



✦ HOUSE OF GUANYIN ✦

7-Day Meditation Starter Guide

Discover Inner Peace Through the Watch and Flow Method

BY

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Welcome to Your Transformation

Welcome to the 7-Day Meditation Starter Guide! Over the next seven days, you'll discover the Watch and Flow Method — a powerful approach to meditation and spiritual development that combines ancient wisdom with practical, modern techniques.

This guide will give you everything you need to establish a daily meditation practice and experience the peace, clarity, and vitality that comes from cultivating inner awareness.

What Is the Watch and Flow Method?

The Watch and Flow Method is a unique approach to meditation and spiritual development that I've developed through years of practice and study with respected masters in the Qigong and Tantric Buddhist lineages. It combines two essential practices:

WATCH — THE ART OF AWARENESS

Watch means to observe your thoughts, emotions, and sensations without judgment or interference. Instead of trying to stop your thoughts (which is impossible), you learn to watch them like clouds passing in the sky.

- ✦ Non-Judgmental: You don't label thoughts as "good" or "bad"
- ✦ Continuous: You maintain awareness throughout the day, not just during meditation
- ✦ Spacious: You create space between yourself and your thoughts

+ CORE INSIGHT

You are not your thoughts. You are the awareness that observes thoughts. When you realize this, everything changes.

FLOW — THE PRACTICE OF QI CULTIVATION

Flow refers to the natural movement of Qi (life energy) through your body. When Qi flows freely, you experience mental clarity, emotional balance, physical vitality, and spiritual connection.

- ✦ Natural: You don't force or control — you allow energy to move naturally
- ✦ Cultivating: You gather and store Qi in your lower dantian (energy center)
- ✦ Circulating: You guide Qi through specific pathways in your body

+ CORE INSIGHT

Your body has an innate intelligence. When you stop interfering and allow natural flow, healing and transformation happen spontaneously.

How Watch and Flow Work Together

Watch gives you the awareness to observe what's happening without getting caught up in it. Flow gives you the energy and vitality to sustain that awareness and transform your life. Together, they create a complete path from stress and confusion to peace and clarity.

How the Watch and Flow Method Helps You

1. REDUCES STRESS AND ANXIETY

The Problem:

Most people live in a constant state of mental stress, worrying about the past or future, caught in repetitive thought patterns.

How Watch and Flow Helps:

Watch: You learn to observe anxious thoughts without believing them. Flow: Qi cultivation calms your nervous system naturally. Result: You experience deep relaxation and mental peace.

"After just 3 weeks of practicing, I noticed my anxiety decreased significantly. I'm calmer, more centered, and able to handle stress without getting overwhelmed."

— Germael T., Watch and Flow Practitioner

2. INCREASES MENTAL CLARITY AND FOCUS

The Problem:

Mental fog, distraction, and inability to concentrate make it hard to be productive and present.

How Watch and Flow Helps:

Watch: You train your attention through consistent practice. Flow: Qi nourishes your brain and enhances cognitive function. Result: Sharp focus, clear thinking, and enhanced creativity.

3. IMPROVES EMOTIONAL BALANCE

The Problem:

Emotional reactivity — getting triggered, overwhelmed, or stuck in negative emotions.

How Watch and Flow Helps:

Watch: You observe emotions without being controlled by them. Flow: Energy work releases stuck emotions from your body. Result: Emotional stability and resilience.

4. ENHANCES PHYSICAL VITALITY

The Problem:

Low energy, fatigue, and physical tension from stress.

How Watch and Flow Helps:

Watch: You become aware of tension and allow it to release naturally. Flow: Qi cultivation builds your energy reserves. Result: Increased vitality, better sleep, and physical well-being.

5. DEEPENS SPIRITUAL CONNECTION

The Problem:

Feeling disconnected from yourself, others, and life itself.

How Watch and Flow Helps:

Watch: You discover your true nature beyond thoughts and emotions. Flow: Energy work opens you to deeper dimensions of consciousness. Result: Profound sense of peace, purpose, and connection.

6. CREATES LASTING TRANSFORMATION

The Problem:

Most meditation apps and techniques provide temporary relief but don't create lasting change.

How Watch and Flow Helps:

Watch: Addresses the root cause (identification with thoughts) not just symptoms. Flow: Builds a foundation of energy and vitality that sustains transformation. Result: Permanent shifts in how you experience life.

