VIDEO TO COURSE · SAMPLE OUTPUT

Meditation for Beginners: Set the Conditions and Keep a Daily Practice

Relax the body, relax the mind, rest in light awareness, and sit every day at a length you'll keep. Based on Nick Keomahavong's beginner's guide.

2 modules | 6 lessons | quizzes + answer keys | assignments | action plan

Based on “How to Meditate for Beginners | A Monk's Complete Guide” by Nick Keomahavong · youtube.com/watch?v=kkLKRz4jBYY · Creative Commons Attribution licence (CC BY)
Built with the Video to Course Prompt Studio. Lesson text as the AI returned it; only the layout was added.

Contents

Course Map

Welcome: Meditation for Beginners

Module 1: Set the three conditions

Relax Your Body First

Take a Mental Vacation

Rest Lightly and Come Back

Module 2: Sit every day and keep your word

Sit for Ten Minutes

Make a Promise You Can Keep

Log Every Sit and Choose Your Support

Action Plan

Listing And Launch Notes

FROM SECTION A

Course Map

Module	Lesson	Objective	Skills covered	Minutes
0. Welcome	m0-l0 Welcome	Decide whether this course fits you and write your starting note	none	3
1. Set the three conditions	m1-l1 Relax your body first	Set up a comfortable, upright seat in a safe place and release physical tension before a sit	1, 2, 6	5
1. Set the three conditions	m1-l2 Take a mental vacation	Let go of before and after and settle the mind on a peaceful place you have chosen	3	5
1. Set the three conditions	m1-l3 Rest lightly and come back	Hold a light, gentle awareness and return a wandering mind with a tool you have picked	4, 5	5
2. Sit every day and keep your word	m2-l1 Sit for ten minutes	Run a full sit from posture to opening the eyes, without a guide	7, 8	5
2. Sit every day and keep your word	m2-l2 Make a promise you can keep	Choose a daily length you will keep, write it as a promise, and set a restart rule	11, 13	5
2. Sit every day and keep your word	m2-l3 Log every sit and choose your support	Set up a calendar log and pick one support resource for the days it gets hard	12, 9, 10	5
After the course	Action plan	Work through the whole practice without reopening the lessons	all, in order	n/a

Every skill (1 to 13) appears exactly once. The first lesson gives a usable win: a two-minute body check-in that works on its own. The hardest work, holding light awareness and running the full sit alone, sits in the middle.

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Welcome: Meditation for Beginners

Instructor: [YOUR NAME] Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

1. Objective

Decide whether this course fits you, and write the three-line starting note the rest of the course builds on.

2. Why it matters

Most people who try meditation either fight their own thoughts or start strong and quietly stop. Knowing which one has happened to you, and what this course will and won't give you, saves you from working through lessons built for someone else.

3. The teaching

This course is built on a guide by Nick Keomahavong, a monk teaching from Thailand, called "How to Meditate for Beginners | A Monk's Complete Guide". He says the question he hears most often is how to meditate, and how to build a daily practice. His answer has two halves, and so does this course. Everything here is Nick's method, taught by me with permission, and his name is on every idea that came from him.

The first half is how to sit. Nick starts with a mistake most beginners make: they believe meditation is the time to stop their thoughts, and they try to force it. In his experience, that "typically doesn't work so well". He offers something gentler: set the right conditions, and let the mind settle on its own. There are three conditions. Relax the body. Relax the mind. Keep a light, gentle awareness. When the mind wanders, and it will, you use a simple tool to come back.

The second half is how to keep going. Nick is direct about this. Many people practice for a while, then give up. He doesn't judge that, and he doesn't sell willpower either. He offers a different reason to sit every day: it trains you to keep your word to yourself. He backs it with his own record, which you'll hear in Module 2.

Who this is for. You are new to meditation, or you've tried it and found that forcing your mind quiet didn't work, or you've started a practice before and let it slide. You need to be able to sit in a chair for a few minutes and follow simple steps. That is all.

What you will be able to do. By the end you can set the three conditions for meditation, run a full sit on your own, and keep a daily practice at a length you have promised yourself, logged every day on a calendar.

How the course is laid out. Two modules, six lessons, about five minutes each.

Module 1 teaches the three conditions, one per lesson, ending with what to do when your mind wanders.

Module 2 puts them together into a full sit, then turns it into a daily habit: a length you promise to keep, a log, and a support for the hard days.

After the last lesson there is one action plan you can follow without opening the lessons again.

How to use it. Do the lessons in order. Each one ends with an assignment that produces something you keep: a setup card, a place card, a tool card, a sit script, a written promise and a calendar log. Keep them together in one notebook or folder.

You will see one label. **[Instructor's method, not from the video.]** marks a technique I add on top of Nick's teaching, for example how to time a sit when there's no guide. Everything without a label comes from Nick, apart from the illustrative examples, which are marked as such.

What it does not cover. Nick calls his own explanation "a very basic simple overview", and this course stays that size. It does not cover floor or cushion posture, breathing techniques, advanced practices, or what to do if meditation brings up something difficult. It makes no health claims. If you have a health condition, ask a qualified professional whether a practice like this suits you. Nick also describes resources he and a fellow monk created; the course tells you what they are, but they are his products, and the course does not require them.

4. Worked example

Illustrative. Dana, a nurse who works shifts, downloaded a meditation app last spring, tried to "empty her mind" for twenty minutes a night, got more frustrated each time, and stopped after a week. She reads this page and recognizes both of Nick's beginner problems: forcing the mind, and quitting. She writes her starting note: "Tried before, stopped after a week. I tried to force my thoughts to stop. I can sit in my kitchen chair before my shift." The one thing that would have gone wrong: if she had expected a breathing program or advice for her sleep, this course would not have given it, and she would have found out three lessons in.

5. Common mistake

Starting with a long session to prove you're serious. Nick's own first year was 5 minutes a day. Do instead: let Module 2 set your daily length, and use Module 1 only to learn the three conditions.

6. Summary

Nick Keomahavong, a monk teaching from Thailand, teaches meditation as setting conditions rather than forcing thoughts to stop: relax the body, relax the mind, keep a light awareness, and use a tool to come back when you wander. He treats daily practice as training in keeping your word. Two modules, six short lessons, an action plan. Labeled passages are additions, not Nick's words.

