FREE SAMPLE

A WRITTEN 14-DAY PROGRAMME

14 Days of Inner Peace

Guided meditation, mindfulness and reflection – one gentle step each day

Daily lessons · Written meditations · Reflection & journaling · Weekly reviews

This programme belongs to _____

I began on _____

Spiritual Land

WISDOM FOR EVERYDAY LIFE

Welcome

Fourteen days to learn the practice of returning.

Thank you for choosing this programme. Over the next two weeks you will build a simple, sustainable practice of meditation, mindfulness and reflection – about fifteen to twenty-five minutes a day, with shorter options for busy days.

Inner peace is often imagined as a calm that, once found, never leaves. In reality it is more like a skill: the ability to return – to the breath, to the present moment, to kindness – whenever life pulls us away. This programme teaches that skill step by step.

Week 1 – Finding Stillness introduces the foundations: intention, conscious breathing, presence, observing thoughts, relaxing the body and gratitude. **Week 2 – Building Inner Peace** turns towards the heart: working with emotions, self-compassion, letting go, loving-kindness, staying steady in difficult moments and bringing mindfulness into everyday life. The final day helps you create a plan to continue.

No experience is needed. You do not need a special cushion, a quiet house or a calm mind. You need only a little time, an open attitude and a pen.

Two kinds of wisdom

The practices in this programme come from two sources, and we name both honestly. Many have their roots in contemplative traditions – especially yoga and Buddhism – which have refined them over centuries. Others come from modern psychology, which has studied how attention, breathing and self-compassion affect wellbeing. Where a practice comes from a tradition, we say so; where research supports it, we describe what was found, without exaggerating. All texts are original. We do not attribute invented quotations to the Buddha, Patañjali or any other teacher.

A gentle note before you begin

This programme supports everyday wellbeing, relaxation and self-reflection. It is educational and is **not a substitute for medical, psychological or therapeutic care**, and it does not treat or cure any condition. If you are living with anxiety, depression, trauma, a breathing or heart condition, or you are pregnant, please check with a qualified professional which practices suit you. Stop any exercise that makes you feel unwell or overwhelmed. If you are in crisis or feel unsafe, please contact your local emergency services or someone you trust straight away.

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My 14-day tracker

Tick each day as you go. Missing a day is fine – simply continue.

DAY	THEME	DATE	PRACTISED	EXERCISE	CALM AFTER (1–5)
1	Beginning Your Journey		☐	☐	1 2 3 4 5
2	The Power of Conscious Breathing		☐	☐	1 2 3 4 5
3	Understanding the Present Moment		☐	☐	1 2 3 4 5
4	Observing Thoughts Without Judgement		☐	☐	1 2 3 4 5
5	Relaxing the Body and Releasing Tension		☐	☐	1 2 3 4 5
6	Cultivating Gratitude		☐	☐	1 2 3 4 5
7	Reflection and Integration		☐	☐	1 2 3 4 5
	WEEK 1 REVIEW ☐	WEEK 2 – BUILDING INNER PEACE			
8	Understanding and Accepting Emotions		☐	☐	1 2 3 4 5
9	Practising Self-Compassion		☐	☐	1 2 3 4 5
10	The Art of Letting Go		☐	☐	1 2 3 4 5
11	Cultivating Loving-Kindness		☐	☐	1 2 3 4 5
12	Finding Calm During Difficult Moments		☐	☐	1 2 3 4 5
13	Bringing Mindfulness Into Everyday Life		☐	☐	1 2 3 4 5
14	Continuing Your Inner Peace Practice		☐	☐	1 2 3 4 5

Notes on my progress

DAY

1

WEEK 1 · FINDING STILLNESS

Beginning Your Journey

Setting an intention

Every practice begins with a simple decision to show up. Today you will arrive, notice where you are, and choose an intention to guide the next two weeks. Nothing needs to be achieved yet.

Today's lesson

An intention is different from a goal. A goal points to a result in the future – "I want to feel calmer." An intention describes how you want to be on the way – "I will give myself fifteen quiet minutes each day." A goal can make you impatient with where you are; an intention brings you back to what you can do today.

In yoga traditions, a heartfelt resolve is called *saṅkalpa*. It is usually expressed as a short, positive sentence in the present tense and repeated quietly at the beginning of practice, especially in the guided relaxation known as yoga nidrā. The idea is not to force change, but to plant a seed and let your practice water it.

Modern psychology adds a practical insight. Research on "implementation intentions" by Peter Gollwitzer and colleagues found that people follow through more often when they decide in advance *when* and *where* they will act, in the form of an if–then plan. Peace is not something we can switch on, but we can make it easier to keep our appointment with it.

