



BEGIN AGAIN

30-Day Meditation Challenge

A Progressive Journey from Mindfulness to Self-Inquiry

This guide provides a complete 30-day meditation roadmap designed to develop three parallel capacities: attentional stability, insight into impermanence, and recognition of awareness itself. Each day builds on the previous, creating a structured path from basic breath awareness to direct self-inquiry.

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Introduction: How to Use This Guide

This 30-day challenge is structured as a progressive curriculum. Each week focuses on a specific aspect of meditation practice, with daily sessions building on each other.

What You'll Need

- 10-15 minutes daily (same time each day recommended)
- A quiet space where you won't be disturbed
- A cushion or chair for sitting
- Commitment to practice all 30 days

The Four Weeks

Week	Focus	What You Will Learn
1	Foundation	Breath awareness, body scanning, basic attention training
2	Emotions	Working with discomfort, observing feelings, emotional awareness
3	Investigation	Impermanence, not-self, characteristic of experience
4	Insight	Self-inquiry, awareness itself, non-dual recognition

Important: Consistency matters more than duration. It's better to practice 10 minutes every day than 30 minutes sporadically. Commit to the full 30 days without skipping.

Week 1: Foundation (Days 1-7)

The first week establishes the basic mechanics of meditation: sitting still, directing attention, noticing distraction, and returning focus. You're building the foundational skill that everything else depends on.

Day 1: Arriving Here

Practice: Sit comfortably. Close your eyes. Notice three breaths. That's all.

Why: This first session establishes that meditation is simple, not mystical. You're training attention to observe breath without controlling it.

Common experience: Mind wanders within seconds. This is normal. The practice is noticing when it has wandered.

Day 2: Following the Breath

Practice: Notice the full cycle of each breath - in, pause, out, pause. Follow 10 complete cycles.

Why: Extending attention across the full breath cycle trains sustained focus. You're learning to stay with an object of attention.

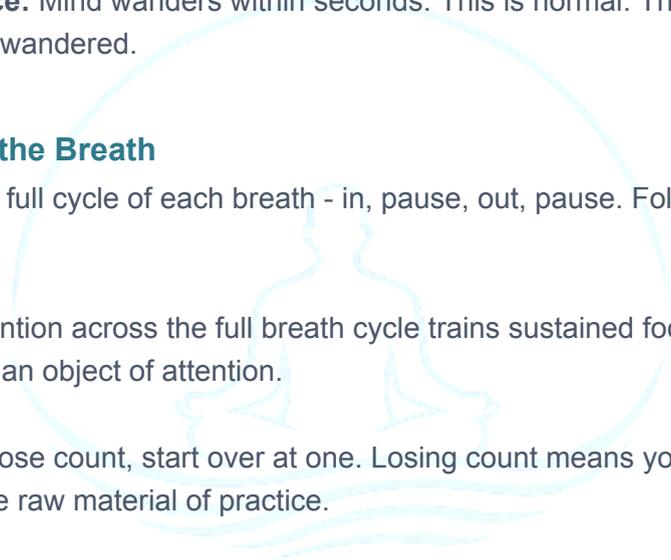
Adjustment: If you lose count, start over at one. Losing count means you've been distracted - this is the raw material of practice.

Day 3: Body Scanning

Practice: Systematically move attention through the body: feet, legs, torso, arms, head. Spend 20-30 seconds on each area.

Why: This trains the ability to direct attention deliberately and develops awareness of physical sensations.

What to notice: Tension, temperature, pressure, tingling, or nothing at all. All experiences are valid.



Day 4: Noting Distractions

Practice: Notice breath. When distracted, mentally label it ("thinking", "planning", "worrying") then return to breath.

Why: Labelling creates a small gap between thought and being absorbed in thought. This gap is where awareness develops.

Keep labels simple: Don't analyse what you were thinking about. Just note "thinking" and return.

Day 5: Sitting With Restlessness

Practice: Notice breath. When physical or mental restlessness arises, observe it without immediately reacting. Can you sit with the urge to move for 10 seconds before adjusting?

Why: This trains tolerance for discomfort - a critical skill for meditation and life.

Important: If you need to adjust, do it deliberately, then return to stillness. You're not torturing yourself.

Day 6: Sound Awareness

Practice: Instead of breath, use sounds as the object of attention. Notice whatever sounds are present without judging or analysing them.

Why: This develops the capacity to observe experience without needing to control or change it. Sounds arise and pass without your input.

What you'll notice: The urge to label sounds ("car", "bird") or judge them ("annoying", "pleasant"). Notice these reactions without following them.

Day 7: Review and Reflection

Practice: Return to basic breath awareness. Notice if anything feels different compared to Day 1.

Reflection: After the session, consider: What was hardest this week? What's becoming easier? What surprised you?

Common insight: You might notice you're catching distraction faster - the gap between wandering and noticing has shortened.

Week 2: Emotions (Days 8-14)

Week 2 introduces working with emotional experience. You'll learn to observe feelings without being controlled by them, developing the capacity to sit with discomfort.

Day 8: Observing Physical Sensations of Emotion

Notice where in the body you feel emotions. Anxiety might show as chest tightness, frustration as jaw tension. Observe these sensations without the narrative.

Day 9: Naming Emotions

When emotion arises, label it: 'anger', 'sadness', 'joy', 'boredom'. This creates distance between feeling and being consumed by feeling.