7. Quiz

1. Which person is this course built for? A. Someone looking for an advanced retreat practice B. A beginner who tried to force their mind quiet, or who started meditating and stopped C. Someone who wants a breathing program for a medical condition D. A teacher looking for a meditation certification

2. You see a passage marked "[Instructor's method, not from the video.]" How should you treat it? A. As Nick Keomahavong's own instruction B. As a technique added by your instructor on top of Nick's teaching C. As something to skip because it is optional D. As a correction of something Nick got wrong

3. You want the most from the course. What is the best way to work through it? A. Do the lessons in order and keep each assignment in one place B. Start with Module 2, because the habit matters more than the sit C. Read only the action plan D. Do the first lesson, then sit for an hour to test yourself

Answer key

1. **B.** Nick speaks to exactly these two groups. A is wrong: he calls his teaching a basic overview. C is wrong: the course makes no health claims and has no breathing program. D is wrong: nothing here certifies anyone.
2. **B.** The label exists so you can tell added material from Nick's. A is wrong: that is the opposite of what the label says. C is wrong: these are often the practical bits you need. D is wrong: the additions fill gaps, they don't correct him.
3. **A.** The lessons build on each other and the assignments become your practice kit. B is wrong: Module 2 relies on the three conditions from Module 1. C is wrong: the action plan summarizes decisions you make in the lessons. D is wrong: a long first sit is the mistake this lesson warns against.

8. Assignment: write your starting note

Time: 10 minutes.

Write three lines and keep them as the first page of your notebook or folder:

1. Where you are now: never tried, tried and stopped, or practicing on and off.

2. What went wrong before, if anything, in one sentence.
3. Where you could sit for a few minutes each day: name the chair and the room.

Done checklist

- [ ] Line 1 names one of the three starting points
- [ ] Line 2 is one sentence, or says "first time"
- [ ] Line 3 names a specific chair and room
- [ ] The note is saved where you'll find it for the next lesson

Sample answer (illustrative)

> Where I am: tried and stopped. What went wrong: I tried to empty my mind for 20 minutes and gave up after a week. Where: the armless chair at my desk in the spare room.

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Relax Your Body First

Module 1: Set the three conditions. By the end of this module you can relax your body, relax your mind and rest in a light awareness, and you know what to do when your mind wanders.

Instructor: [YOUR NAME] Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

1. Objective

Set up a comfortable, upright seat in a safe place and release physical tension before a sit.

2. Why it matters

If you sit down and try to switch your thoughts off, you're starting with the step that fails most often. Starting with your body gives you something concrete to do in the first two minutes, and it is the first of the three conditions everything else rests on.

3. The teaching

Start where Nick Keomahavong starts: with the goal most beginners bring to meditation. They think meditation is the time to stop their thoughts. Nick asks how many people have tried to force themselves to stop thinking, and how that worked. His answer: "typically it doesn't work so well."

So he changes the job. Instead of forcing the mind to stop, you set the conditions for meditation to happen on its own.

He explains it with a flower. When you plant a flower, you start with a seed. You can't open the seed and pull the flower out. What you can do is set the conditions: a pot, healthy soil, the seed, enough water, enough sunlight, a suitable place. Then the flower grows on its own. Nick's point is that meditation works the same way. Set the conditions, and your mind will settle and come to stillness on its own. You are the gardener, not the flower.

There are three conditions, and they always come in the same order. This lesson is the first one: relax your body.

Check in. Nick says we store up a lot of tension in the physical body. So bring your attention to your body and ask two questions: where am I holding tension, and where does it feel heavy? Don't fix anything yet. Just find it. Shoulders, jaw, the back of the neck, the hands: go and look.

Adjust. Now make yourself as comfortable as you can. Nick's suggestions are simple: maybe roll and stretch the neck, maybe move your position a little. Take your time. This step isn't a warm-up to rush through. It is the first condition.

Sit. If you're in a chair, push your tailbone back to the very end of the seat and sit a little upright. Nick gives the reason directly: you don't want to be lounging so much that you fall asleep. Comfortable, but not slumped. Upright, but not stiff.

Choose a safe moment. Before the guided meditation, Nick gives one firm instruction: if you are driving, or on anything that is moving, do not close your eyes. You can still bring your attention back to yourself and follow along, but your eyes stay open. Treat this as a rule for your own practice too. Sit where it is safe to close your eyes.

[Instructor's method, not from the video.] To make this repeatable, turn it into a two-minute check-in you can do anywhere you can safely sit:

1. Sit back, tailbone to the back of the seat, a little upright.
2. Scan for tension and heaviness, top to bottom. Name the two spots that are tightest.
3. Make one small adjustment for each: roll the neck, drop the shoulders, unclench the hands, shift your position.
4. Check once more: comfortable enough that you could stay here for a few minutes, upright enough that you won't doze.

That is a usable result on its own. Even before you learn the other two conditions, a two-minute body check-in is something you can do today.

Notice what you are not doing. You are not trying to clear your mind or stop thinking. Thoughts will come while you check in. Let them. You are working on the soil, not the flower.

What the source doesn't say. Nick describes chair posture only. Sitting on the floor or a cushion, what to do with your hands, and how to adapt for pain or injury are not stated in source. If sitting is painful for you, choose whatever position lets you be comfortable and alert, and ask a qualified professional if you are unsure.

4. Worked example

Illustrative. Tom, a warehouse supervisor, sits down at his kitchen table at 6:30 one morning to try meditating. His first instinct is to close his eyes and push his thoughts away. Instead he runs the check-in. He slides back until his tailbone touches the back of the chair, sits up a little, and scans. Tightest spots: his jaw and his right shoulder. He unclenches his jaw and rolls the shoulder twice. He checks again: comfortable, upright, not about to nod off. It takes about two minutes, and he notices he feels

steadier than when he sat down. The one thing that would have gone wrong: on his first try he leaned back on the sofa with his feet up, and within a few minutes he was half asleep. That's the lounging Nick warns about.

5. Common mistake

Skipping straight to "clearing the mind" and treating the body as an afterthought. That is the forcing Nick says rarely works. Do instead: spend the first minutes on the body only, and don't start on the mind until you are comfortable and upright.

6. Summary

Nick Keomahavong teaches that you can't force the mind to stop, any more than you can pull a flower out of a seed. You set the conditions and the mind settles on its own. The first condition is a relaxed body. Check in for tension and heaviness, adjust (roll the neck, shift position), and sit with your tailbone to the back of the chair, a little upright, so you don't fall asleep. Never close your eyes while driving or moving.

7. Quiz

1. A friend says, "I tried meditating but I couldn't make my thoughts stop, so I failed." Using this lesson, what do you tell them? A. They need to push harder until the thoughts stop B. Stopping thoughts isn't the job; set the conditions, starting with a relaxed body, and let the mind settle on its own C. They should only meditate when they have no thoughts D. They should sit for longer so the thoughts run out

2. You sit down in an armchair and sink back with your legs up. What does this lesson suggest you change? A. Nothing, because comfort is the only goal B. Lie down instead, so the body relaxes faster C. Move your tailbone to the back of the seat and sit a little upright, so you're comfortable without dozing off D. Sit on the edge of the seat as stiffly as you can

3. You want to use your train commute to practice. What is the safe way to do it? A. Close your eyes and do the full sit as normal B. Keep your eyes open and bring your attention back to yourself C. Close your eyes only between stations D. Skip the body check-in so you finish faster

Answer key

1. **B.** Nick replaces forcing with setting conditions. A is wrong: forcing is exactly what he says "typically doesn't work so well". C is wrong: thoughts are expected, not a disqualifier. D is wrong: nothing in the method relies on outlasting your thoughts.
2. **C.** Comfortable and a little upright, so you don't fall asleep. A is wrong: comfort without alertness leads to sleep. B is wrong: lying down is the opposite of Nick's chair advice. D is wrong: stiffness

undoes the relaxing.

