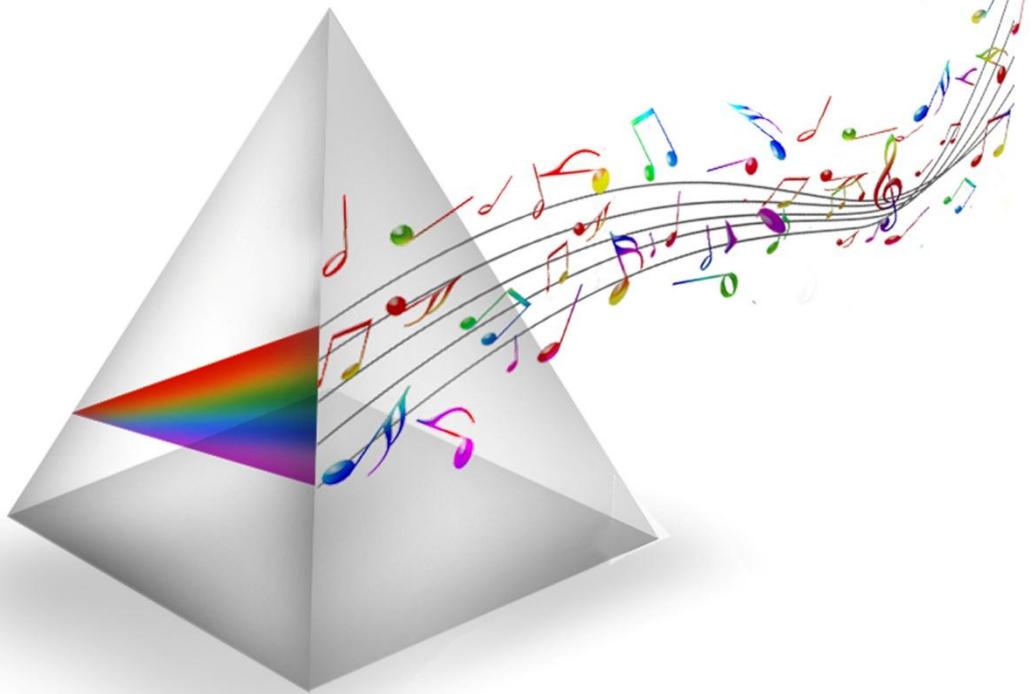


The Music Inside

FREE

21 Day Meditation Plan



Jenny Clift

Welcome!

Thank you SO much for downloading this resource. I really hope you find it useful. I have created it especially for your personal use, so please only print one copy. Please do not make photocopies of your copy and distribute them yourself.

If you feel inspired to, please share "The Music Inside" with your friends, so they can get their own copy and enjoy and benefit from these free resources as well. ☺ Here's the Amazon link that you can use: <http://amzn.to/1PNFak8>

(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

If you have any comments or questions please don't hesitate to contact me at jenny@jennyclift.com .

For more articles, resources and information please visit my website www.jennyclift.com .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

Jenny



Forming a Meditation Habit: 21 Day Plan.

If you are new to meditating, as I was, it is helpful to have a plan of action! The following plan will take you through three weeks of daily meditation, thereby setting a habit which can serve you for the rest of your life.

*This chart will help you to **set the number of minutes** you want to meditate for each day and the time you are practicing (e.g. early morning, before dinner etc.)*

Choose your focus. This could be 'Breathing', 'Body Scan' 'Noting sounds' etc. For ideas and suggestions refer to Part 5, Chapter 8 of 'The Music Inside' and my 5 Stage Meditation which you could do completely or in stages.

Write down your observations. How did the meditation go? How did you feel physically? How about your mind; did you feel centered or was it all over the place? What emotions came up? What benefits are you starting to discover?

The **'tips'** for each day are there to help and inspire you in forming your meditation practice.

Remember my meditation suggestions:

#1 Find a place and a time that you can be alone.

#2 Set a timer or an alarm or have a watch handy.

#3 Follow the golden rule: 'Do more than nothing'.

#4 Choose a posture which is comfortable and sustainable, but which is *different* from other activities.

#5 Start by setting an intention.

Here's an example:

'I intend to focus on the here and now.

I intend to pay attention to my breathing.

I choose to let myself relax and feel centered and peaceful.

I intend to feel connected.'

#6 Know your mind will wander.

And most importantly...good luck and enjoy!

Week 1.

Day 1	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Do more than nothing!</i>	<i>Observations:</i>

Day 2	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Find a place and a time to be alone.</i>	<i>Observations:</i>

Day 3	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Are you sitting comfortably? Need an extra cushion?</i>	<i>Observations:</i>

Day 4	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Remember: The Healing is in the Return.</i>	<i>Observations:</i>

Day 5	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Observe thoughts like 'I want to stop, this is boring, I'm tired etc.' Just notice them without acting.</i>	<i>Observations:</i>

Day 6	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Notice the physical sensations connected to emotions.</i>	<i>Observations:</i>

Day 7	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Notice your most persistent, habitual inner limiting beliefs.</i>	<i>Observations:</i>

Week 2.

Day 8	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Welcome your mind back as many times as it wanders off.</i>	<i>Observations:</i>

Day 9	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Notice the physical sensations which arise during your practice today.</i>	<i>Observations:</i>

Day 10	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Know that many other people are meditating too. You are always connected.</i>	<i>Observations:</i>

Day 11	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Notice any emotions that come up during your meditation today.</i>	<i>Observations:</i>

Day 12	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Find a guided meditation that you like on Youtube. Enjoy!</i>	<i>Observations:</i>

Day 13	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: 10x Breathe in peace, joy and contentment. Breathe out uncomfortable emotions.</i>	<i>Observations:</i>

Day 14	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Feel the weight of your body on the ground. Feel the support of the earth.</i>	<i>Observations:</i>

Week 3.

Day 15	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Can you feel the energy within your hands and feet?</i>	<i>Observations:</i>

Day 16	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Imagine yourself protected by a ball of healing, soothing, energising light. You are safe.</i>	<i>Observations:</i>

Day 17	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Notice the sounds of your breathing as you meditate today.</i>	<i>Observations:</i>

Day 18	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip: Just meditate for today letting go of expectations or aspirations.</i>	<i>Observations:</i>

Day 19	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip:</i> <i>Say to yourself:</i> <i>'I am a person who meditates.'</i> <i>How does that feel?</i>	<i>Observations:</i>

Day 20	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip:</i> <i>Bring moments of mindfulness into your life outside of your meditation practice.</i>	<i>Observations:</i>

Day 21	<i>Date/Time of day:</i>
<i>Minutes:</i>	<i>Focus:</i>
<i>Tip:</i> <i>BE the change (peace, joy, goodness etc.) you wish to see in the world.</i>	<i>Observations:</i>