

MindVani: Inner Calm Starter Guide

A Gentle 3-Step Introduction to Emotional Healing

Step 1: Pause & Breathe

Take 3 deep breaths and observe your body. Don't fix anything, just notice.

Step 2: Name What You Feel

Use simple words like: 'Tired', 'Nervous', 'Hopeful'. Let the label release the grip.

Step 3: Offer Yourself One Kind Sentence

Say: 'I'm trying, and that matters.' This is how healing begins—softly.