

Daily Magic

Your Ritual For Lasting Energy, Happiness and Success



3 Easy Steps to Start Meditating

1. Sit in a relaxed position, straighten out your posture then focus on your breath, close your eyes or softly gaze straight ahead. Breathe through your nose and gently focus on each inhalation and then exhale through your mouth.
2. Clear your mind from all outside thoughts, any type of chatter, worry or anger and return your attention to your breath.
3. As you breathe through your nose, move your head side to side then relax your neck muscles, as you breathe in, shrug your shoulders, as you exhale, relax your shoulders, feel your neck and shoulders relax. As you inhale with each breath, move different parts of your body; arms, legs and lower back. Then relax that specific part of the body, continue this process focusing on your breath and relaxing each part of the body all the way down to your toes.