Inner peace is less a permanent state than a skill of returning: returning to the breath, to the body, to kindness, again and again. Over these fourteen days you will practise that returning in many small ways.

Roots of today's practice: Saṅkalpa (heartfelt resolve) in yoga traditions · Implementation intentions in modern psychology (Gollwitzer)

GUIDED MEDITATION

Settling and setting an intention

Duration: 10 minutes

Shorter alternative: 5 minutes: steps 1, 2, 5 and 6 only

1. Sit on a chair or cushion with your back upright but not stiff. Rest your hands on your thighs. Close your eyes or lower your gaze.
2. Take three slow breaths, letting each out-breath be unhurried. Then let the breath find its own rhythm.
3. Feel where your body touches the chair, the floor and your hands. Let these points of contact remind you that you are here.
4. Ask yourself quietly: *What do I most need at this time in my life?* Do not search for a clever answer. Wait, and notice what arises – a word, an image, a feeling.
5. Shape what you found into one short, positive sentence in the present tense – for example, *"I meet each day with patience,"* or *"I make room for stillness."*
6. Repeat your sentence silently three times, slowly, as if planting it.
7. Rest for two minutes, simply feeling the breath. If your mind wanders, return gently.
8. Open your eyes. Write down your intention before you do anything else.

DAY 1 · REFLECTION

Reflection and notes

Date _____ Meditation: ☐ full ☐ short ☐ not today Minutes _____ Calm afterwards: 1 2 3 4 5

Everyday exercise: Plan your practice time

Choose a regular time and place for the next fourteen days. Then write an if–then plan, for example: *"If it is 7 a.m. and I have made my tea, then I sit for my practice."* Prepare the place tonight: a chair, a blanket, this programme and a pen.

☐ **One small action to carry into tomorrow**
Leave this programme where you will see it first thing tomorrow.

What brought me to this programme now?

What would a little more peace change in an ordinary day of my life?

What might get in the way of practising – and how will I respond when it does?

My notes – *insights, feelings, anything that wants to be written*

DAY 8

WEEK 2 · BUILDING INNER PEACE

Understanding and Accepting Emotions

Making room for what you feel

Inner peace does not mean having no difficult emotions. Today you will learn to meet emotions with curiosity – naming them, feeling them in the body and letting them move.

Today's lesson

Emotions are messages, not mistakes. Sadness can tell us that something matters; anger can point to a boundary; fear can signal a need for care. Problems tend to arise when we either suppress emotions or get completely swept away by them.

Acceptance is a middle way. It does not mean approving of a situation or giving up. It means allowing the feeling to be present while we decide wisely what to do. Paradoxically, emotions often soften when they are allowed.

In early Buddhist teaching, mindfulness of feeling tone (*vedanā*) – noticing whether an experience is pleasant, unpleasant or neutral – is the second of the four foundations of mindfulness. In modern psychology, research by Matthew Lieberman and colleagues found that simply putting feelings into words ("affect labelling") was associated with reduced activity in the amygdala, a brain region involved in emotional reactions.

A popular method that combines these ideas is **RAIN**, developed by the meditation teacher Michele McDonald and widely taught by Tara Brach: **R**ecognise what is happening, **A**llow it to be there, **I**nvestigate it with kindness, and **N**urture yourself with care. Today, practise with a mild emotion – not the most painful thing in your life.

Roots of today's practice: Vedanā (feeling tone) in early Buddhism · Affect labelling research (Lieberman et al.); RAIN (McDonald, Brach)

GUIDED MEDITATION

RAIN with a mild emotion

Duration: 12 minutes

Shorter alternative: 3 minutes: name the feeling and find it in the body

1. Sit comfortably and settle with a few minutes of breath awareness.
2. Bring to mind a situation that causes a mild difficult feeling – irritation, worry or disappointment of about three out of ten.
3. **Recognise:** Ask, *What am I feeling?* Name it simply: "worry", "sadness", "frustration".
4. **Allow:** Say silently, *"This is here. It's all right to feel this."* You do not have to fix it.
5. **Investigate:** Where do you feel it in the body? Is it tight, hot, heavy, fluttering? Breathe gently around the sensation. Ask, *What does this feeling need?*
6. **Nurture:** Offer yourself some kindness – perhaps a hand on the heart and a phrase such as *"It's understandable to feel this way."*
7. Let the situation go and return to the breath for two minutes. Notice how you feel now.
8. If the feeling becomes overwhelming at any point, open your eyes, feel your feet on the floor and return to the breath. You can stop at any time.