3. **B.** On anything moving, Nick says don't close your eyes, but you can still follow along. A is wrong: it ignores the rule. C is wrong: the train is still moving between stations. D is wrong: the body condition still matters with eyes open.

8. Assignment: your setup card

Time: 15 minutes, including one practice check-in.

Write a short setup card you can keep next to your meditation seat:

1. Where you will sit (the specific chair or seat), and confirmation it is somewhere safe to close your eyes.
2. Your posture in one line, in your own words.
3. Your two usual tension spots, found by doing the check-in once now.
4. The adjustment you'll make for each.

Done checklist

- [ ] The card names a specific seat in a place that isn't moving
- [ ] The posture line mentions sitting back and a little upright
- [ ] Two tension spots are named, found from an actual check-in
- [ ] Each spot has a matching physical adjustment

Sample answer (illustrative)

> Seat: the dining chair by the window. Not moving, safe to close my eyes. Posture: tailbone to the back of the seat, sit up a little, feet flat. Tension spots: shoulders, forehead. Adjustments: roll the shoulders back twice; raise and drop the eyebrows, then let the forehead go soft.

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Take a Mental Vacation

Module 1: Set the three conditions.

Instructor: [YOUR NAME] Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

1. Objective

Let go of what came before and what comes after your sit, and settle your mind on a peaceful place you have chosen in advance.

2. Why it matters

A relaxed body with a busy mind is still a busy sit: you'll spend it rehearsing the meeting or replaying the argument. The second condition gives your mind somewhere restful to go, so you aren't left fighting your thoughts.

3. The teaching

Your body is comfortable and upright. Nick Keomahavong's second condition is to get your mind comfortable too. He does it with one idea: you're going on vacation.

Think about what changes when you go on vacation. The work is still there. The responsibilities still exist. But for now they aren't yours to carry. Nick asks for exactly that attitude, in two directions.

Let go of what came before. Whatever you were doing before you sat down, let it go. The email you just sent, the conversation in the kitchen, the morning so far.

Let go of what comes after. Whatever is going to happen after this meditation, Nick says there's no need to worry about it yet. The day ahead will still be there when you open your eyes.

Then he widens it. Let go of your work, your responsibilities, your past and your future, and anything that feels heavy for you. Come back to this moment, and allow your mind to rest.

Go somewhere peaceful. Now give the mind a place to rest. Nick asks you to think of a place that is peaceful for you. He offers a few: the mountains, a forest, sitting by yourself by a stream. Wherever it is in the world, imagine it, and connect to the relaxing feeling it gives you. He describes that feeling as a "vast openness". That, he says, is relaxation of the mind.

Two things about this place. First, it should be yours. Nick's examples are just examples. If your peaceful place is your grandmother's porch or an empty beach you visited once, use that. Second, you're after the feeling more than the detail. You don't need to build a perfect picture. You need the sense of being somewhere with nothing to do.

In his guided meditation, Nick puts it this way: imagine you're relaxing all alone in your favorite place in the world, with nothing to do, nowhere to go and nothing to achieve. That last line is worth keeping. It is what makes it a vacation.

[Instructor's method, not from the video.] Choose your place before you sit, not during the sit. If you try to pick one with your eyes closed, you'll spend the time browsing. Write down one place and two or three details you can call up quickly: the sound, the light, the temperature. Then when you reach the second condition, you go straight there.

[Instructor's method, not from the video.] If letting go feels abstract, give it a physical cue: as you finish relaxing your body, take one slow breath out and think "before" and "after", setting each aside. This isn't Nick's step. It's a way to make his instruction concrete while you're learning it.

What if a worry keeps coming back? You haven't failed the second condition. The next lesson covers what to do when the mind wanders. For now, notice that the worry came, and return to your place.

4. Worked example

Illustrative. Priya, a project manager, sits for her practice at lunchtime with a client call booked for 2 p.m. She relaxes her body using her setup card. Then she takes the vacation: the morning's messages, done; the 2 p.m. call, not yet. She goes to the place she picked the night before, a lake in the Lake District where she once sat on a jetty alone, and calls up the cold air and the sound of water against the boards. Within a minute the call stops pulling at her. The one thing that would have gone wrong: on her first attempt she hadn't chosen a place, and spent the sit flicking between a beach, a mountain and her old garden, never settling on any.

5. Common mistake

Trying to banish thoughts about work by force. That's the same forcing Nick warns against in the first condition. Do instead: treat work as something you've left at home for the length of a vacation, and put your attention on your peaceful place.

6. Summary

Nick Keomahavong's second condition is a relaxed mind, reached by treating the sit as a vacation. Let go of whatever came before and whatever comes after. Set down work, responsibilities, past and future, and

anything heavy. Then picture a place that is peaceful for you, such as mountains, a forest or a stream, and connect with its feeling of vast openness: nothing to do, nowhere to go, nothing to achieve. Choose your place before you sit.

7. Quiz

1. You sit down and immediately start planning tomorrow's presentation. Which instruction from this lesson applies? A. Plan it quickly so it stops bothering you B. Whatever comes after the sit, there's no need to worry about it yet C. Use the presentation as your peaceful place D. Open your eyes and write it down before continuing

2. Your friend says, "I don't like mountains or forests, so this method won't work for me." What do you tell them? A. They have to use one of Nick's examples B. Those are only examples; any place that feels peaceful to them works C. They should skip the second condition D. They should picture an empty white room instead, because that is required

3. During your sit you keep switching between three different places and never settle. What would fix this next time? A. Pick one place, with a few details, before you sit B. Add more places so there's more variety C. Stop imagining anything and force the mind blank D. Sit for longer until one place wins

Answer key

1. **B.** That is Nick's instruction about what comes after. A is wrong: planning during the sit keeps the mind on duty. C is wrong: the place should be restful, not a task. D is wrong: nothing in the method asks you to stop and make notes.
2. **B.** Nick asks you to think of a place that is peaceful for you. A is wrong: he offers mountains, forest and a stream as options, not rules. C is wrong: the second condition is part of the method. D is wrong: no specific place is required.
3. **A.** Choosing in advance means you go straight there. B is wrong: more options make the browsing worse. C is wrong: forcing the mind blank is the approach Nick says doesn't work well. D is wrong: length doesn't solve indecision.

8. Assignment: your place card

Time: 10 minutes.

Write a place card to keep with your setup card:

1. The name of your peaceful place, real or imagined.
2. Three quick details: something you hear, something you see, something you feel.

