

30 Days of Meditation

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MEDITATION

Set a timer on your phone and be still for 5 minutes a day. Meditate on the daily quote I've provided. Meditate on your breath. Meditate on loving yourself and having compassion for others. If you want to meditate for more than 5 minutes please do! This is just a good time for beginners.

Practice Gratitude

Take a minute at the end of each day and write down three things that you are grateful for. People who journal weekly on gratitude show greater improvements in optimism, exercise more, report a reduction in physical ailments, lower levels of anxiety/depression and sleep better.

Meditation Styles

Breath Meditation: Breath meditation is one of the most accessible forms of meditation, practiced globally by millions regardless of race, culture or religion. Breath is the foundation of our lives, yet how often do we focus on our breath? Generally only when we experience shortness of breath do we notice the importance or the gift of breathing at all. While breathing techniques are used in other forms of meditation, breath meditation does not involve focusing on an object, visualization or mantra. Breath meditation asks us to concentrate our awareness on our breath only, bringing much-needed attention to an involuntary function that we often take for granted.

Loving Kindness Meditation (Metta Meditation): One sits down in a meditation position, with closed eyes, and generates in his mind and heart feelings of kindness and benevolence. Start by developing loving-kindness towards yourself, then progressively towards others and all beings.

Mantra Meditation (OM Meditation): While "Om" is a popular mantra to repeat, any positive word or phrase works. Cannon says "Om mani padme hum" is a popular mantra from Tibetan Buddhists. It invokes the powerfully benevolent attention and blessings of the deity Chenrezig, the embodiment of compassion.

Silent Meditation: Simply sit in silence, focusing on your breath and observing any thoughts that come up. Jeff Cannon from Simple Truth suggests considering each thought that comes into your mind: If it is an unpleasant thought, let it go, and if it's a pleasant thought, sit with it for a moment, then push it aside and let it go.

You can use Free Guided Meditations from [UCLA Mindful Awareness Research Center](#)

How to Use This Workbook

Each day I have provided you with a quote that pertains to happiness, kindness or gratitude. How you meditate is ultimately up to you, but I included these quotes that truly spoke to my heart in hopes that you may spend some of your meditation time thinking about them. What do they mean to you in your life? What could you learn from them or put into practice in your everyday life?

Meditation: Simply circle 'yes' or 'no' if you meditate that day.

Act of Kindness: Be sure to record what kind deed or word you put out into the universe for the day!

Gratitude: List 3 things that you are grateful for that day. If it's one of those days it can be as simple as 'I'm grateful I woke up today.'

If you have a Facebook/Twitter or any other social account, stay updated. This will not only keep yourself accountable and motivate you, but will also let your friends to see you as an inspiration. Find more reason why you should do this at below

Scientific evidence supports that journaling provides other unexpected benefits. The act of writing accesses your left brain, which is analytical and rational. While your left brain is occupied, your right brain is free to create, intuit and feel. In sum, writing removes mental blocks and allows you to use all of your brainpower to better understand yourself, others and the world around you. Begin journaling and begin experiencing these benefits:

Clarify your thoughts and feelings. Do you ever seem all jumbled up inside, unsure of what you want or feel? Taking a few minutes to jot down your thoughts and emotions (no editing!) will quickly get you in touch with your internal world.

Know yourself better. By writing routinely you will get to know what makes you feel happy and confident. You will also become clear about situations and people who are toxic for you — important information for your emotional well-being.

Reduce stress. Writing about anger, sadness and other painful emotions helps to release the intensity of these feelings. By doing so you will feel calmer and better able to stay in the present.

Solve problems more effectively. Typically we problem solve from a left-brained, analytical perspective. But sometimes the answer can only be found by engaging right-brained creativity and intuition. Writing unlocks these other capabilities, and affords the opportunity for unexpected solutions to seemingly unsolvable problems.

Resolve disagreements with others. Writing about misunderstandings rather than stewing over them will help you to understand another's point of view. And you just may come up with a sensible resolution to the conflict.

In addition to all of these wonderful benefits, keeping a journal allows you to track patterns,

trends and improvement and growth over time. When current circumstances appear insurmountable, you will be able to look back on previous dilemmas that you have since resolved.

DAY 1

When sitting in meditation, say, “That’s not my business!” with every thought that comes by. –
Ajahn Chah

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 2

Meditation is not passive sitting in silence. It is sitting in awareness, free from distraction, and realizing the clear understanding that arises from concentration. – Thich Nhat Hanh

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 3

“Generally we waste our lives, distracted from our true selves, in endless activity. Meditation is the way to bring us back to ourselves, where we can really experience and taste our full being.” - Sogyal Rinpoche

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 4

“The whole of meditation practice can be essentialized into these 3 crucial points: Bring your mind home. Release. And relax!” - Sogyal Rinpoche

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 5

“The masters say if you create an auspicious condition in your body and your environment then meditation and realization will automatically arise.” - Sogyal Rinpoche

Mantra Meditation (OM Meditation) Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 6

There are many ways to calm a negative energy without suppressing or fighting it. You recognize it, you smile to it, and you invite something nicer to come up and replace it; you read some inspiring words, you listen to a piece of beautiful music, you go somewhere in nature, or you do somewalking meditation. – Thich Nhat Hanh

Mantra Meditation (OM Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 7

True Meditation is the space in which everything gets revealed, everything gets seen, everything gets experienced. And as such, it lets go of itself. We don't even let go. It lets go of itself. –
Adyashanti

