

# 45 DAYS OF MINDFULNESS

THE EASY GUIDE TO DEVELOPING  
A DAILY PRACTICE

FELINA DANALIS



# 45 Days of Mindfulness

The easy guide to developing  
a daily practice

By  
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## Why This Book?

You have heard that mindfulness and meditation can bring great benefits to your life. You want better relationships, less stress, increased resilience, and fewer instances of feeling overwhelmed. You want improved concentration, better sleep and better health as you age. Mindfulness has been demonstrated by research to help with all of these goals. Author and pioneer Jon Kabat-Zinn has defined mindfulness as the ability to “pay attention on purpose in a particular way in the present moment without judgment.”

Many clients and students have asked me how to make daily mindfulness easy and practical. **This book was written to give you daily guidance on how to develop such a practice and start experiencing the benefits of mindfulness right away.**

Research from Harvard University indicates that in eight weeks of daily practice (just shy of the 45 days here) improvements can actually be seen in meditators’ brain imaging scans. It is also a long enough stretch of time so you can develop a lifetime practice, should you find the benefits of mindfulness to be as powerful as many others have found.

This, as well as your own personal experience, may help to motivate you as you begin to notice subtle changes in your stress levels, ability to sleep and reactivity at work and home. If you are entirely new to mindfulness, you may wish to supplement the written instructions here with several free audio meditations you will find at <http://www.felinadanalisis.com/free-gift/>.

Other than that, **all you will need for these simple daily practices are your breath, some willingness and a timer.**

## How to Read This Book

This book was written to help you develop a daily mindfulness and meditation practice over a period of 45 days. Each day, beginning with day one (where you will begin with a one-minute practice), you will find guidance on how to cultivate mindfulness in a specific situation: at home, at work, eating, walking, with digital technology, social media, and more. If you follow the book as it is written, by the end of the period you will have developed an intentional practice of mindfulness of 45 minutes.

**Building up slowly, day by day, is a powerful way to sustainably and intentionally develop a practice that allows awareness of the present moment to come into all areas of your life, not just when you are sitting in formal meditation.**

However, if a 45-day commitment feels like too much right now, this book can be used in other ways as well, depending on the area of your life that you feel needs more attention or on how much time you have available on any given day.

If you are experiencing stress at work, for example, you may wish to flip through the Guide and focus on the practices that you can do there. If you have 20 minutes before your son's soccer game, you can look at the practice suggested on Day 20. And if you already have a formal meditation practice, you can also use the Guide to inspire you to keep things fresh and alive in all areas of your life, not just while you are sitting in formal meditation.

It is my sincere wish that this book may serve your greatest and highest good.

DAY ONE

1'

When you finish reading this, simply set a timer for one minute.

Then close your eyes, sit still, and breathe normally.

When the timer chimes, continue with your day.

DAY TWO

2'

When you finish reading this, set your timer for two minutes.

Close your eyes, sit still, breathe, and see if you can observe your breath without controlling or manipulating it in any way.

When the timer chimes, thank yourself for your willingness to do something positive for yourself.

DAY THREE

3'

Before your first meal of the day today, set a timer for three minutes.

Close your eyes and begin by noticing the very fact that you are breathing.

Allow yourself to fully experience all the sensations in your body—how hungry you are, the smells of the food, your taste buds becoming ready to eat—without any judgments.

When the timer sounds, eat your meal and notice what it's like to have taken this pause before eating.

DAY FOUR

4'

A mindful heart is a grateful heart, one which notices the abundance, and richness of the world.

Today, as you go about your day, notice all of the things you have to be grateful for in your life.

In the evening, set a timer for four minutes and, during that time, write a list of all the things for which you are grateful.

DAY FIVE

5'

Today after your morning wake-up routine and before heading out the door, spend five minutes sitting in your favorite chair or on your bed.

Close your eyes, and simply focus on the rising and falling of your body as it is breathing. Imagine that these movements are simply waves on the surface of the ocean.

Then, when you go out into your day, bring this image of the waves of the ocean with you as you notice the changes and shifts in your emotions.

DAY SIX

6'

At some point during the day, perhaps during your lunch break, set a timer for six minutes to practice coming into awareness of what is real in the present.

For these six minutes, observe the people, cars, nature, and whatever else is going on around you.

When you notice a story about one of these things appearing in your mind (like, “*He is so handsome,*” or “*That car is so obnoxiously big*”), simply become aware of it. See if you can let go of the story and simply pay attention to the information your senses give you (like, “*He is tall and has brown hair,*” or “*That car is black and shiny and bigger than the other cars on the street*”).