3. Your "let go" line: one sentence naming what you'll set aside before and after.

Then sit for two minutes: body check-in first, then go to your place.

Done checklist

- [ ] One place is named, not a list of options
- [ ] There are three details, each tied to a sense
- [ ] The "let go" line covers both before and after
- [ ] A two-minute practice was done using the card

Sample answer (illustrative)

> Place: the bench at the top of the hill behind my parents' house. Hear: wind in the grass. See: the valley and one farm road. Feel: warm sun on my arms. Let go: "This morning is done. The afternoon can wait."

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Rest Lightly and Come Back

Module 1: Set the three conditions.

Instructor: [YOUR NAME] Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

1. Objective

Hold a light, gentle awareness during a sit and bring a wandering mind back with a tool you have picked in advance.

2. Why it matters

Relax the body and the mind and stop there, and there's a good chance you'll simply fall asleep. Hold on too tightly and you're back to forcing. This lesson is the balance between the two, plus a plan for the moment, which will come, when your attention drifts off.

3. The teaching

With your body relaxed and your mind on vacation, Nick Keomahavong's third and last condition is a light and gentle awareness.

He gives an image for how light. A feather falls from the sky and lands on the surface of a completely still pond without making a single ripple. That is how softly you rest your attention. Not gripping. Not scanning for problems. Just present, lightly.

Why does this matter? Nick is plain about it: if you don't have awareness, you'll fall asleep. The first two conditions relax you. The third keeps you awake inside the relaxation. All three together, in his own summary: relax the physical body, relax the mind as a mental vacation, and have a light, gentle awareness where you're not falling asleep. "And that's it," he says.

Expect the mind to wander. Nick doesn't pretend otherwise. What can happen, he says, is that your mind will wander, and if that happens, "no problem". Wandering isn't failure. It's part of sitting. What matters is that you have a way back.

He offers four tools for coming back, which he calls grounding your attention.

A visual object. Picture something simple. Nick suggests the sun, the moon, or something that brings you happiness. In his guided meditation he describes it as a warm, bright, shining sun warming you as

you relax. The image brings you back to the present moment.

A mantra. Nick explains that a mantra is just a sound. His is "let it go, let it be", repeated gently. Repeating it helps ground your attention when the mind is wandering.

Your breath. You can connect back to your breath. Nick names this tool without describing a technique for it, so keep it simple: notice that you are breathing.

A guide's voice. When you're listening to a guided meditation, following the sound of the guide's voice can itself be a grounding tool.

In the guided sit, Nick adds one instruction about choosing: rest with whatever tool feels most easy and natural in this moment. There's no ranking. Use what works for you today.

Carry the feather into the tool. This is where people slip. The tool is not a new thing to grip. If you repeat the mantra like a drill, or stare at the sun like a test, you've lost the lightness. Use the tool the way the feather lands: softly, then rest.

[Instructor's method, not from the video.] Pick one main tool and one backup before you sit, and write them on a card. Beginners often waste a sit trying out all four. A simple routine when you notice you've wandered:

1. Notice, without judging: "wandered".
2. Return to your main tool, lightly.
3. If the main tool feels like effort today, switch to your backup.
4. Rest again.

You may do this many times in one sit. That is the practice, not a sign it isn't working.

What the source doesn't say. How to work with the breath in detail, and what to do if you do fall asleep, are not stated in source.

4. Worked example

Illustrative. Marcus, a retired teacher, picks the mantra "let it go, let it be" as his main tool and the image of the moon as his backup. Five minutes into a sit, he realizes he's been thinking about his car's service appointment for a while. He notes "wandered", and comes back to the mantra, quietly. Ten minutes later it happens again, this time with a song stuck in his head, and the mantra keeps getting tangled in the tune. He switches to the moon, rests with it, and settles. The one thing that would have gone wrong: in his first week he repeated the mantra loudly in his head, fast and hard, to block out every thought. He ended each sit tense, which is the opposite of the feather on the pond.

5. Common mistake

Treating a wandering mind as proof you can't meditate, and trying harder. Nick says wandering is "no problem". Do instead: notice it, return lightly with your tool, and count each return as part of the practice.

6. Summary

Nick Keomahavong's third condition is a light, gentle awareness, as soft as a feather landing on a still pond without a ripple. Without it, you fall asleep. Your mind will wander, and that is no problem. Come back with whichever tool feels easiest: a visual object (the sun, the moon, something that brings you happiness), the mantra "let it go, let it be", your breath, or a guide's voice. Use the tool lightly, not as something to grip.

7. Quiz

1. Ten minutes into a sit, you notice you've been planning dinner. What does this lesson tell you to do? A. Stop the sit, because it has failed B. Notice it, and return lightly to your chosen tool C. Finish planning dinner, then start again D. Tense up and push the thought away

2. You are using the mantra "let it go, let it be" and find yourself repeating it fast and hard to block every thought. What should you change? A. Nothing, faster is better B. Switch to repeating it out loud C. Soften it: let the mantra land lightly, like the feather on the pond D. Add a second mantra on top

3. Your sits are so relaxing that you keep nodding off. Which condition needs attention? A. The light, gentle awareness that keeps you from falling asleep B. The mental vacation, which should be made longer C. The body, which should be made more relaxed by lying down D. None; falling asleep is the goal

Answer key

1. **B.** Wandering is expected, and the tool brings you back. A is wrong: Nick calls wandering "no problem". C is wrong: following the thought is the wandering. D is wrong: pushing is the forcing the method avoids.
2. **C.** The tool should be used as lightly as the awareness itself. A is wrong: speed turns the tool into gripping. B is wrong: volume isn't the issue. D is wrong: more effort makes it worse.
3. **A.** Nick says that without awareness you'll fall asleep. B is wrong: more relaxation won't keep you awake. C is wrong: Nick's posture advice is to sit a little upright precisely so you don't fall asleep. D is wrong: the third condition exists so you don't.

8. Assignment: your tool card and first full-conditions sit

Time: 15 minutes, including a five-minute sit.

1. On a card, write your main tool and your backup, picked from Nick's four.
2. Write your "wandered" routine in four short lines.
3. Do a five-minute sit with all three conditions: body, vacation, light awareness. Use a timer.
4. Afterwards, write down roughly how many times you noticed you'd wandered, and which tool brought you back.

Done checklist

- [ ] The card names one main tool and one backup
- [ ] The routine has a notice step and a return step
- [ ] A five-minute sit was completed with a timer
- [ ] A short note records the wanders and the tool used

Sample answer (illustrative)

> Main tool: mantra, "let it go, let it be". Backup: picture the sun. Routine: notice, "wandered". Back to the mantra, softly. If it's effort, switch to the sun. Rest. Sit note: 5 minutes. Wandered about six times, mostly to work. Mantra worked four times, sun twice.

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Sit for Ten Minutes

Module 2: Sit every day and keep your word. By the end of this module you can run a full sit on your own, you have promised yourself a daily length you will keep, and every sit is logged.