Mantra Meditation (OM Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 8

Meditation is the only intentional, systematic human activity which at bottom is about not trying to improve yourself or get anywhere else, but simply to realize where you already are. – Jon Kabat-Zinn

Mantra Meditation (OM Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 9

Meditation has made me happy, loving, and peaceful—but not every single moment of the day. I still have good times and bad, joy and sorrow. Now I can accept setbacks more easily, with less sense of disappointment and personal failure, because meditation has taught me how to cope with the profound truth that everything changes all the time. – Sharon Salzberg

Mantra Meditation (OM Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 10

Mindfulness meditation should be more than just watching what you are doing. What you really need to watch is your motivation. – Lama Zopa Rinpoche

Mantra Meditation (OM Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 11

Meditation is not a matter of trying to achieve ecstasy, spiritual bliss, or tranquillity, nor is it attempting to become a better person. It is simply the creation of a space in which we are able to expose and undo our neurotic games, our self-deceptions, our hidden fears and hopes. – Pema Chodron

Loving Kindness Meditation (Metta Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 12

Meditation is one of the ways in which the spiritual man keeps himself awake. – Thomas Merton

Loving Kindness Meditation (Metta Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 13

Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor. – Thich Nhat Hanh

Loving Kindness Meditation (Metta Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 14

And meditation is nothing but enjoying your beautiful aloneness. Celebrating yourself; that's what meditation is all about. – Osho

Loving Kindness Meditation (Metta Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 15

The Way to do is to be. – Lao Tzu

Loving Kindness Meditation (Metta Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 16

The flowering of love is meditation. – Jiddu Krishnamurti

Loving Kindness Meditation (Metta Meditation): Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 17

Meditation is painful in the beginning but it bestows immortal Bliss and supreme joy in the end.
– Swami Sivananda

Breath Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 18

Practicing meditation is just like breathing. While working we breathe, while sleeping we breathe, while sitting down we breathe... Why do we have time to breathe? Because we see the importance of the breath, we can always find time to breathe. In the same way, if we see the importance of meditation practice we will find the time to practice. – Ajahn Chah

Breath Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 19

Thinking is the natural activity of the mind. Meditation is not about stopping your thoughts. Meditation is simply a process of resting the mind in its natural state, which is open to and naturally aware of thoughts, emotions, and sensations as they occur. – Eric Swanson, Yongey Rinpoche Mingyur

Breath Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 20

To understand the immeasurable, the mind must be extraordinarily quiet, still. – Jiddu Krishnamurti

Breath Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 21

One way to access the field is through the daily practice of silence, meditation, and non-judgment. Spending time in nature will also give you access to the qualities inherent in the field: infinite creativity, freedom, and bliss. – Deepak Chopra

Breath Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 22

The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms. – Thich Nhat Hanh

Breath Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 23

Meditation is the dissolution of thoughts in Eternal awareness or Pure consciousness without objectification, knowing without thinking, merging finitude in infinity. – Swami Sivananda

Breath Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 24

Mindfulness meditation is the embrace of any and all mind states in awareness, without preferring one to another. – Jon Kabat-Zinn

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 25

Eventually, meditation will make our mind calm, clear, and as concentrated as a laser which we can focus at will. This capacity of one-pointed attention is the essence of genius. When we have this mastery over attention in everything we do, we have a genius for life. – Eknath Easwaran

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 26

A good meditation, even when it is interrupted by occasional nodding, is much more beneficial than many outward religious exercises. - Johannes Tauler

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 27

If I had not been already been meditating, I would certainly have had to start. I've treated my own depression for many years with exercise and meditation, and I've found that to be a tremendous help. - Judy Collins

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

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DAY 28

When we pay attention, whatever we are doing...is transformed and becomes a part of our spiritual path. We begin to notice details and textures that we never noticed before' everyday life becomes clearer, sharper, and at the same time more spacious. - Rick Fields et al., Chop Wood, Carry Water: A Guide to Finding Spiritual Fulfillment in Everyday Life

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 29

Meditation is the dissolution of thoughts in eternal awareness or pure consciousness without objectification, knowing without thinking, merging finitude in infinity. - Swami Sivananda

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

DAY 30

My sole literary ambition is to write one good novel, then retire to my hut in the desert, assume the lotus position, compose my mind and senses, and sink into meditation, contemplating my novel. - Edward Abbey

Silent Meditation: Yes No

Act of Kindness:

Gratitude:

1.

2.

3.

Share Your Experience:

30 Days to Change Your Life

Now according to popular wisdom, it takes 30 days to make or break a habit and you will be learning what it takes to create the life you want. Following workbooks are designed for you to cultivate different qualities of awareness into your life so you can achieve mental and emotional states of peace and happiness. If you commit to these challenges, I promise you will experience dramatic positive shifts in your well-being, physical and emotional health, and your vitality.

[30 Days to Happiness](#): Learn how to live in the present moment and experience true, long lasting happiness, in under 5 minutes

[30 Days to Gratitude](#): Learn how to appreciate all the good in your life and thereby create even more of it with an attitude of gratitude

[30 Days to Freedom](#): Learn how to always overcome resistance, take action, succeed every day, and make changes that last.

[30 Days of Affirmation](#): Learn Affirmations to Achieve Success, Self-Motivation and Confidence in Your Life

Also you can enjoy our [inspirational blog post](#).

About the Author

Deniz Yalım is the founder of BayArt which is about Mindfulness Meditation for Relax, Breathe, and Quality of Life to Reduce Stress, Anxiety and Depression.

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