DAY SEVEN

7'

In the evening, when your day is winding down, set your timer for seven minutes.

Mindfully move your body in any way that feels good to you after a long day, perhaps with doing some yoga or stretching.

Pay attention to how your muscles, bones and tendons feel as you move, taking notice and letting go of any stories about the (im)perfection of your body that may arise.

DAY EIGHT

8'

For today's practice, you will simply sit still, close your eyes and focus on your breath for eight minutes to the best of your ability.

Practice letting go of any expectations of yourself or your practice, and accepting whatever arises.

DAY NINE

9'

Growing in mindfulness means also developing a kinder, friendlier attitude towards yourself and all living beings. Spend nine minutes today in a basic loving kindness meditation.

You may wish to imagine friends, family and loved ones, and silently wish that they are truly happy.

Or you may choose to repeat the words to yourself, *“May I be filled with loving kindness. And may all beings be filled with loving kindness.”*

## DAY TEN

10'

Congratulations on making it so far in the cultivation of mindfulness!

Your commitment to your own well-being is a powerful one that can have a positive impact on you and those around you.

Because of its importance in any mindfulness practice, today we celebrate reaching the ten-minute mark in a basic breathing meditation:

Set your timer for ten minutes, close your eyes, and come into stillness.

Become aware of your breath and, whenever you notice your mind has wandered off into the past or to the future, bring your awareness back to your breath.

DAY ELEVEN

11'

At night, as you are winding down for bed, set your timer for eleven minutes.

While you are lying down, mentally scan your entire body, paying attention to each part of it, beginning at your feet and moving upwards through your legs, torso, body and, finally, your head and face.

The invitation is to “fall awake” to your experience and not fall asleep yet though. Wait until your timer goes off, and then complete your nightly routine and drift off to sleep.

## DAY TWELVE

12'

Most people spend part of the day using technology, social media, the news, etc. For today, your practice will be to simply observe the effect this has on your thoughts, feelings and sensations.

To begin, set the timer for twelve minutes.

Take three deep breaths, close your eyes, and take notice of your thoughts, feelings and bodily sensations. Open your eyes and use your technology as you do normally: scanning, reading, reacting, responding.

When the timer goes off, close your eyes, take three deep breaths and become aware of your inner landscape. Notice what, if anything, has changed for you in terms of your thoughts, physical sensations and feelings.

When you have completed the practice, congratulate yourself for your willingness to become more aware of the impact of digital technology on you.

DAY THIRTEEN

13'

As you continue with your daily mindfulness practice, you might notice that you don't always think or say kind or helpful things to yourself (and others). Today's practice will be to focus on cultivating compassion for yourself and others.

Set your timer for thirteen minutes.

Begin by focusing on your breath for a few moments. Then allow your mind to settle on the image of a child, or a beloved pet. Generate feelings of love and compassion for this being as much as you can and try to feel these feelings in your body.

Now, continuing to generate the feelings of compassion, switch the image in your mind's eye to yourself, either as you are now or as you were as a small child. Allow your mind to focus on generating great compassion for yourself and, if you like, extending it to others as well.

## DAY FOURTEEN

14'

Today's practice will focus on mindful eating—something you may wish to practice alone to start.

Set your timer for fourteen minutes before sitting down for a meal. Take three deep breaths to begin.

Now take a bite of food and then put your fork or spoon down. As you go on eating, put your fork or spoon down after each and every bite.

Bring your awareness to your breath and to your body, noticing how the food tastes and feels and how your body is responding to it.

Repeat this process of putting your fork or spoon down and breathing mindfully after each bite, until the timer sounds or your meal is finished. Notice what is different for you when you eat this way, even when you don't do it precisely according to the guidance suggested.

DAY FIFTEEN

15'

Today we return to our basic breathing meditation, the core of your mindfulness practice.

Set your timer for fifteen minutes and close your eyes.

Become aware of your breath and, whenever you notice your mind has wandered off into the past or to the future, bring your awareness back to your breath.

Practice cultivating stillness during today's practice.

Your mindfulness grows not by how well you can focus on your breath but by your determination to come back to the breath each time the mind wanders off.

Allow this knowing to support your continued efforts to practice.

DAY SIXTEEN

16'

Today's practice is mindful walking.

Set a timer for sixteen minutes.

Take three deep breaths and begin to walk.

As you walk, see if you can keep some of your awareness or attention on your breath and body. It may be helpful to walk at a pace which is slower than normal for this practice. If you find your mind planning or going to thoughts of what you have to do tomorrow or to the past, bring it back to the breath and your body sensations as you walk.