Introduction to Meditation

Today's Focus: Getting Started · 10 Minutes

Morning Practice (10 minutes)

1 FIND A QUIET SPACE

Choose a place where you won't be disturbed. Sit on a cushion, chair, or bench. Keep your spine straight but relaxed.

2 SET YOUR INTENTION

Take a moment to acknowledge why you're here. Set an intention to be present for the next 10 minutes.

3 SIMPLE BREATH AWARENESS

Close your eyes or soften your gaze. Bring your attention to your breath. Notice the sensation of breathing — the rise and fall of your chest or belly. Don't try to control your breath — just observe it.

4 WHEN YOUR MIND WANDERS (IT WILL!)

Notice that you've been thinking. Gently return your attention to your breath. No judgment, no frustration — this IS the practice.

5 CLOSING

Take three deep breaths. Open your eyes slowly. Notice how you feel.

📖 EVENING REFLECTION

- How did it feel to sit in silence?
- What did you notice about your mind?
- What came up during the practice?

✦ KEY INSIGHT

The goal isn't to stop thinking. The goal is to notice when you're thinking and return to the present moment. Every time you notice and return, you're strengthening your awareness.

The Art of Watching

Today's Focus: Observing Without Judging · 10 Minutes

Morning Practice (10 minutes)

1 SIT AS YOU DID YESTERDAY

Find your space, settle your spine, soften your gaze or close your eyes.

2 WATCH YOUR THOUGHTS

Instead of focusing on your breath, watch your thoughts. Imagine you're sitting by a river, watching thoughts float by like leaves. Don't try to stop them, don't follow them, don't judge them. Just watch.

3 LABEL GENTLY

When a thought arises, you can label it: "thinking." When a sound distracts you: "hearing." When a sensation arises: "feeling." Then return to watching.

4 NOTICE THE SPACE

Between thoughts, there's space. Between breaths, there's space. Rest in that space.

THROUGHOUT THE DAY

Practice "watching" during daily activities. When washing dishes, watch the sensations. When walking, watch the movement. When talking, watch your words.

📖 EVENING REFLECTION

- What did you notice about your thoughts?
- Were you able to watch without getting caught up?
- What was it like to notice the space between thoughts?

+ KEY INSIGHT

You are not your thoughts. You are the awareness that observes thoughts. This realization is the foundation of freedom.

The Practice of Flowing

Today's Focus: Qi Breathing · 15 Minutes

Morning Practice (15 minutes)

1 SIT COMFORTABLY

Place your hands on your lower belly, about 2 inches below your navel. This is your lower dantian — your energy center.

2 BELLY BREATHING

Breathe deeply into your belly, feeling it expand. As you inhale, imagine gathering energy into your lower belly. As you exhale, imagine this energy spreading throughout your body. Continue for 15 minutes.

3 WHAT YOU MIGHT FEEL

Warmth in your belly or hands · Tingling sensations · Deep relaxation · Mental clarity. These are signs that Qi is beginning to flow.

4 CLOSING

Place your hands over your lower belly. Take three deep breaths. Feel gratitude for your practice.

THROUGHOUT THE DAY

When you feel stressed, take 3 deep belly breaths. Imagine gathering energy with each inhale. Feel it spreading through your body with each exhale.

📖 EVENING REFLECTION

- What sensations did you notice?
- How did you feel after the practice?
- Did you notice any changes in your energy level?

+ KEY INSIGHT

Your body has an innate intelligence. When you breathe deeply and allow energy to flow naturally, healing happens spontaneously.

Understanding Qi

Today's Focus: Lower Dantian Cultivation · 20 Minutes

Morning Practice (20 minutes)

1 SIT AND CENTER

Place your attention on your lower dantian (2 inches below navel, 2 inches inward). Don't force or strain — just rest your attention there.

2 GATHER QI

As you breathe in, imagine energy gathering in your lower dantian. As you breathe out, feel this area becoming warmer and fuller. Continue for 20 minutes.

3 SIMPLY REST

You don't need to "do" anything. Just rest your attention in your lower dantian. Allow the energy to gather naturally.

WHAT IS QI?

Qi (pronounced "chee") is the life force energy that flows through all living things. In Chinese medicine and spiritual practice, Qi is the foundation of health, vitality, and consciousness.