Instructor: [YOUR NAME] Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

1. Objective

Run a full sit on your own, from settling your posture to opening your eyes, in the order Nick Keomahavong guides it.

2. Why it matters

Knowing the three conditions one at a time isn't the same as stringing them together with your eyes closed. Once you can run the whole sequence without a guide, you can sit anywhere, on any day, which is what the rest of this module depends on.

3. The teaching

Nick Keomahavong doesn't just explain the three conditions. He sits with his viewers for 10 minutes and guides them through. This lesson lays out that guided sit as a sequence you can run yourself. Most of his guidance is in the first few minutes. After that, he is mostly silent. That silence is part of the practice, and this lesson doesn't fill it with extra instructions.

Here is the sequence, in Nick's order.

1. Arrive. Bring your attention back to this present moment.

2. Relax the body. Make any small adjustments to your sitting position and posture. Take as long as you need to release any remaining physical tension. Nick repeats that there's no need to rush.

3. Close your eyes. When you feel ready, close your eyes softly and gently. (Only somewhere safe: never while driving or on anything moving.)

4. A few deep breaths. Take a deep breath in, and slowly release it. Nick invites you to breathe in peace, calm and tranquility, and to breathe out heaviness and tension. After a few breaths, let your breath return to its normal pace.

5. Release tension, head to feet. Relax each area in turn: your forehead, your eyes, your jaw, your neck, your shoulders, arms and hands, down through your chest, back and legs, all the way to your feet. Let go of tension and worries. Nick's guidance here is "soft and easy, light and gentle", with no need to rush and no need to force.

6. Take the vacation. Imagine you're relaxing alone in your favorite place in the world, with nothing to do, nowhere to go and nothing to achieve. Nick adds one more feeling: be happy that you're giving yourself this gift of inner peace and stillness.

7. Rest with a tool. Let your mind rest with whichever tool feels most easy and natural in this moment. Nick's examples are a mantra such as "let it go, let it be", or imagining a warm, bright, shining sun warming you on a beautiful day. Let your mind settle at whatever point or space in your awareness feels most comfortable and natural.

8. Silence. Stay with this comfortable, peaceful feeling, in silence, until the end. This is the longest part of the sit, and nothing new is added to it. When the mind wanders, return lightly with your tool, as in the last lesson.

9. Open your eyes. When you feel ready, open your eyes softly and gently.

10. Carry it. Afterwards, Nick asks a simple question: how was that? He hopes you touched a little peace, a little stillness. If you can, carry that good feeling with you for the rest of the day.

Notice that the three conditions are all here, in order: steps 2 to 5 are the body, step 6 is the mind, steps 7 and 8 are the light awareness and the tool.

[Instructor's method, not from the video.] Nick's sit was timed by Nick. On your own, you need something else to end it, and the source doesn't say what. The simplest choice: set a gentle alarm on your phone for the full length before you start, put the phone face down, and don't check it. Then you don't have to watch the clock, and step 9 starts when the alarm goes. How long the silent stretch lasts in Nick's own sit is not stated in source; on your own, it is whatever is left of your time after steps 1 to 7.

[Instructor's method, not from the video.] Write steps 1 to 9 as single words on a card the first few times: arrive, adjust, eyes, breaths, release, vacation, tool, silence, open. Read it once before you close your eyes. After a week you won't need it.

Ten minutes is Nick's length for this guided sit. It isn't a requirement for your daily practice. The next lesson is about choosing a daily length, and Nick's own advice there starts at one minute.

4. Worked example

Illustrative. Lena, a graphic designer, does her first unguided sit on a Sunday morning. She sets a 10-minute alarm, places the phone face down, and reads her one-word card. She adjusts in the chair, closes her eyes, takes three slow breaths, then releases from forehead to feet. She goes to her place card's beach, then rests with the sun as her tool. In the silence she wanders twice, to a client's email and to lunch, and comes back to the sun both times. The alarm goes; she opens her eyes slowly and notices she feels calmer than when she sat down. The one thing that would have gone wrong: on Saturday she hadn't set an alarm, kept peeking at the clock, and the peeking broke the silence every couple of minutes.

5. Common mistake

Filling the silent part with more and more instructions to yourself, because silence feels like doing nothing. Do instead: once you've reached step 7, stop adding steps. Rest, wander, return, rest. That is the sit.

6. Summary

Nick Keomahavong's guided 10-minute sit runs in this order: arrive; adjust your posture with no rush; close your eyes gently (never while driving or moving); a few deep breaths, then normal breathing; release tension from forehead to feet; relax in your favorite place with nothing to do; rest with your easiest tool; stay in silence; open your eyes gently; carry the good feeling into your day. On your own, set an alarm so you don't watch the clock.

7. Quiz

1. You've closed your eyes and taken your deep breaths. What comes next in Nick's sequence? A. Open your eyes and check the time B. Release tension through the body, from forehead to feet C. Start repeating the mantra as fast as you can D. Plan the rest of your day

2. Halfway through your sit there's a long silence and you feel you should be doing something. What do you do? A. Add new instructions to keep busy B. Stay with the peaceful feeling, and return to your tool lightly if you wander C. End the sit early, since the important part is over D. Start the sequence again from step 1

3. You're about to sit alone for 10 minutes. What lets you stop watching the clock? A. Set a gentle alarm for the full length before you start, and put the phone face down B. Open your eyes every two minutes to check C. Count your breaths to 600 D. Ask someone to tap you on the shoulder

Answer key

1. **B.** After the breaths, Nick releases the body from forehead to feet. A is wrong: the eyes open at the end. C is wrong: tools come after the body and the vacation, and are used lightly. D is wrong:

planning is what the vacation sets aside.

2. **B.** The silence is part of the sit. A is wrong: it turns rest into work. C is wrong: the silence is the longest part of the practice, not an add-on. D is wrong: restarting breaks the rest you've reached.
3. **A.** The alarm handles the ending so you don't have to. B is wrong: checking breaks the silence. C is wrong: counting turns the sit into arithmetic and isn't part of Nick's sequence. D is wrong: it depends on another person and isn't needed.

8. Assignment: your sit script and first solo sit

Time: 20 minutes, including the sit.

1. Write your own sit script: the nine steps as one-word cues, plus your place and your main tool from Module 1.
2. Choose a length for today's sit (10 minutes, as Nick guided, or shorter if that's honest for you) and set an alarm.
3. Do the sit using the script.
4. Straight afterwards, write three lines: the length, the step you found hardest, and one thing you noticed at the end.

Done checklist

- [ ] The script lists the nine steps in Nick's order
- [ ] The script names your place and your main tool
- [ ] The sit was timed with an alarm, not by checking a clock
- [ ] The three-line note was written immediately after the sit

Sample answer (illustrative)

> Script: arrive, adjust, eyes, breaths, release, vacation (the hill bench), tool (mantra), silence, open. Length: 10 minutes. Hardest step: the silence. I wanted to keep giving myself instructions. Noticed: my shoulders had dropped by the end without me trying.