When you hear the timer, congratulate yourself for your willingness to practice and to give yourself some much needed positive energy.

DAY SEVENTEEN

17'

Continuing to grow in mindfulness in an authentic way is greatly helped by cultivating a gentle and patient attitude towards yourself as well as others. This will help you significantly, as you may have experienced so far. Today we once again spend time in a basic loving kindness meditation, this time for seventeen minutes.

Using a timer, you may wish to imagine friends, family and loved ones, and silently wish that they are truly happy.

Alternatively, you may choose to repeat the words to yourself, *“May I be filled with loving kindness. And may all beings be filled with loving kindness.”*

This can be done in a formal sitting or lying session, or as you go about your daily activities at work or at home.

DAY EIGHTEEN

18'

Today's focus once again is mindful movement.

In the evening, when your day is winding down, set your timer for eighteen minutes.

Mindfully move your body any way that feels good to you after a long day, perhaps doing some yoga or gentle stretching.

Pay attention to how your muscles, bones and tendons feel as you move, letting go of any stories about the (im)perfection of your body that may arise.

DAY NINETEEN

19'

In today's practice, we return to the mindful use of digital technology.

Many of us spend a great part of the day using digital technology—following social media, reading the news, etc. For today, your practice will be to simply observe the effect this has on your thoughts, feelings and sensations.

To begin, set the timer for nineteen minutes and commit to being intentional, inquisitive and genuinely curious about how technology impacts you.

Take three deep breaths, close your eyes, and notice your thoughts, feelings and bodily sensations.

Open your eyes and use your technology as you do normally; scanning, reading, reacting, responding.

When the timer goes off, close your eyes, take three deep breaths and become aware of your inner landscape. Notice what, if anything, has changed for you in terms of your thoughts, physical sensations and feelings.

When you have completed the practice, congratulate yourself for your willingness to become more aware of the impact of digital technology on you.

DAY TWENTY

20'

Once more, today we return to our basic breathing meditation, the core of your mindfulness practice.

Set your timer for twenty minutes and close your eyes.

Become aware of your breath and, whenever you notice your mind has wandered off into the past or to the future, bring your awareness back to your breath.

Imagine you are training your mind like you would a small puppy dog, and each time it wanders off, you gently, patiently and kindly bring it back to the breath.

Set an intention to sit still as you practice training your mind in this way.

DAY TWENTY-ONE

21'

Today you will repeat the mindful eating exercise of last week, but this time see if you can spend twenty-one minutes eating a meal, pausing to breathe and become more aware after each bite.

This may be challenging for those of us who eat compulsively and mindlessly, so practice being gentle with yourself.

Set your timer before sitting down for a meal. Take three deep breaths to begin.

Now take a bite of food and put your fork or spoon down after each and every bite. Bring your awareness to your breath and to your body, noticing how the food tastes and feels and how your body is responding to it.

Repeat this process of putting your fork or spoon down and breathing mindfully after each bite until the timer sounds or your meal is finished. Notice what, if anything, is different for you when you eat this way.

DAY TWENTY-TWO

22'

Today marks our first “Bring Mindfulness to Work” practice.

Once you are in your work environment, set your timer for twenty-two minutes and take three deep, mindful breaths.

Then begin to work as you normally do: whether on the computer, with clients or patients, in the kitchen, or wherever you are working today.

See if you can keep part of your awareness on your breath and in your body as you are working. When you finish writing an email to a colleague or client, for example, spend a moment to become aware of the fact that you are breathing, perhaps taking a deep, slow breath if that serves you or feels appropriate in this moment. If it feels right to you today, take another deep breath, re-read the email you have written and, before sending, imagine how the recipient might feel when reading this, using mindful emailing as your practice.

Continue to work this way, coming back to your breath and body awareness whenever you find your thoughts spinning too quickly about all the things you need to do today.

When the timer sounds, take three deep breaths. Notice how it feels to work more mindfully and become aware of any ease or discomfort you may experience.

Congratulate yourself on your willingness to practice bringing a more stable, grounding positive energy to your clients, patients, colleagues and those your work serves.

DAY TWENTY-THREE

23'

Today, we continue to grow in mindfulness by paying attention “*on purpose, in the present moment, without judgment*” to our own bodies.

Your practice can entail any physical movement you choose: walking, yoga, biking, dancing, hiking, or even washing the dishes!

Begin by setting the timer for twenty-three minutes and taking three deep breaths.

