan — 10 min. Feel each body part from feet to head.
- ◆ Days 8-10: Loving-kindness — think of someone you love. Wish them peace and happiness.
- ◆ Days 11-14: Open awareness — 15 min. Notice thoughts like clouds passing, don't chase them.
- ◆ Rule: When you realize you wandered, that noticing IS the meditation working.

2

MEDITATION MYTHS BUSTED

- ◆ MYTH: 'My mind won't stop' — TRUTH: Wandering mind IS normal. Noticing it is the practice.
- ◆ MYTH: 'I need 30+ minutes' — TRUTH: 5 consistent minutes beats sporadic hour-long sessions.
- ◆ MYTH: 'I need to sit cross-legged' — TRUTH: Chair, floor, bed — position doesn't matter.
- ◆ MYTH: 'I should feel peaceful' — TRUTH: Feeling restless is part of the process too.
- ◆ MYTH: 'I'm doing it wrong' — TRUTH: There is no wrong if you showed up and tried.

3

SCIENCE OF MEDITATION

- ◆ 8 weeks of daily practice: measurable increase in gray matter density
- ◆ Reduces amygdala reactivity (fear/stress response) — calms your nervous system
- ◆ Telomere preservation: long-term meditators show slower cellular aging
- ◆ Improves attention span: 4 days of 20-min practice = measurably sharper focus
- ◆ Reduces symptoms of anxiety and depression equivalent

PRO TIP: Meditate BEFORE you need to, not after you're already overwhelmed. Build the practice when life is easy. It'll hold you when life gets hard.

Meditation Journals at FredBarcaArt.com