- + **Jing (Essence):** Your foundational energy, stored in your kidneys and lower belly
- + **Qi (Energy):** Your daily vitality, circulating through your body
- + **Shen (Spirit):** Your consciousness and awareness

📖 EVENING REFLECTION

- How does your lower dantian feel?
- Do you notice any warmth or fullness?
- How is your energy level compared to before you started?

+ KEY INSIGHT

When you cultivate Qi in your lower dantian, you build a foundation of vitality that supports everything you do.

Awareness in All Things

Today's Focus: Watching Without Interference · 20 Minutes

By now you've experienced the foundational practices of Watch and Flow. Today we go deeper into what it truly means to watch — not just during seated practice, but as a continuous, effortless presence throughout your day.

Morning Practice (20 minutes)

1 SETTLE INTO YOUR SEAT

Begin as usual. Spine relaxed and upright. Eyes softly closed or lowered. Take three natural breaths and arrive fully in the present moment.

2 OPEN AWARENESS — WATCH EVERYTHING

Rather than focusing on one object (breath, dantian), open your awareness wide. Let sounds, sensations, thoughts, and feelings all arise and pass freely — without chasing any of them or pushing any away. You are the open sky. Everything that arises is simply weather passing through.

3 NOTICE THAT WATCHING REQUIRES NO EFFORT

Awareness is already here. You don't create it — you simply recognize it. Whatever arises in this space of awareness — a thought, a sound, a feeling — is already being watched. Rest in that recognition.

4 WHEN YOU NOTICE YOU'VE BEEN "AWAY"

If you find yourself absorbed in a thought or story, simply notice that noticing. That noticing is the Watch. There is no failure here — the moment of recognition is the practice itself. Return, again and again, without judgment.

5 CLOSING

Take three gentle belly breaths. Rest your hands in your lap. Carry this open, effortless awareness into the rest of your day.

THE WATCH AND FLOW PERSPECTIVE ON WHAT ARISES

In the Watch and Flow Method, we do not treat thoughts, emotions, or sensations as obstacles to be overcome. They are not problems. They are simply appearances within awareness — like waves on the surface of the ocean. The ocean is not disturbed by its waves.

- ✦ A busy mind is not a sign that meditation is failing — it is simply what is arising
- ✦ A restless body is not an obstacle — it is an invitation to watch more closely
- ✦ A wave of emotion is not a problem — it is energy in motion, watched and released naturally
- ✦ There is no "bad" session — every moment of watching is the method working

THROUGHOUT THE DAY — CONTINUOUS WATCHING

Practice carrying the open, effortless quality of your morning sitting into daily life. When you notice yourself reacting — to traffic, to someone's words, to your own thoughts — pause for one breath and watch. Not to fix or change anything. Simply to see clearly what is arising.

📖 EVENING REFLECTION

- What did it feel like to watch without trying to fix or change anything?
- Were there moments today when you noticed you were watching — even briefly?
- What did you discover about the nature of awareness itself?

✦ KEY INSIGHT

Awareness is not something you do. It is what you already are. The Watch and Flow Method doesn't teach you to create awareness — it helps you recognize and rest in the awareness that is always already here.

Deepening Your Practice

Today's Focus: Continuous Mindfulness · 20 Minutes

Morning Practice (20 minutes)

Today, you'll move through three integrated phases in a single sitting:

PHASE	DURATION	PRACTICE
Phase 1	~7 minutes	Watch your breath — settle and arrive
Phase 2	~7 minutes	Cultivate Qi in your lower dantian
Phase 3	~6 minutes	Simply rest in open, effortless awareness

Allow one phase to flow naturally into the next. There is no hard transition — just a gentle shift of attention.

THROUGHOUT THE DAY — MINDFUL TRANSITIONS

Bring awareness to transitions throughout your day:

TRANSITION MOMENTS TO WATCH

- ✦ Waking up → Getting out of bed
- ✦ Finishing one task → Starting another
- ✦ Entering a room → Sitting down
- ✦ Eating → Finishing a meal

At each transition: pause for 3 breaths, simply be present, and notice what you're feeling.

WHY THIS MATTERS

Most people live on autopilot, rushing from one thing to the next. By bringing awareness to transitions, you reduce stress and overwhelm, increase presence and clarity, create space between stimulus and response, and begin to live more consciously.