Start to move, walk or exercise as you like. As you move, pay attention to your breath and your body. If you normally use exercise as a time to run away from your thoughts, to check out or to zone out, you will especially benefit from this practice of paying attention to your breath and body.

Practice noticing stories, judgments and thoughts that may arise about the body, and letting them go. As you move, your opportunity today is to experience the miracle of your breath and body by paying attention to it, perhaps thanking it for the miracle it is today, no matter what condition your body is in.

When the timer goes off, take three deep breaths, pause, and notice what that experience was like for you. Then go about your day or evening, either continuing with your movement or whatever else is to be tended to next.

## DAY TWENTY-FOUR

24'

Today we come back to loving kindness, a key component of any sustainable mindfulness practice.

For this exercise, you will go about your normal daily activities and simply add a component of loving kindness to build this muscle.

Begin by setting your timer for twenty-four minutes and, as usual, taking three deep, mindful breaths.

Then go about your daily activities—working, reading the news, shopping, taking care of your children, walking your dog, exercising, even scrolling through social media. With every living being you see (yourself included), silently say: “*May you be filled with loving kindness*”. Even if you don’t like what the person is doing or what they represent politically, for example, practice building your own muscle of extending loving kindness to yourself and all living beings.

When the timer goes off, take three deep breaths. Notice what, if anything, has shifted or changed for you as a result of extending loving kindness.

DAY TWENTY-FIVE

25'

Tonight before you go to bed, plan to spend some time winding down and continuing your daily mindfulness practice with a body scan. The body scan is a wonderful way to quiet the mind if you have difficulties with sleep or your head is spinning with thoughts.

Because the intention here is to fall awake, it's helpful to use a timer to set aside this special time to relax the body and train your mind.

Begin by lying down and setting your timer for 25 minutes. Take three deep breaths to begin.

Now bring your awareness to your feet and toes and gradually scan your entire body, moving from the feet to your head. Progress slowly, allowing your awareness to touch each part of the body, feeling any sensations of heat or coolness, pressure, tightness, or ease. Become aware of each part of the body slowly, and gradually, ending with your head and face.

When you hear the timer, notice where you are in the body scan: are you still scanning your body or has your mind wandered off?

Congratulate yourself on your willingness to practice today and for ending your day with some much needed positive energy.

DAY TWENTY-SIX

26'

Once again today we return to a basic breathing meditation, the core of your mindfulness practice.

Set your timer for 26 minutes and close your eyes. Become aware of your breath and whenever you notice your mind has wandered off into the past or to the future, bring your awareness back to your breath. Practice cultivating stillness.

Keep in mind that the benefits you are receiving from your mindfulness training grow not by how well you can keep the focus on your breath but by your determination to come back to the breath each time the mind wanders off.

Allow this knowing, and dollops of self-compassion and loving kindness for your efforts, to support your continued practice.

DAY TWENTY-SEVEN

27'

Today's practice will be to focus on cultivating compassion for yourself and others, building upon your thirteen-minute mindfulness practice of a couple of weeks ago.

Set your timer for 27 minutes.

Begin by focusing on your breath for a few moments. Then allow your mind to settle on the image of a beloved person or pet, living or deceased. Generate feelings of love and compassion for this being as much as you can, and try to feel these feelings in your body.

Now, continuing to generate the feelings of compassion, switch the object of your compassion in your mind's eye to yourself, either as you are now or as you were as a small child. Allow your mind to focus on generating great compassion for yourself and, if you like, extending it to others as well.

You can do this basic meditation on compassion in a formal sitting session or as you do your daily activities. Either way, you will reap great benefits from it.

## DAY TWENTY-EIGHT

28'

An infinite number of anchors are available as objects of your mindfulness practice. Today we expand our practice to include becoming more aware of our senses as a portal to the present moment, focusing on hearing in particular.

We begin by setting a timer for 28 minutes, and taking three deep, full breaths.

For today's practice, the object of your awareness will be what is referred to as the soundscape: those sounds that are part of the present moment, which are normally classified by the mind as pleasant, unpleasant or neutral.

Today you will go about your regular routine at work or home, but including an awareness of the sounds already present in each very moment. Bring your awareness to the sound of the air conditioner switching on and off; the sounds of birds, or cars whizzing by outside your window; the sounds of your own breath; and all those other little sounds you normally ignore or simply tune out.

In other words, practice bringing conscious awareness to the sounds that are already present in the background of your experience today by bringing them center stage.

When your timer goes off, make a note of what it was like for you to allow your awareness to settle in this way.