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Make a Promise You Can Keep

Module 2: Sit every day and keep your word.

Instructor: [YOUR NAME] Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

1. Objective

Choose a daily sitting length you will actually keep, write it as a promise to yourself, and set a rule for what you'll do if you miss a day.

2. Why it matters

Most people who start meditating don't stop because the sit was too hard. They stop because they promised too much and then broke the promise. Choosing a length you can keep is the decision that decides whether you're still sitting next month.

3. The teaching

You can now run a full sit. Nick Keomahavong's last piece of teaching is about doing it every day, and it is a mindset more than a technique.

He starts with honesty about the problem. Many people practice meditation, then give up, or stop, or aren't consistent. If that's you, Nick says: no worries. He isn't beating you up or judging you. Developing a habit, in his words, is "quite challenging".

Why keeping your word matters. Nick lives as a monk in Thailand, and he says many people come to him and his fellow monks for support. One issue he sees often is that people don't feel good about themselves: they struggle with self-respect, they don't believe in themselves, they don't trust themselves. He names one root cause: they betray themselves. They don't keep their word. Every day, week, month and year they make resolutions, to do good, to build a habit, and then they don't follow through. Imagine, he says, what that does to you internally. How can you have faith in yourself when you don't keep your word?

So he reframes daily meditation. It isn't only practice for the mind. It's "a tool to train yourself to keep your word".

The length doesn't matter. Keeping it does. Nick asks: how long can I sit every day? One minute? Three, five, ten, fifteen? His answer: it doesn't matter. Keeping your word is what matters most.

This turns the usual approach upside down. Most beginners pick an impressive number. Nick's test is whether you'll keep it every single day. If one minute is the honest answer, one minute is the right promise. He says it plainly elsewhere: many people say they don't have time, but you have one minute.

His own record. Nick describes himself, before this practice, as someone who didn't keep his word and didn't feel good about himself. Then he used meditation as his tool:

- Year one: 5 minutes a day, every single day, for 365 days.
- Year two: 15 minutes a day, every single day, for 365 days.
- Year three: 30 minutes a day, 365 days, without missing.

Notice where he started. Not 30 minutes. Five. The length grew only after a full year of keeping a smaller promise. Imagine, he says, how good you must feel when you finish that, how confident, and how much more you trust yourself: "I say I'm going to meditate, I actually meditate."

Make a vow. For anyone struggling to follow through, Nick's instruction is to make a vow, a promise to yourself, and use the practice to train how long you can keep it going back to back. (He pairs this with a big desk calendar, which is the next lesson.)

[Instructor's method, not from the video.] Write the promise down in one sentence with three parts: the length, "every day", and a start date. "I will sit for 3 minutes every day, starting Monday 4 May." Pick the length by asking: on my worst realistic day, could I still do this? If not, go lower.

[Instructor's method, not from the video.] Nick doesn't say what to do after a missed day, beyond not judging yourself. A rule, decided in advance, stops one miss turning into a quiet quit: if you miss a day, sit the very next day at your promised length, not double to make up. Note the miss honestly and carry on. Keep your promised length the same until you've kept it for a long run; Nick kept his for a year before changing it.

What Nick says about big goals. He adds a blunt point for people with big ambitions: if you can't guide yourself to sit and close your eyes for one minute, 60 seconds, every day, big goals that need big decisions will be hard. His conclusion is to train the foundation first, and to use meditation as the tool.

4. Worked example

Illustrative. Sam, an accountant with two small children, wants to promise 20 minutes a day because that's what a colleague does. He asks the worst-day question: on a day when both kids are sick and he's working late, could he sit for 20 minutes? No. Ten? Probably not. Three? Yes, even on that day. He writes: "I will sit for 3 minutes every day, starting Monday 4 May." On day 12 he misses, after a late flight. His rule kicks in: he sits for 3 minutes the next morning, marks the miss, and doesn't double up.

The one thing that would have gone wrong: with a 20-minute promise, he'd likely have broken it in the first week, which is exactly the self-betrayal Nick describes.

5. Common mistake

Choosing the length that sounds impressive rather than the one you'll keep on your worst day. Nick's own first year was 5 minutes. Do instead: pick the length you can keep every single day, and raise it only after you've kept it for a long stretch.

6. Summary

Nick Keomahavong sees one root reason people lose trust in themselves: they don't keep their word. He uses daily meditation as training in keeping it. The length (1, 3, 5, 10 or 15 minutes) doesn't matter; keeping it every day does. He started at 5 minutes a day for a year, then 15, then 30, without missing. Make a vow to yourself, write it down, and decide in advance how you'll restart after a missed day, without judging yourself.

7. Quiz

1. You're choosing your daily length. You'd like 20 minutes, but you know some days you'll only manage 5. Using this lesson, what do you promise? A. 20 minutes, because ambition drives progress B. 5 minutes or less, the length you can keep every day C. No fixed length, so you can't break the promise D. 20 minutes on weekdays only

2. You've kept a 3-minute promise for two weeks and feel great. What would Nick's own record suggest? A. Jump to 30 minutes tomorrow B. Keep the promise steady for a long stretch before raising it C. Stop now, since the habit is formed D. Double it every week

3. You missed yesterday's sit. Under the restart rule from this lesson, what do you do today? A. Sit for twice your length to make up for it B. Start a new, smaller promise because the old one failed C. Sit your promised length today, note the miss, and carry on D. Wait until next Monday to restart cleanly

Answer key

1. **B.** Nick says the length doesn't matter; keeping your word does. A is wrong: an impressive promise you break trains self-betrayal. C is wrong: with no length there's no word to keep. D is wrong: it breaks "every day" by design.
2. **B.** Nick kept each length for 365 days before raising it. A is wrong: it skips the step that built his trust in himself. C is wrong: the training is ongoing. D is wrong: nothing in the source supports rapid increases.

3. **C.** Restart at your promised length, honestly, the next day. A is wrong: doubling makes the promise harder and the next miss more likely. B is wrong: one miss doesn't require a new promise. D is wrong: waiting for a clean start turns one miss into many.

8. Assignment: your written promise

Time: 10 minutes.

1. Answer the worst-day question in one line: on your worst realistic day, how long could you still sit?
2. Write your promise in one sentence: length, "every day", start date.
3. Write your restart rule in one sentence.
4. Sign and date it, and keep it with your sit script.

Done checklist

- [ ] The worst-day answer is written, and the promised length is no longer than it
- [ ] The promise has a length, "every day" and a specific start date
- [ ] The restart rule says what you'll do the day after a miss
- [ ] The page is signed and dated

Sample answer (illustrative)

> Worst day: about 3 minutes, before the kids wake up. Promise: I will sit for 3 minutes every day, starting Monday 4 May. Restart rule: If I miss, I sit 3 minutes the next day, mark the miss, and don't double up. Signed: J. Rivera, 1 May.

