

KARINE BLANC'S 30-DAY MEDITATION PROGRAM



MY STORY

Abraham Lincoln once said “I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go; my own wisdom, and that of all about me, seemed insufficient for the day”. This is the feeling that brought me to meditation. I reached a point in my life when I couldn’t make sense of what was happening to me. I started meditating 3 minutes everyday and it was horrific! Facing my mind in silence was the hardest thing I’ve ever done.

As my meditation practice grew, I began meditating for 10 minutes, 20 minutes, 40 minutes, and eventually 1 hour. I decided my meditation goal wouldn’t be the number of minutes sitting down, but that I would meditate without ceasing. I began carving out moments throughout my day to spend in meditation. This is what laid down the foundation for this 30-day program and I am so excited to be sharing it with you.

DAY 1: Upon waking up sing to yourself, “head, shoulders, knees, and toes, knees and toes”, 3 times, bringing attention to each body part.

DAY 2: In the shower, listen to the water hitting the floor. Smell the scent of your bath wash.

DAY 3: Take 3 deep breaths every time you use the bathroom.

DAY 4: Listen to the motor of transportation, whether that be a car, bus, train, or your feet.

DAY 5: Whenever someone speaks to you today, take two breaths before responding.

DAY 6: Ask the universe what you should eat for lunch today and eat the first thing that comes to mind.

DAY 7: Thank your body for being there with you from the beginning.

DAY 8: Find a scent that reminds you of your childhood and sniff!

DAY 9: Go outside and watch the grass or trees move for 5 minutes.

DAY 10: Say, “I am free, I am free” for 3 minutes straight.

DAY 11: Send a physical thank you letter to someone.

DAY 12: Meditate for 3 minutes only focusing on your hands and feet.

DAY 13: Tonight, sleep with the softest item you own.

DAY 14: Buy bubbles and blow them.

DAY 15: Text someone you haven’t spoken to in over 1 year.

DAY 16: Before you get into the shower, dance for 3 minutes to your favorite song.

DAY 17: Write your favorite quote down and put it in your wallet.

DAY 18: Get your favorite snack and only eat half of it.

DAY 19: Before bed today, write yourself a letter asking for guidance and when you wake up write a letter with the response.

DAY 20: Whenever you talk to someone today, keep some attention in your feet.

DAY 21: Whenever you take a drink of water, count to 10.

DAY 22: When you wake up today, stare at the wall for 3 minutes.

DAY 23: Hold your breath for 4 seconds and exhale for 8 seconds.

DAY 24: Meditate for 3 minutes with your palms on your lap facing up.

DAY 25: Take a walk without your phone.

DAY 26: Listen to a song that makes you feel sexy.

DAY 27: Do something nice for a stranger.

DAY 28: Drink a hot beverage and meditate on the steam.

DAY 29: When brushing your teeth, focus on where your hand touches the tooth brush.

DAY 30: Watch the sunrise. Take in all the colors.