DAY TWENTY-NINE

29'

To continue your cultivation of mindfulness daily, heaping servings of loving kindness are generally required. Many of us fall short of our goals at work and in life—including our meditation practice. Continuing to practice and dive deep into the well of goodness, wholeness and well-being beyond the realm of thinking, requires the deliberate cultivation of loving kindness towards yourself.

Begin by setting your timer for 29 minutes, and taking three deep, intentional breaths.

For the next few minutes, whether you are working, exercising, sitting in traffic, reading the news, moving through the airport to catch a flight or whatever your daily task, practice repeating this mantra to yourself: *“May I be filled with loving kindness. May all beings be filled with loving kindness.”*

After the first few minutes and as you go about your routine, practice this exercise of repeating this loving kindness mantra, wishing good things for yourself and others, whenever you observe judgments about yourself or others, or if you experience critical or unkind thoughts.

When the timer sounds, take three deep breaths. Congratulate yourself on your willingness to practice today, for your benefit and for that of all living beings.

## DAY THIRTY

30'

For today's mindfulness practice we return to our basic practice of observing the breath.

As always, begin by setting your timer for 30 minutes and taking three, full breaths.

Notice any places where there may be tension in the body—e.g. your neck, shoulders or solar plexus—and breathe in and out of those places for a few moments.

When the tension in the body has dissipated, bring your awareness to the rising and falling of the breath. Practice observing the breath, without controlling or manipulating it in any way, and watching it like you would the waves on the surface of the ocean. When your mind wanders, as it inevitably will, practice bringing your awareness back to the breath.

When you hear the timer, notice where your mind is: if it is on the breath or elsewhere. If you have fallen asleep, this may be a sign you need to sleep more.

DAY THIRTY-ONE

31'

Today we “Bring Mindfulness to Work,” thus integrating your daily practice into your everyday life in a deeply practical way.

It’s best to do this at the beginning of the work day when your mind is fresh and alert, but you can do it at any time it feels appropriate for you.

Begin by setting your timer for 31 minutes and taking three, deep, mindful breaths. Now spend a moment to create an intention for your practice: that for this short period, you intend to work mindfully. Bring to mind your clients, customers, patients, colleagues or whoever is to be on the receiving end or beneficiary of your work. Allow a deep sense of gratitude to fill you for the opportunity to serve them and to earn a living.

As you work for the next 31 minutes, practice pausing to reconnect with this intention of expressing your gratitude through your work. Allow each action, whether you’re building a functional website or creating an organic meal, to be infused with gratitude for the chance to help a person solve a problem they have and thankfulness that you have the skills, talents, ability and opportunity to do so. When your mind wanders off or you feel overwhelmed with how you don’t have time to slow down, practice taking a deep breath and feeling your body from the inside. Notice how much more space is created inside of you when you do this.

When the timer sounds, take three deep breaths and congratulate yourself for doing something outside of your comfort zone, for your benefit and for those whose lives you touch at work.

DAY THIRTY-TWO

32'

Today's practice is mindful movement, once again.

Set your timer for 32 minutes and move your body mindfully in whatever way feels good to you today: some gentle yoga, a run on the beach, bike riding beside the lake, picking apples from a tree, or whatever else sounds delicious to you in this moment.

Practice coming back to the body and its sensations whenever the mind gets lost in thought.

When the timer chimes, take three intentional breaths. Notice whatever thoughts, feelings or sensations arise in the mind and body without judgment.

## DAY THIRTY-THREE

33'

Today's practice is a mini digital detox.

Many people are tethered to the phone, computer, and all kinds of other electronic devices necessary to juggle work and life. For today's practice, you are going to observe your relationship with technology and how it affects you.

Plan to do this activity at a time during the day when using your devices is not absolutely vital to your work, when you know it is safe and responsible given your family commitments. You are cultivating mindfulness for your benefit and for that of those around you; so keep that in mind when you plan your day.

Begin by turning off all sounds, beeps and notifications on your phone and setting a timer on it for 33 minutes. When the timer begins, set the phone down and take three deep breaths.

Your intention for the next 33 minutes is simply to refrain from picking up or looking at your phone (or any other electronic device) for this period. Go about your regular activities and each time your mind wanders to the device, rather than picking up the phone, take three deep breaths. Practice becoming aware of the pull the phone has on your attention and how that affects your work, personal relationships, health, sleep, and ability to concentrate.

When the timer sounds, notice what your mind is like now. Is it more agitated than it was before or less? For many, this activity reveals how we are addicted to technology seeing as we might experience withdrawal-like symptoms.