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Log Every Sit and Choose Your Support

Module 2: Sit every day and keep your word.

Instructor: [YOUR NAME] Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

1. Objective

Set up a calendar log that records every sit against your promise, and pick one support for the days your practice gets hard.

2. Why it matters

A promise you can't see is easy to forget, and an unbroken run you can see is hard to break. The log is how your promise becomes evidence, and a chosen support is what keeps you sitting on the days your own motivation runs out.

3. The teaching

You have a written promise. Nick Keomahavong's tool for keeping it is about as low-tech as it gets.

A big desk calendar. For anyone struggling to follow through, Nick says to take out a calendar, a big desk calendar, and make a vow to yourself. The calendar trains you to see how long you can meditate back to back.

Then, every time you meditate: pat yourself on the back, feel proud, and keep logging. Nick is specific that the credit matters, not just the mark. Over time, he says, you'll start to see a pattern, and new evidence that you can trust yourself.

That is the whole point of the log. In the last lesson, Nick described the problem as people not keeping their word to themselves. The calendar is the proof, day by day, that you are now keeping it. It looks small, a few minutes and a mark on a page. Nick's view is that this is the most important part.

[Instructor's method, not from the video.] Make the log easy to keep:

- Put the calendar where you sit, or where you'll see it straight after. Out of sight tends to mean forgotten.
- Write your promise at the top of the month: "3 minutes, every day".
- Mark each day straight after the sit, while you're still in the seat. That's your pat on the back.

- If you miss a day, mark it honestly as missed and follow your restart rule. Don't leave it blank and don't fill it in later.
- At the end of each week, count your longest back-to-back run. That number is the evidence Nick is talking about.

Choose your support. Nick also describes resources he and his fellow monk, Venerable Michael, have built over the past few years. These are their own products. Nick says they're on his website, linked from his video description; the address isn't given aloud, and prices and current availability are not stated in source. Here is what he describes, so you can decide whether any of them fits you:

- **A book, *The Building Blocks of Meditation*.** A practical guide to the ideas behind meditation, with tips on how to sit and how to develop a daily practice in more detail.
- **A web app, Simply Still.** Guided meditations by Nick and Venerable Michael, from 1 minute up to 15 minutes, used on a phone or a desktop. Nick describes it as aimed at mental health, starting a morning routine, and restful sleep, and for people struggling with sadness, anxiety or wandering thoughts. That is his description of his own product; this course makes no claims about what it does.
- **Online retreats, one day and three days.** Made for people who can't visit his centers in America or the retreat center in Thailand. They cover the basics of meditation. The one-day retreat has three sessions.
- **A meditation journal**, as a physical copy.
- **A Notion template** for building a meditation habit, with goals from 3 days, 5 days, 10 days and 1 month up to a year.

Practicing with friends. Nick suggests one way to use the retreats that needs no travel: do it alone, or with a group of friends. Get a place just for the weekend, have lunch together, press play, and build your own small community around it.

[Instructor's method, not from the video.] You don't need all of these, or any of them. Pick one support, matched to the reason you're most likely to skip:

- You skip because you forget: the log is your support, so make it more visible.
- You skip because sitting alone in silence is hard: a guided recording, such as the app, gives you a voice to follow, which Nick names as a grounding tool.
- You skip because you lose motivation alone: other people, such as a friend who sits at the same time or a weekend retreat with friends.

4. Worked example

Illustrative. Aisha, a pharmacist, promised 5 minutes a day. She buys a large desk calendar, writes "5 minutes, every day" across the top of May, and props it on the bookshelf next to her chair. Each morning

she sits, then marks the day before she stands up and gives herself a quiet "well done". In week two she skips twice, and realizes both times were days she'd been on an early shift and sat at night, alone and tired. Her support choice: a short guided recording for those evenings. By the end of the month her longest run is 17 days. The one thing that would have gone wrong: in her first attempt she kept the calendar in a drawer and marked days from memory at the weekend, so it proved nothing and she stopped looking at it.

5. Common mistake

Logging only the good days, or filling in missed days later. The log then stops being evidence, and you know it. Do instead: mark every day straight after the sit, mark misses as misses, and count your real back-to-back run each week.

6. Summary

Nick Keomahavong's tool for keeping your promise is a big desk calendar. Every time you sit, pat yourself on the back, feel proud and log it. Over time the marks become new evidence that you can trust yourself. Nick and Venerable Michael also offer a book, a web app of 1 to 15 minute guided meditations, one-day and three-day online retreats you can run with friends, a journal and a Notion template. Choose one support that matches why you'd skip.

7. Quiz

1. You sat this morning but forgot to mark the calendar. It's now evening. What does this lesson suggest for the future? A. Mark the calendar straight after each sit, while you're still in the seat B. Only mark the calendar at the end of each week C. Skip marking on days you sit, and only mark misses D. Stop using the calendar, since you'll remember anyway

2. You missed Wednesday. On Friday you're tempted to tick Wednesday so the month looks clean. What should you do? A. Tick it, because the run matters most B. Leave it blank and forget it C. Mark it as missed and follow your restart rule D. Start a new calendar from Friday

3. You keep skipping because sitting alone in silence feels hard. Which support fits that reason best? A. A bigger calendar B. A guided recording that gives you a voice to follow C. Promising a longer sit to push through it D. Waiting until you feel more motivated

Answer key

1. **A.** Logging straight after the sit is the "pat on the back" moment and stops forgetting. B is wrong: weekly marking from memory is unreliable. C is wrong: the marks for days you sat are the evidence Nick talks about. D is wrong: the visible log is the whole tool.

2. **C.** An honest log is evidence; a doctored one isn't. A is wrong: a false tick undermines the trust the log is meant to build. B is wrong: a blank hides the miss. D is wrong: one miss doesn't need a fresh start.
3. **B.** Nick names following a guide's voice as a grounding tool, and his app offers guided sits. A is wrong: the calendar fixes forgetting, not difficulty with silence. C is wrong: a longer sit makes the hard part longer. D is wrong: it leaves the problem unsolved.

8. Assignment: your calendar log and support choice

Time: 15 minutes to set up, then 1 minute a day.

1. Get a large calendar (paper is closest to Nick's suggestion). Write your promise across the top of the current month.
2. Put it where you'll see it straight after your sit.
3. Write one line naming your most likely reason for skipping, and one line naming the support you've chosen for it.
4. Log every day for the next seven days, including any misses.

Done checklist

- [ ] The calendar shows your promise in writing at the top of the month
- [ ] It is placed where you sit or will see it straight after
- [ ] A skip reason and a matching support are written down
- [ ] Seven consecutive days are marked, each as done or missed
- [ ] Your longest back-to-back run for the week is written at the end

Sample answer (illustrative)

> Promise: 5 minutes, every day. Calendar on the bookshelf next to my chair. Most likely reason to skip: evenings after a late shift, too tired to sit in silence. Support: a short guided recording on those nights. Week one: 6 done, 1 missed (Thursday). Longest run: 4 days.

