

10-Minute Zen Reset

A short pause.
A clearer you.

No religion.
No equipment.
No experience needed.

Just breath,
silence, and a reset.

1

0:00 – 1:00

STOP

Pause and be here.



Sit comfortably.
Keep your back
straight and feet
on the floor.
Close your eyes
or keep them
softly open.



"For these 10 minutes,
you don't need
to achieve anything.
Just stop."

2

1:00 – 4:00

BREATHE

Reset with your breath.



Use the 12-6-6
breathing method.

12

Exhale slowly
through your mouth
for 12 seconds.

6

Inhale through
your nose
for 6 seconds.

6

Hold for
6 seconds.

Repeat 2-3 times.
If it feels uncomfortable,
return to your natural
breath.

"Your breath is always
in the present.
You cannot breathe
the past or the future."

3

4:00 – 6:00

NOTICE

Feel your body.



Bring your attention
to your body.
Feel the contact
of your feet on the floor,
your seat, your shoulders,
neck, and jaw.

You don't need
to change anything.
Just notice.



"Are you holding
tension in your shoulders?
Clenching your jaw?
Just notice."

4

6:00 – 8:00

SILENCE

2 minutes. Do nothing.



Now, for the next
2 minutes,
we will be in silence.

You don't need
to control your breath.
You don't need
to clear your mind.
When thoughts arise,
just notice,
"Thinking,"
and gently return
to your breath.



5

8:00 – 9:00

ONE QUESTION

A moment to reflect.



Now, gently ask
yourself:

"What is truly
important to me
right now?"

Don't try to find
the answer immediately.
It's okay if the answer
doesn't come.
Zen does not give you
answers. It gives you
time to notice the
answers within you.



6

9:00 – 10:00

RETURN

Bring this calm into your day.



When life gets busy,
remember these 10 minutes.
You don't need a special place
to calm your mind.
All you need is one breath.

*One breath can change
your next moment.*

Thank you.
This was your 10-Minute Zen Reset.



Less Stress



More Clarity



Better Focus



Stronger Connection



A Kinder, Calmer You

BUDDHIST MONK FROM JAPAN

ENKO SAKAI

Head Priest of Myojo-in Temple

Mindfulness • Zen • Breath • Waterfall • Well-Being

*A Life of Challenge,
from Japan to the World*

“The waterfall doesn’t teach you.
It reminds you.”

ZEN FOR A BETTER TOMORROW

From the Ocean to the World — Breathing, Living and Inspiring Together.

- 2025** Became a producer and actor in an American film. The film received 16 official selections worldwide and won Silver Awards at film festivals in Hollywood and New York.

His original song, featured on New York FM, was registered on the karaoke platform JOYSOUND in Japan.
- 2024** Featured on the cover of TIME magazine and several other major international magazines as a prominent Japanese making a global impact.
- 2023** Received the Next Era Leaders AWARD (Philosophy Category) at The Future of Everything ceremony hosted by The Wall Street Journal in New York.

Attended lectures by five senior doctors at Stanford University, ranked the 3rd best university in the world.

Visited six leading U.S. companies including Google and Tesla as part of a Well-Being Conference program.
- 2022** Gave lectures in two classes at California State University, Sacramento.
- 2021** Held discussions with many well-known figures, including scriptwriter Kankuro Kudo.
- 2020** Featured on Wikipedia.
- 2019** Selected for “Next-Era LEADERS 2019” by The New York Times (World’s Next Generation Leaders).
Gave a lecture at San José State University in California, USA.
Gave a lecture organized by the Consulate General of Japan in San Francisco: “Zen and Breathing Techniques to Become Stronger Under Stress.”
- 2018** Gave lectures in the USA, including Hawaii and Los Angeles.
- 2015** Selected by The Japan Times as one of the “100 Leaders Shaping the Next Generation of Asia.”
- 2014** Began holding regular Goshuin (temple seal) events.
- 2010** Built a waterfall training facility at the temple.
- 2005** Became the 25th head priest of Myojo-in Temple. Studied psychology, qigong, yoga, and meditation to make Buddhist teachings more accessible and relevant to modern life, and dedicated himself to creating a new style of temple.
- 1993** Graduated from Bukkyo University.
- 1992** Entered Myojo-in Temple.
- 1990** Trained at Enryaku-ji Temple on Mount Hiei, the headquarters of the Tendai sect.
- 1963** Born in Gamagori, Aichi, Japan. Worked on a tuna fishing boat and later in food sales.



ZEN
Mindfulness



BREATH
Focus



WATERFALL
Resilience



PEOPLE
Well-Being



A BETTER
TOMORROW
For All

*Different Paths,
One Human Heart.*