Congratulate yourself on giving yourself a much needed mini digital detox during your day.

## DAY THIRTY-FOUR

34'

Today's practice is mindful journaling. This is a great way for uncovering what you are really thinking, feeling and experiencing in the present moment. The more you do it, the greater your self-awareness will be. And with greater self-awareness, comes better self-management, emotional self-regulation and better relationships.

Begin by setting a timer for 34 minutes and taking three deep breaths.

Open your journal and pick up your pen (you can also do this on your computer, but pen and paper are even more tactile and helpful to ground yourself in the present moment).

Begin by writing the prompt, "*What I'm noticing right now is,*" and then describe what you are seeing, hearing, feeling, smelling, tasting, thinking.

For example: "*What I'm noticing right now is that the music is playing on my computer; my back hurts; I can taste a bit of the coffee I drank earlier. I'm thinking about what I'm going to make for dinner tonight and how I'm going to handle that email from my cousin.*"

Practice writing without editing, just as you would if you were recording items like a scribe, without interpretation or judgment, simply as facts.

When the timer sounds, take three deep breaths, close your journal and notice what, if anything, has shifted or changed since you began your practice.

DAY THIRTY-FIVE

35'

Today's practice is a basic breathing meditation, an anchor we come back to regularly in our mindfulness practice.

Set your timer for 35 minutes. Find a comfortable position, lying down or sitting in a chair or on a cushion.

Bring your awareness to your breath, simply observing the breath wherever the sensations are most vivid for you today: at your nose, your chest or your belly. Simply practice bringing your awareness to the breath and, when it wanders off (as it inevitably will), gently bringing it back to the breath again and again and again.

When your timer sounds, congratulate yourself for giving yourself some much needed positive energy.

## DAY THIRTY-SIX

36'

Mindful walking is a wonderful practice to help you connect your body, mind and nature.

Begin by setting your timer for 36 minutes, standing still and becoming aware of your body and how it feels. Notice your posture, feel the weight of your body pressing down toward the ground, and your heels pushing into your shoes; become aware of all the subtle movements that are keeping you balanced and upright.

Allow your knees to bend very slightly and feel your hips as your center of gravity. Take a few deep belly breaths and bring your awareness into the present moment.

Now begin to walk at slightly slower than normal pace.

Breathe naturally and fully, deeply filling your lungs with each inhalation, but being careful not to strain or struggle in any way.

When your attention drifts away from the sensations of walking and breathing, take notice of those thoughts, moods, or emotions without judgment and gently guide your awareness back to the present moment, back to the walking.

Allow your pace to speed up or slow down as feels right for you today.

When the timer sounds, take three deep breaths and thank yourself for your practice.

DAY THIRTY-SEVEN

37'

Because work is such an important part of most people's lives, and a source of much stress, today is another "Bring Mindfulness to Work" day.

To continue to grow in mindfulness and compassion, it's important to be aware of expanding our natural reach of empathy. Today's practice helps you cultivate greater compassion for your colleagues, customers, clients, patients or employers.

Begin by setting a timer for 37 minutes during a regular workday. Take three deep breaths to begin. Spend a moment to create an intention to build greater empathy for whoever crosses your path professionally.

With each person you encounter, speak to, write to or collaborate with, silently say to yourself: *"This person has had pain in his or her life, just like me. This person wants to be happy, just like me. This person wants to be healthy, just like me. This person wants to be safe from harm, just like me."*

Practice doing it with everyone during this practice period, even with demanding customers, angry patients, or a demanding boss.

When the timer ends, take three conscious breaths.

Check in and see if anything has shifted or changed for you in doing this practice of mindful working.

## DAY THIRTY-EIGHT

38'

Today we once again practice using our senses as portals to the present moment, particularly focusing on the sense of hearing.

Begin by setting a timer for 38 minutes, and taking three deep, full breaths.

For today's practice, the object of your awareness will be what might be referred to as the soundscape: those sounds that are part of this moment, which are normally classified by the mind as pleasant, unpleasant or neutral.

Today you will go about your regular routine at work or home, but including an awareness of the sounds already present in each moment.

Bring your awareness to the sound of the computer, the heater or the air conditioner switching on and off, the sounds of birds or cars whizzing by outside your window, the sounds of your own breath, and all those other little sounds you normally ignore or simply tune out. Whenever you can, practice bringing conscious awareness to the sounds that are already present in the background of your experience today by bringing them center stage, again without judgment to the best of your ability. See if you can let go of judging the sounds as pleasant or unpleasant and simply observe them.

