



QUIET GURU

A QUIET GURU FREE GUIDE

The Seven-Minute Reset

A simple practice to create a little more space between you and the noise of the day.

*“You do not have to fix every thought.
You can pause, notice, and begin again.”*

No special equipment. No perfect posture. Just seven minutes, and a willingness to meet this moment as it is.

Before you begin

This is not a test of how calm you can become. The purpose is simply to practise noticing what is here without immediately needing to change it. If seven minutes feels too long, try two. If sitting still is uncomfortable, stand or walk slowly. Let the practice fit real life.

A small, kind intention

Choose one intention for these minutes: to pause, to listen, or to stop wrestling with the next thing on your list. You do not need to feel peaceful for the practice to count. Showing up is enough.

Try this: Put your phone on silent, settle into a comfortable position, and let your hands rest easily. Keep your eyes open or closed — whichever feels comfortable.

One important reminder

If difficult feelings or memories arise, you can open your eyes, look around, move, or stop. There is no need to force yourself to continue. This is a gentle self-reflection practice, not a replacement for professional support when you need it.

Seven minutes, one moment at a time

1

Arrive · 1 minute

Feel the support beneath you. Notice your feet, hands and the contact between your body and the chair or floor. Let the shoulders soften if they want to.

2

Notice the breath · 2 minutes

Feel the natural movement of breathing — at the nose, chest or belly. Do not try to breathe in a special way. Simply notice one breath, then the next.

3

Let thoughts pass · 2 minutes

When a thought appears, quietly name it “thinking”. You do not have to argue with it or follow its story. Gently return attention to one breath or one physical sensation.

4

Open your awareness · 1 minute

Include sounds, sensations and the space around you. Let experience come and go without needing to choose a favourite part of the moment.

5

Choose your next step · 1 minute

Ask yourself: “What would be a kind, useful next step?” It may be small — drink some water, send one message, take a short walk, or do the next task with a little more attention.

After the pause

Before returning to your day, take a moment to notice what changed — even if the answer is “not much”. You might feel calmer, restless, distracted, or exactly as you did before. The point is not to manufacture a particular result. It is to build a more patient relationship with your experience.

Three gentle reflection prompts

-  What did I notice when I stopped trying to solve everything for a few minutes?
-  Which thought kept asking for my attention — and could I let it be there without following it?
-  What is one small thing I can do today with a little more care?

Make it a return, not a rule

Try this reset at a time that works for you: before opening email, after a busy conversation, during a lunch break, or at the end of the day. Missing a day is not failure. Begin again whenever you remember.

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