



**Live & Dare**  
master your **MIND** • master your **LIFE**

*“Meditation is offering your genuine presence  
to yourself in every moment.”  
– Thich Nhat Hanh*

## YOUR MEDITATION COURSE

Welcome to your 5-week course: *Getting Started with Meditation!*

I’m excited to take you on this step-by-step journey that will enrich all areas of your life with this ancient and powerful practice.

I’ve put together some introductory tips to help you get prepared for tomorrow, which is the Day-1 of your course. This PDF is the longest thing you will ever need to read in this course—but it’s an important introduction.

Mental and emotional transformation only comes with consistent practice. For you to experience the proven benefits of meditation, you need to practice daily. So **consistency shall be your primary focus** – not the length of time you sit for meditation, nor how well you can fold your legs. Ten minutes a day is better than half an hour three times a week.

That is why this course is designed to help you grow into the meditation habit as smoothly as possible. But remember: for it to work, you need to commit to following the instructions closely, day after day.

## COURSE OBJECTIVES

**1. Developing the HABIT of practicing meditation daily.**

We will start with as little as a 2-minute session per day, and *gradually* increase to 15-minute sessions.

**2. Trying DIFFERENT TECHNIQUES.** Each week, I will introduce a new practice.

By the end of the course, you will be well equipped to choose the meditation technique that best suits you.

**3. Developing the OPTIMAL ATTITUDE towards meditation,** so that you can enjoy the process as well as the result, and keep meditation as a lifetime habit.

**4. DEEPENING your practice** and enhancing your power of focus.

**5. INTEGRATING MINDFULNESS into your daily life,** through reminders, apps, exercises and daily challenges.

**6. BROADENING your knowledge** on meditation practice, so you understand what you are doing.

**7. Pointing out the NEXT STEPS of your journey.**

## COURSE STRUCTURE

This course is composed of 35 daily lessons, organized by week. Each week has unique themes, goals, and a summary of the insights at the end.

- **Week 1**
  - **Theme:** Establishing the habit of meditating daily. Learn optimal attitudes and important tips on how to stick to your habit and deal with obstacles.
  - **Technique:** Conscious deep breathing, for 2~3 minutes.
- **Week 2**
  - **Theme:** Solidifying your habit. Improving your posture and ability to focus.
  - **Technique:** Breathing awareness, for 3~7 minutes.
- **Week 3**
  - **Theme:** Improving your sessions and concentration.
  - **Technique:** Mantra meditation, for 8~10 minutes.
- **Week 4**
  - **Theme:** Refining your attitude towards practice. Mindfulness in daily life.
  - **Technique:** Chakra meditation, for 11~13 minutes.
- **Week 5**
  - **Theme:** Mastering your mind. Deepening your practice. Life integration.
  - **Technique:** Loving-Kindness meditation, for 13~15 minutes.
- **Closure**
  - **PDFs:** *Meditation Cheatsheet* (a course summary) & *Your Next Steps*.

You will have a short lesson (PDF & audio) for each day. It consists of:

- **An inspiring quote.**
- **Instructions** — The concrete steps you need to take. Read it *before* your daily practice.
- **Learn More** — Links for you to learn more about meditation. This last section is optional. If you decide to read it, do so *after* your practice (or any time during your day). It includes one “benefit of the day” (to keep you motivated), “myth of the day”, and “FAQ of the day”.

Repetition is the mother of learning. Some points are repeated several times, throughout the days, so that they become second nature to you.

[Note: Weeks 1 and 5 have slightly longer instructions, since they are the opening and closing weeks.]

## TIPS FOR FOLLOWING THROUGH

### (1) Don't be greedy

We will start with as little as 2 minutes per day. If you have meditated before, but inconsistently, you may feel there is no point in practicing only 2 minutes.

If that's your case, and you really feel like meditating more, then do so. But I recommend no longer than 10 minutes in the first two weeks.

Why? Because in the day after you may get too busy or feel demotivated to practice for 10~20 minutes. Then it becomes easy to make an excuse and skip. While there is absolutely no excuse not to practice for 2-3 minutes, is there?

### (2) Take your time

Feel free to repeat the last day of a week for as many days as you want, before moving on to the next week. Or to repeat every day before moving to the next—thus making it a 10-week course. The only rule is: never skip a day!

### (3) Don't give up

Every week you will learn a new meditation technique. So please don't get discouraged if a particular practice does not sit well with you. Ask questions whenever needed—just don't give up, no matter what. Never miss a day!

## WHAT TO DO NOW

Separate a few minutes in your schedule to go through the lessons and do the meditation every day. For the first two weeks, 5 to 10 minutes will do.

You can start Day 1 tomorrow, or right now if you prefer.

- If you are starting the course tomorrow, for **now** just think of the general time of the day when you will practice, and please **setup an alarm** or calendar event to remind you tomorrow.
- If you are starting now, then you can go to Day 1 instructions straight away.

Finally, you may want to announce on your social media that you've started a 5-week meditation course. This has a powerful accountability effect, and it can help you keep up the habit. Well-done in taking this important step in your life!