When your timer goes off, make a note of what it was like for you to allow your awareness of hearing to settle in this way.

DAY THIRTY-NINE

39'

In today's daily practice, once again we return to mindful movement.

Whether you can sit still to mediate in a formal sitting session or not, you probably already move about quite a bit in your daily life: commuting to work, going shopping, walking, cleaning out the garage, picking up your kids, walking your pets, going on errands.

Today we continue to practice bringing mindfulness off of the meditation cushion and into our lives.

Begin, as usual, by setting a timer for 39 minutes, and taking 3 deep, conscious breaths.

Now either resume or begin an activity that includes physical movement: either one of the activities above, or anything else that you need to tend to. As you move, try to keep some of your awareness on your breath and in the present moment. When you find your mind planning, dreaming, fantasizing, thinking about the past or the future, pause for a moment in your activity and return the awareness to your breath. Each time your mind leaves the present physical activity you are engaged in and wanders, come back to the breath. In this way, over time, mindfulness will become easier to bring to the present moment, whether you are sitting still or busy in movement.

When the timer sounds, take three deep, full breaths. Acknowledge yourself for your willingness to practice something new and bring this sense of accomplishment to the rest of your day.

## DAY FORTY

40'

Today we return to a basic breathing meditation, the core of your mindfulness practice.

Get into a comfortable position where you can be still, either sitting up or lying down.

Set your timer for 40 minutes and close your eyes.

Become aware of your breath and, whenever you notice your mind has wandered off into the past or to the future, bring your awareness back to your breath.

Imagine you are training your mind like you would a small puppy dog, each time it wanders off, gently, patiently and kindly bringing it back to the breath. Set an intention to sit still as you practice training your mind in this way.

When the timer sounds, thank yourself for the willingness to give yourself some much needed positive energy.

DAY FORTY-ONE

41'

Today, once again, we “Bring Mindfulness to Work,” helping you bring the transformative power of awareness into your life in a deeply practical way.

It’s best to do this at the beginning of the work day when your mind is fresh and alert, but you can do it at any time that feels appropriate for you.

Begin by setting your timer for 41 minutes and taking three, deep, mindful breaths. Now spend a moment to create an intention for your practice: that for this short period, you intend to work mindfully. Bring to mind your customers, patients, guests, clients, colleagues or whoever is to be on the receiving end and beneficiary of your work. Allow a deep sense of gratitude to fill you for the opportunity to serve them and to earn a living.

As you work for the next 41 minutes, practice pausing to reconnect with this intention of expressing your gratitude through your work. Allow each action—whether it’s translating a book, emailing a client or designing a dress—to be infused with gratitude for the chance to help a person solve a problem they have and thankfulness that you have the skills, talents, ability and opportunity to do so.

When your mind wanders off or you feel overwhelmed with how you don’t have time to slow down, practice taking a deep breath and feeling your body from the inside.

When the timer sounds, take three deep breaths and congratulate yourself for doing something outside of your comfort zone, for your benefit and for those whose lives you touch at work. Notice whether you accomplished what you intended to and if being mindful made work more or less fulfilling.

## DAY FORTY-TWO

42'

Today we once again practice bringing mindfulness to our use of digital technology by simply observing the effect this has on our thoughts, feelings and sensations.

To begin, set the timer for 42 minutes and set an intention to be genuinely inquisitive and curious about how technology impacts you, without any judgments of good or bad, right or wrong.

Take three deep breaths, close your eyes and notice your thoughts, feelings and bodily sensations. Open your eyes and use your technology as you do normally: scanning, reading, posting, responding. See if you can come back to the anchor of the breath as much as possible during this period and notice what happens to your breath, your body (especially your stomach or solar plexus area, neck, and shoulders) and your thoughts. Are your thoughts racing faster? Does your solar plexus tighten up when you see something online that you either really crave or have an aversion to? Are you feeling grounded and secure, or flighty and untethered?

When the timer goes off, close your eyes, take three deep breaths and become aware of your inner landscape. Notice what, if anything, has changed for you in terms of your thoughts, physical sensations and feelings.

When you have completed the practice, congratulate yourself for your willingness to become more aware of the impact of digital technology on you, and those around you.

DAY FORTY-THREE

43'

Today we return to the practice of mindful walking.

Set a timer for 43 minutes.

Take three deep breaths and begin to walk.

As you walk, see if you can keep some of your awareness or attention on your breath and body. It may be helpful to walk at a pace which is slower than normal for at least part of this practice.

