



14-Day Beginner

MEDITATION

GUIDE



Welcome to your

14-Day Beginner Meditation Guide

Thank you for being HERE!

This **14-Day Beginner Meditation Guide** includes a series of videos that gently build your awareness & focus. Throughout the next 14-days, you will practice using simple tools like: breath awareness, sense perception, mantra & mudras.

This is the perfect taste test for you to explore different meditation techniques, so you can find the one(s) that resonate best with where you currently are.

All meditations were created by me - jessirosemcmaster.com - and are inspired by some of my favorite mindfulness & meditation teachers.

If you enjoy my style, you might also enjoy theirs:

- [Deepak Chopra](#)
- [Tara Brach](#)
- [Louise Hay](#)
- [Julian Walker](#)

How to use this guide:

1. Schedule a 10-15 minute block of time every day for your meditation practice.
2. If something comes up & you miss a day - *relax* - tomorrow is a great day to meditate too.
3. Quiet the distractions that might interrupt you & create a calm space for you to meditate in.
4. Begin with Day 1's guided meditation below - *Click on the meditation title to access the video.*

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INTRO & DAY 1 – [Becoming Familiar Meditation](#)

This video begins with a brief introduction to the **14-day Beginner Meditation Guide**.

To jump to the guided meditation, skip ahead to 2 minutes.

Get familiar with your breath, your body sensations & your thought processes. I guide you through an awareness practice for being present – for what's showing up – and for gently letting the stories, judgements & criticisms fade away.

We calm the turbulence by allowing, not by forcing.

Day 2 – [Elevator Breath Meditation](#)

In this guided meditation practice you learn the 3-parts of the breath & how to move the breath in & out of each part of the body.

Inhale – belly, ribs, chest

Exhale – chest, ribs, belly

When you allow the breath to move through all 3 parts, you properly engage with your diaphragm – the muscle responsible for 75% of respiration!

This practice maximizes the efficiency of conscious breathing.

Day 3 – [Float in the Pause Meditation](#)

This beginner-friendly meditation is a practice in slowing-down, in learning how to breathe attentively, and in creating space between breaths. You will be guided to "float in the pause" for a count of 4-3-2-1.

Awareness of the spaces between the breaths allows you to take back control of your chemistry & creates space for healing.

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Day 4 – [Loving-Kindness "Metta" Meditation](#)

In this 10-minute active form of meditation, you practice sending benevolent thoughts and well-wishes out to others & to yourself. Metta Meditation is a Buddhist technique focusing on radiating out positive energy, allowing you to discover your capacity for loving-kindness.

Day 5 – [Lengthen the Exhale](#)

This beginner-friendly meditation focuses on lengthening the exhale in order to calm & relax the body. You practice lengthening the exhale for a count of 5, with the option to progressively increase the exhale to 6, then 7, maybe 8 seconds.

Day 6 – [Square Breathing Meditation](#)

Using your breath as your anchor, this 10-minute guided meditation introduces a simple technique for improving concentration and focus – box/square breathing.

After settling in with breath awareness, we will use the technique:
Inhale for 4 – Hold for 4 – Exhale for 4 – Hold for 4.

Day 7 – [Holding Inspiration Meditation](#)

This beginner-friendly guided meditation introduces a simple technique for improving concentration – focusing on the breath. Specifically, the inhale.

You begin your practice with a few minutes of breath awareness. Then, you will practice holding your inhales for a count of 4 (*or as long as you comfortably can*). Learning how to focus on & hold your inhales allows you to sit with your own energy & to gently settle into being okay.

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Day 8 – IN-N-OUT Meditation

Using your breath as your anchor, this 10-minute guided meditation introduces a simple technique for clearing the mind – repeating a phrase/word. In Sanskrit, this is called "mantra."

Inhale & silently repeat, "I am breathing in."

Exhale & silently repeat, "I am breathing out."

Day 9 – "I AM" Mantra Meditation

This 10-minute beginner-friendly guided meditation introduces a simple technique for improving focus – repeating a mantra.

After anchoring into awareness, you introduce the mantra:

Inhale = "I am"

Exhale = (you choose a word you need to hear – *strong, peaceful, beautiful, abundant, grateful, etc.*)

As your mind plays the repetitive instrument of the mantra, you calm your physical systems & open your energy centers.

Day 10 – "So Hum" Meditation

This beginner-friendly, 10-minute guided meditation introduces a simple technique for improving concentration – repeating a mantra.

Inhale = "So"

Exhale = "Hum"

The Sanskrit mantra "So Hum," means "I am That" – meaning connected to all of creation. Use this tool to focus your "*thinking mind*" & to open yourself to the mystery of being. "So Hum" is a reflection of the sound of your breath, a rhythm that connects us all.

One Love. The universe has your back.

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Day 11 – [Release Mantra Meditation](#)

Inspired by performance coach, Brendon Buchard: this 10-minute guided meditation introduces a simple technique for improving concentration & focus – repeating a mantra.

You practice repeating the mantra, "release," in a hypnotic rhythm to help your mind snap-out of the habitual mental chatter & create a clearing for your inspired thoughts.

Day 12 – [Energy Bubble Meditation](#)

This meditation guides you beyond the operating system of your thinking mind so you can reconnect with the frequency of information through & around you.

Get out of analytical autopilot & into creative energy.

Day 13 – [Awareness as a Tool Meditation](#)

In this 16-minute meditation, you will practice using awareness as a tool to slow down & to unplug from the stress of life. When you gift yourself a pause, you allow your awareness to do the work – then your body & your mind can take a much needed break.

Day 14 – [Plug into Source Meditation](#)

Stress can often leave you feeling detached, separated & alone. This meditation is the practice of visualizing connection & oneness – to create a clearing for feeling unified & whole.

Sometimes all it takes is a pause, so you can dip your toes into the river of energy flowing through you & all around you – the infinite source of belonging, worthiness & healing.