📖 EVENING REFLECTION

- How many transitions did you notice today?
- What was it like to pause between activities?
- How did this change your experience of the day?

✦ KEY INSIGHT

Meditation isn't just what you do sitting down. It's a way of being that extends into every moment of your life.

Creating a Sustainable Routine

Today's Focus: Making Meditation a Habit · 20 Minutes

Morning Practice (20 minutes)

Practice as you did yesterday, but today pay particular attention to how you feel before, during, and after the session. Notice the difference awareness makes.

CREATING YOUR SUSTAINABLE ROUTINE

- 1 **START CONSISTENT, NOT LONG**
It's better to meditate 10 minutes every day than 60 minutes once a week. Consistency builds the foundation. Duration deepens it.
- 2 **SAME TIME, SAME PLACE**
Anchor your practice to your morning routine. Choose a dedicated space. This creates a habit loop that makes showing up effortless over time.
- 3 **WATCH WITHOUT JUDGING THE PRACTICE**
Some days will feel "good," some "flat." Apply the Watch to your meditation itself — observe your experience of practice without labeling it as success or failure. Both are the method working.
- 4 **TRACK YOUR PROGRESS**
Use a simple calendar to mark each day you practice. Celebrate streaks — 7 days, 30 days, and beyond.
- 5 **FIND SUPPORT**
Join a community of practitioners. Practice with others when possible. The journey is richer when shared.

YOUR SUSTAINABLE DAILY PRACTICE

- ✦ **Morning (10–20 min):** Watch breath · Cultivate Qi in lower dantian · Rest in open awareness
- ✦ **Throughout the Day:** Mindful transitions (3 breaths) · Qi breathing when stressed · Present-moment watching as often as you remember
- ✦ **Evening (5–10 min):** Review your day without judgment · Release any tension or stress · Set intention for restful sleep

📖 EVENING REFLECTION

- How has your experience changed over 7 days?
- What benefits have you noticed?
- What will you continue practicing?

✦ KEY INSIGHT

The real transformation happens over weeks and months of consistent practice. You've built the foundation — now keep going.

What's Next?

Congratulations on completing the 7-Day Meditation Starter Guide! You've learned the fundamentals of the Watch and Flow Method and established a daily practice.

Watch and Flow Mastery Program

If you're ready to go deeper and want structured guidance, community support, and a clear path from beginner to mastery, consider joining the Watch and Flow Mastery Program.

What's Included:

- + 52 Weekly Lectures (20–30 minutes each)
- + Stage 1: Purification (Weeks 1–13)
- + Stage 2: Cleansing (Weeks 14–26)
- + Stage 3: Foundation (Weeks 27–39)
- + Stage 4: Spirit (Weeks 40–52)
- + Weekly Live Q&A Sessions with Coach Katrina
- + Supportive Community on Skool platform
- + Downloadable Resources (PDFs, guided meditations, practice plans)
- + Progressive Curriculum that builds week by week

Final Thoughts

The Watch and Flow Method isn't just a meditation technique — it's a way of being. As you continue to practice, you'll discover:

- ✦ Greater peace and clarity in daily life
- ✦ Freedom from reactive patterns
- ✦ Deeper connection to yourself and others
- ✦ Natural vitality and well-being
- ✦ A sense of purpose and meaning

The power was always in you. The practice simply helps you remember.

Keep watching. Keep flowing. Keep practicing.

Coach Katrina T. Olurinde

FOUNDER, HOUSE OF GUANYIN · CREATOR, WATCH AND FLOW METHOD

Ready to Continue Your Journey?

You've taken the first step. Here is where to go next — explore services, join the community, or reach out directly. We are here to support you.



Spiritual Refinement & Wellness Services

Explore the full range of Watch and Flow Method programs — from individual coaching and group courses to corporate programs and speaking engagements — all designed to meet you where you are.



Join our House of Guanyin Community

Connect with fellow practitioners in the free House of Guanyin community on Skool. Access free lectures, articles, live events, and a sanctuary of like-minded seekers on the path.



Contact Us for more information or if you have any questions

Have questions about the Watch and Flow Method, programs, or your practice? We'd love to hear from you. Reach out through the contact form and we'll respond personally.

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