If you find your mind planning or going to thoughts of what you have to do tomorrow or to the past, bring it back to the breath and your body sensations as you walk. Do this as many times as necessary without judging if you are doing it right or not.

When you hear the ending timer, take three deep breaths and congratulate yourself for this investment of time and energy in your own well-being.

## DAY FORTY-FOUR

44'

Today our practice is the mindful body scan.

Before you plan go to bed this evening, intend to spend some time winding down and continuing your daily mindfulness practice with a body scan. The body scan is a wonderful way to quiet the mind if you have difficulties with sleep or your head is spinning with thoughts.

Because the intention here is to fall awake, it's helpful to use a timer to set aside this special time to relax the body and train your mind.

Take three deep breaths and begin by lying down and setting your timer for 44 minutes.

Now bring your awareness to your feet and toes and gradually scanning the whole body, moving from feet to head. Move slowly, allowing your awareness to touch each and every part of the body, feeling any sensations of heat or coolness, pressure, tightness or ease. Become aware of each part of the body slowly and gradually, ending with your head and face.

Depending on how quickly or slowly you scan your body, you may have time to repeat the scan in the opposite direction, i.e. head to feet, or even repeat both directions multiple times.

When you hear the timer, notice where you are in the body scan: are you still scanning your body or has your mind wandered off?

Congratulate yourself on your willingness to practice today and for ending your day with some much needed positive energy.

DAY FORTY-FIVE

45'

Today's practice will be to generate loving kindness.

To continue your cultivation of mindfulness daily, heaping servings of loving kindness will be required.

Many of us fall short of our goals at work and in life, including our meditation practice. Continuing to practice and diving deep into the wellness of goodness, wholeness and well-being beyond the realm of thinking, requires the deliberate cultivation of loving kindness towards yourself first, as well as others.

Begin by setting your timer for 45 minutes, and taking three deep, intentional breaths. For the next few minutes, whether you are working, exercising, sitting in traffic, reading the news, moving through the airport to catch a flight or whatever your daily task, practice repeating this mantra to yourself: *“May I be filled with loving kindness. May all beings be filled with loving kindness.”*

Whenever thoughts arise or you observe judgments about yourself or others, practice, just for this period, this exercise of repeating this loving-kindness mantra and wishing good things for yourself and others. Even when you have critical or unkind thoughts, repeat the mantra as practice.

When the timer sounds, take three deep breaths. Take a moment to celebrate yourself and your willingness to practice today.

You have given yourself, and the world around you, some much needed time, space and air to breathe. Let yourself experience a deep sense of satisfaction for your contribution to your own well-being and of others and, above all, keep practicing!

## About the Author



Felina Danalis holds degrees from Georgetown and Johns Hopkins Universities. While working in international development and post-conflict reconstruction in the Balkans, a traumatic experience with a car bomb led her to seek Buddhist meditation. For well more than a decade since then, she has studied, practiced and taught meditation to others, and coached them on bringing the principles of mindfulness into their daily lives. A Greek-American polyglot with a passion for sustainability, hiking and the big questions of meaning and purpose, she lives in Palm Springs, California.

Felina helps men and women around the world experience less stress, a greater sense of purpose and more authentic fulfillment at home and work. Her individual coaching practice (on video, phone or in person) empowers individuals to live mindful, intentional lives, on and off the meditation cushion. For more information on how to bring more peace, more joy and less overwhelm into your life and explore working with her, see <http://www.felinadanalisis.com/get-started/>.

*“You have heard that mindfulness and meditation can bring great benefits to your life. You want better relationships, less stress, increased resilience, fewer instances of feeling overwhelmed. You want improved concentration, better sleep and better health as you age. This book was written to give you daily guidance on how to develop a such a practice and start experiencing the benefits of mindfulness right away.”*

With these words, author, meditation teacher and mindfulness coach Felina Danalis introduces this easy guide to developing a daily mindfulness and meditation practice. Whether you are an on-again, off-again meditator, have never practiced before or have been reaping the benefits of meditation for years, **45 Days of Mindfulness** can help you bring even more peace, more joy and less overwhelm in all areas of your life.

With easy to follow daily practices, readers are given guidance on how to bring mindfulness to their lives in practical ways: at home, at work, while eating, using digital technology and social media, exercising, and more. By starting with just one minute of practice on the first day, and building slowly, day by day, readers are shown how to build a lifetime mindfulness practice in just 45 days while, at the same time, enjoying its benefits from day one.

[www.felinadanalisis.com](http://www.felinadanalisis.com)