Day 10: Sitting With Discomfort

When discomfort (physical or emotional) arises, resist the urge to immediately escape. Can you observe it for 30 seconds before reacting?

Day 11: Pleasant vs Unpleasant

Notice the immediate reaction to experience: pleasant, unpleasant, or neutral. Observe how this colours your relationship to what's happening.

Day 12: The Space Around Emotion

Emotions arise in awareness. Can you notice the awareness that contains the emotion, rather than just the emotion itself?

Day 13: Emotions as Weather

Practice observing emotions as passing weather patterns - arising, persisting, dissolving - without identifying as them.

Day 14: Week 2 Integration

Sit with breath. When emotion arises, observe the full cycle: physical sensation, label, urge to react, and eventual passing.

Week 3: Investigation (Days 15-21)

Week 3 introduces vipassana (insight) practices. You'll investigate the three characteristics of experience: impermanence, unsatisfactoriness, and not-self.

Day 15: Noticing Impermanence

Observe how every sensation, thought, and emotion arises and passes. Nothing stays static. Even the 'still' breath is constantly changing.

Day 16: The Breath Is Not Solid

Investigate the breath closely. Notice it's not one thing but a process - sensations appearing and disappearing moment by moment.

Day 17: Thoughts Dissolve

Watch thoughts arise, persist briefly, and dissolve. You don't make them disappear - they dissolve on their own when you stop feeding them.

Day 18: Body Sensations Shift

Do a slow body scan. Notice every sensation is changing - tingling becomes pressure, warmth becomes neutral, tension releases.

Day 19: Who Is Aware?

When you notice you've been distracted, pause. What noticed? What is aware of the distraction? Investigate this briefly before returning to breath.

Day 20: The Observer and Observed

Notice the difference between experiencing (breathing) and knowing you're experiencing (awareness of breathing). Can you sense both?

Day 21: Week 3 Integration

Sit with breath. Notice impermanence in every moment. Notice what's aware of this changing experience.

Week 4: Insight (Days 22-30)

The final week introduces self-inquiry and non-dual awareness. You'll investigate the nature of the self and the awareness in which all experience appears.

Day 22: Where Is the Self?

Look for the self. Where is it located? Is it in the body? In thoughts? In awareness? What do you actually find when you look?

Day 23: The Thinker of Thoughts

When a thought appears, investigate: who thought that? Can you find the entity that generates thoughts, or do thoughts just arise?

Day 24: Awareness Itself

Instead of focusing on an object (breath, sounds), rest attention on the awareness that knows these objects. What is awareness like?

Day 25: Open Awareness

Don't focus on anything specific. Let awareness be open to whatever arises - sounds, sensations, thoughts - without grasping or rejecting.

Day 26: The Subject and Object Collapse

Notice that awareness and its objects aren't truly separate. There's just experience, appearing in awareness, which is itself part of experience.

Day 27: No Centre

Investigate: is there a central point from which you're experiencing? Or is experience just happening without a fixed location?

Day 28: Thought Watching Thought

Notice that even the investigation into self is just more thought. What's aware of this investigation?

Day 29: Just This

Rest as awareness. Whatever appears - breath, thought, sensation - is just this moment's experience arising in awareness.

Day 30: Integration and Continuation

Sit without agenda. Notice what you've learned. This isn't the end - it's the beginning of ongoing practice.

What Happens After Day 30?

Completing 30 days establishes a foundation, but meditation is an ongoing practice, not a destination. Here's what typically happens next:

Continue Daily Practice

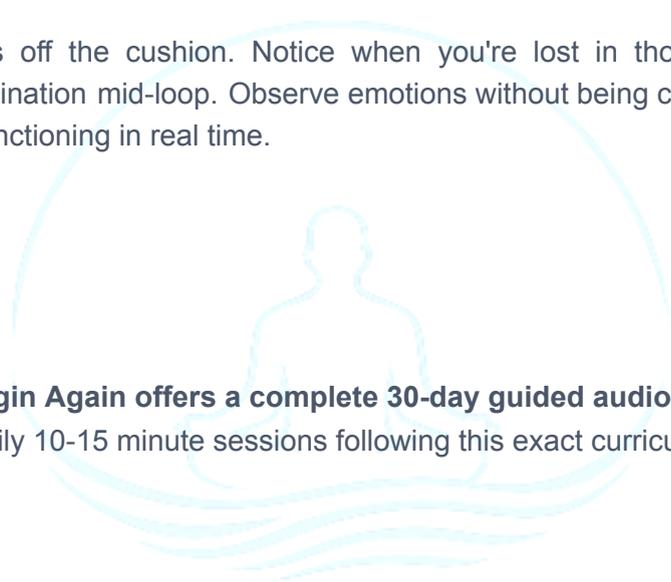
The skill develops through sustained practice. Maintain a daily sitting routine - 15 to 20 minutes is ideal. The insights deepen over months and years, not days.

Explore Deeper

Consider joining a meditation group, attending a retreat, or working with a teacher. Direct instruction and community support accelerate development.

Apply in Daily Life

The real practice is off the cushion. Notice when you're lost in thought during daily activities. Catch rumination mid-loop. Observe emotions without being controlled by them. This is meditation functioning in real time.



 **Begin Again offers a complete 30-day guided audio course** with daily 10-15 minute sessions following this exact curriculum.

Visit beginagainmeditation.com to start your journey.