



# 5-Minute Guided Meditation

**Breathe. Reset. Be Here**

v1.0 – March 2025

**[www.mibosma.com](http://www.mibosma.com) | [@mibosma](https://www.instagram.com/mibosma)**

For personal use only – © Mibosma 2025



**Mibosma – Begin living as you dream**



# Welcome to Your 5-Minute Guided Meditation

Take a gentle pause from your day.

This short, calming practice is here to help you reset, reconnect, and return to yourself — even if just for a moment.

You don't need experience. You don't need the "perfect" setup.

All you need is you, your breath, and a few quiet minutes of presence.

Let go of expectations.

Let this be a space of ease and kindness.

You can use this meditation:

- ✨ In the morning to start fresh.
- ✨ Midday when you feel overwhelmed.
- ✨ In the evening to release tension.

Let this be your small but powerful act of self-care.

Breathe... reset... and simply be here.

“Keep this guide nearby — for when you need a moment of peace.”



[www.mibosma.com](http://www.mibosma.com) | [@mibosma](https://www.instagram.com/mibosma)

For personal use only – © Mibosma 2025

## Your 5-Minute Guided Meditation

Welcome.

Take a moment...

to pause...

and gently come back to your breath.

Slowly...

Breathe in through your nose...

and exhale through your mouth.

Again...

inhale...

and exhale...

Let go of your thoughts.

There's nothing to fix...

nothing to figure out.

Just be here.



[www.mibosma.com](http://www.mibosma.com) | [@mibosma](https://www.instagram.com/mibosma)

For personal use only – © Mibosma 2025

Feel the air around you.  
Feel the support beneath you.  
Notice your body — without judgment.  
Let any tension melt...  
as you breathe in calm,  
and breathe out what no longer serves you.  
You are safe.  
You are supported.  
You are enough.  
Breathe...  
reset...  
and return to your day — gently.

❤️ This practice works even in silence.  
You can read it aloud or follow it in your  
mind.



[www.mibosma.com](http://www.mibosma.com) | [@mibosma](https://www.instagram.com/mibosma)  
For personal use only – © Mibosma 2025



## Pause & Reflect

Take a gentle pause...

Let the calm settle in.

This is your moment to breathe, to  
integrate,  
and to notice how you feel now.

→  Now turn the page to gently reflect  
on your experience.



[www.mibosma.com](http://www.mibosma.com) | [@mibosma](https://www.instagram.com/mibosma)

For personal use only – © Mibosma 2025

## ☀️ Want more mindful moments?

Discover more free tools to support your  
calm • clarity • emotional balance

📄 Download worksheets, trackers, and  
guided resources at:

👉 [www.mibosma.com/tools](http://www.mibosma.com/tools)

✨ Join our growing community of mindful  
dreamers.

Mibosma — Begin living as you dream



[www.mibosma.com](http://www.mibosma.com) | [@mibosma](https://www.instagram.com/mibosma)  
For personal use only – © Mibosma 2025