Your Personalized Meditation Regimen

Welcome! Based on your survey results, we’ll be giving you resources that will help you feel more connected to yourself and the world around you.

Maybe the most spiritual feeling of all is the experience of living wholeheartedly in the present. Meditation teaches us how to live in the moment, and when we learn to do this, the world opens up in front of us.

“In today’s rush, we all think too much, seek too much, want too much, and forget about the joy of just being.” —Eckhart Tolle

Becoming mindful and aware (of yourself and the moment) is the first step, but what follows is even more beautiful. As we start to recognize and release self-imposed barriers, we can learn to align our lives with our truest values. As we gain insight and perspective on the world and ourselves, we may find we are more accepting of ourselves and others. If you’re looking for meaning, personal growth, and deep connection, you’ve come to the right place.

In this meditation regimen, we’ll show you how a daily practice of sitting on a cushion can turn into one of the most spiritually fulfilling parts of your life.
“I’d really appreciate it if you’d refrain from shouting ‘KA-CHING!!!’ every time you become one with the universe.”
So how does this work?

There’s a steep learning curve in the world of meditation, and our goal is to make that curve a little bit more manageable by giving you everything you need to start a meditation practice.

We’ve been studying meditation for a few years now, and while we’re not experts, we know who the experts are and what resources are out there to serve your specific needs. It took us years to discover the most trusted websites, the best podcasts, the clearest guided meditations, and so on. We know you don’t have years of trial and error to spare, so we’ve compiled the best resources out there, just for you.
Your meditation regimen

I. The lessons are broken up by weeks, but feel free to go at your own pace.
II. Each week will include a learning section. Part of the process of developing a meditative process includes understanding why you’re doing what you’re doing.
III. Each week will also include a practice section with short guided meditations. You should aim to use them 5-7 times throughout the course of a week. Find a time in the day that works best for you and try to be consistent.
IV. You will also receive tips on how to incorporate your practice into daily life. While some of these tips may seem silly, try the ones that resonate with you. You may discover this is a quick and easy way to bring yourself back to the present.
V. You will receive a list of FAQs by novice meditators. We understand that it can be difficult to know if what you’re experiencing is normal or if you’re “doing it right”.
VI. You will receive a list of quotes to give you inspiration during your practice.
VII. Finally, we will provide resources if you wish to take your practice deeper. These include longer guided meditations, talks by experts, and books.
# Week 1: Sweet and simple

## Your Learning

1. **What is mindfulness?** Understand the basics with this short [video](#).

2. Let’s clear up some meditation misconceptions with this [Q&A](#).

3. Not convinced it works? Learn about the science-backed benefits of mindfulness right [here](#).

## Your Practice

1. This [2-minute guided meditation](#) teaches you how to simply pause and connect with the moment. It’s led by Marc Lesser, a long-term Zen teacher and author.

2. Learn how to tune into the present with this [4-minute guided meditation](#).
How to bring it into daily life

Tip 1: Mirror Meditation Pull out one of your favorite quotes or instructions from the week. (We give you some inspiring quotes at the end of this packet too!) Write it on a sticky note and place it on your bathroom mirror. Read it each time you brush your teeth or get in the shower.

Tip 2: Hand Dots Meditation Draw a small dot on the tops of each of your hands. When you notice either of the dots throughout the day, check in with yourself. Take a deep breath, become aware of your surroundings, and get out of your head, so you can wake up to the moment you’re in.
Week 2: Let’s dive in

Your Learning
1. How does meditation increase your compassion and connection with others? Check out this 12-minute TED talk to learn how to find more joy and fulfilment in your life.
2. What’s the difference between thinking and meditating? How do you know if you’re doing it right? Check out this article by Andy Puddicombe, founder of Headspace.

Your Practice
2. What does it feel like to simply be in the present moment? Let’s try this 16-minute guided meditation with Tara Brach, meditation teacher and psychologist.
Let’s look at a few FAQs

Q: I don’t know if I’m doing it right. What exactly is the goal?
A: “The ‘goal’ of mindfulness meditation is to be curiously present with whatever is happening in the moment, be it deep relaxation or ants-in-your-pants restlessness.”

Q: I have too many thoughts. How do I quiet my mind?
A: “Those are my people, the ones who say they can’t do it. Or, people who say ‘I tried it once, but failed.’ I really love those people, because you can’t fail at it. Meditation isn’t about what’s happening; it’s about how you relate to what’s happening. You can have a torrent of thoughts and difficult emotions, but that’s okay. You can be with them not only with mindfulness, but with compassion.”

Q: I get frustrated. Isn’t this supposed to be peaceful?
A: “Practicing meditation is a powerful tool. But that doesn’t mean you’re going to go from sweetness to delight to joy to bliss to ecstasy to peace in a straight shot. Read more about how to deal with this struggle right here.”

**Pulled from an interview with Sharon Salzberg**
Quotes to keep you going

1. “In the end, just three things matter: How well we have lived. How well we have loved. How well we have learned to let go” —Jack Kornfield

2. “It’s only when we truly know and understand that we have a limited time on earth – and that we have no way of knowing when our time is up – that we will begin to live each day to the fullest, as if it was the only one we had.” —Elisabeth Kübler-Ross

3. “If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” —Rabbi Harold Kushner

4. “By breaking down our sense of self-importance, all we lose is a parasite that has long infected our minds. What we gain in return is freedom, openness of mind, spontaneity, simplicity, altruism: all qualities inherent in happiness.” —Matthieu Ricard

5. “Mindfulness isn’t difficult, we just need to remember to do it.” —Sharon Salzberg
## Want to go deeper?

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<thead>
<tr>
<th>Guided Meditations</th>
<th>Meditation Talks</th>
<th>Books</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Headspace:</strong> This app was started by a former monk Andy Puddicombe. It's easy to use and offers a 10-day free trial before they ask for an annual subscription.</td>
<td><strong>1. Dharmaseed.org:</strong> This website offers free talks on meditation, Buddhism, and spirituality.</td>
<td><strong>1. Real Happiness:</strong> Sharon Salzberg takes you through a 28-day meditation plan. The book is very practical and her ideas are supported by lots of research.</td>
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<td><strong>2. Brightmind:</strong> This app is newer on the market, but is supposedly the first meditation app to really take you deeper. The founder worked with meditation teacher Shinzen Young to build the meditation plan.</td>
<td><strong>2. Mindful.org:</strong> This website offers a series of videos from Ted Talks, The Institute for Mindful Leadership, and scientists offering advice on why to begin and continue a meditation practice.</td>
<td><strong>2. Happiness:</strong> Matthieu Ricard is a well-respected Tibetan monk and was nicknamed the happiest man in world after getting his brain scanned by a neuroscientist.</td>
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<td><strong>3. The Miracle of Mindfulness:</strong> Buddhist monk Thich Nhat Han takes you through the simple joys of mindfulness in this quick read.</td>
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