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

ACTION PLAN

Action Plan: Meditation for Beginners

Instructor: [YOUR NAME] Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Work through these steps in order. Each one leaves you with something you keep in one notebook or folder. You shouldn't need to reopen the lessons. Steps marked "instructor's addition" are techniques I've added where Nick Keomahavong doesn't give one.

Before your first sit

Step 1. Write your starting note. Three lines: where you are (never tried, tried and stopped, on and off), what went wrong before in one sentence, and the specific chair and room you'll use. *If it goes wrong:* if you can't name a seat, pick any ordinary chair in a quiet room. You can change it later.

Step 2. Make your setup card. Sit in your chair with your tailbone pushed to the back of the seat and sit a little upright: comfortable, but not lounging so much you'd fall asleep. Scan for where you hold tension and where it feels heavy. Name your two tightest spots and one small adjustment for each (roll the neck, shift position, drop the shoulders). *Decision point:* is this a place where it's safe to close your eyes? Never while driving or on anything that moves. If not safe, choose another seat. *If it goes wrong:* if sitting upright in a chair is painful, choose a position that lets you be both comfortable and alert, and ask a qualified professional if you're unsure. Other postures are not covered by the source.

Step 3. Make your place card. One peaceful place (Nick's examples: mountains, a forest, sitting by a stream), plus three quick details: a sound, a sight, a feeling. Add a one-sentence "let go" line covering what came before and what comes after. *If it goes wrong:* if no place comes to mind, use the feeling Nick describes: nothing to do, nowhere to go, nothing to achieve.

Step 4. Make your tool card. Pick one main tool and one backup: a visual object (the sun, the moon, something that brings you happiness), the mantra "let it go, let it be", your breath, or a guide's voice. Write your "wandered" routine: notice, return lightly to the main tool, switch to the backup if it feels like effort, rest. *If it goes wrong:* if you keep testing all four tools mid-sit, cross out all but two before your next sit.

Your first sits

Step 5. Do a five-minute sit with all three conditions. Body, then mental vacation, then light awareness, like a feather landing on a still pond without a ripple. Use a timer (instructor's addition). Afterwards, note roughly how many times you wandered and what brought you back. *If it goes wrong:* if

you fall asleep, sit more upright next time and give more attention to the light awareness. If you wander constantly, that's normal: Nick calls it "no problem". Keep returning.

Step 6. Write your sit script and do a full solo sit. One-word cues in Nick's order: arrive, adjust, eyes, breaths, release (forehead to feet), vacation, tool, silence, open. Set a gentle alarm for the full length and put the phone face down (instructor's addition). Afterwards, write the length, the hardest step, and one thing you noticed. *Decision point:* 10 minutes, as Nick guided, or shorter if that's honest for today. *If it goes wrong:* if you find yourself adding instructions in the silence, stop at "tool" and rest. The silence is the practice.

Make it daily

Step 7. Write your promise. Ask: on my worst realistic day, how long could I still sit? Promise that length or less: "I will sit for [length] every day, starting [date]." Nick's own first year was 5 minutes a day. *Decision point:* if your number sounds impressive, check it against your worst day again. *If it goes wrong:* if you break the promise in the first week, it was too long. Halve it and restart (instructor's addition). That isn't failure; it's choosing a word you can keep.

Step 8. Write your restart rule (instructor's addition). "If I miss, I sit my promised length the next day, mark the miss, and don't double up." Nick's guidance on misses is not to judge yourself: "no worries". *If it goes wrong:* if one miss turns into several, restart the next morning at your promised length. Don't wait for a Monday or the first of the month.

Step 9. Set up your calendar log. A big desk calendar, promise written across the top of the month, placed where you'll see it straight after your sit. Mark each day straight after the sit and give yourself credit; Nick's words are pat yourself on the back and feel proud. Mark misses as missed. *If it goes wrong:* if you keep forgetting to mark it, move the calendar next to your chair, or put the pen on top of it.

Step 10. Choose one support. Name your most likely reason to skip and match a support to it. Forgetting: make the log more visible. Silence feels hard: a guided recording. Losing motivation alone: practice with others, for example friends at the same time, or a weekend retreat with friends where you have lunch together and press play. Nick and Venerable Michael offer a book, a web app, online retreats, a journal and a Notion template (check what's currently available and what it costs on his website). *If it goes wrong:* if a support becomes one more thing you're not doing, drop it and go back to the calendar alone.

Keep going

Step 11. Count your run every week. Write your longest back-to-back run at the end of each week. That number is the evidence Nick describes: proof you can trust yourself. *Decision point:* raise your length only after a long run of keeping it. Nick kept each length for 365 days (5, then 15, then 30 minutes)

before raising it. *If it goes wrong:* if raising the length leads to misses, go back to the last length you kept. Keeping your word matters more than the number.

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

SECTION C

C. Listing and Launch Notes

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Course title and subtitle options

Ranked by clarity, most clear first.

1. **Meditation for Beginners: Set the Conditions and Keep a Daily Practice**: Relax the body, relax the mind, rest in light awareness, and sit every day at a length you'll keep. Based on Nick Keomahavong's beginner's guide.
2. **How to Meditate: A Short Beginner's Course in Three Conditions and One Daily Promise**: Six five-minute lessons and an action plan, based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.
3. **Stop Forcing Your Mind Quiet: A Beginner's Meditation Course**: Set the conditions, come back when you wander, and log every sit. Based on Nick Keomahavong's guide.
4. **Sit Daily, Keep Your Word: Meditation for People Who Started and Stopped**: A monk's approach to a practice you'll keep, taught as a step-by-step course.
5. **The Feather on the Pond: A Monk's Beginner Method for Meditation**: Three conditions, four tools and one calendar, from Nick Keomahavong's guide. (Ranked last: the image is memorable but tells a buyer nothing until they've taken the course.)

Course description

Meditation for Beginners: Set the Conditions and Keep a Daily Practice Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

Most beginners think meditation means stopping your thoughts, and most find that forcing it doesn't work. Nick Keomahavong, a monk teaching from Thailand, teaches a different approach: set the right conditions and let the mind settle on its own. Then he treats daily practice as training in something bigger than meditation: keeping your word to yourself. This short course teaches his method step by step.

Who it's for. Adults who are new to meditation, who have tried to force their mind quiet and given up, or who started a practice and let it slide. You need to be able to sit in a chair for a few minutes. No experience needed.

What you'll be able to do. Set the three conditions for meditation, run a full sit on your own, and keep a daily practice at a length you have promised yourself, logged every day on a calendar.

What's inside. - A welcome lesson and six five-minute lessons in two modules - Module 1: relaxing the body, taking a "mental vacation", resting in light awareness, and four simple tools for when your mind wanders - Module 2: running a full sit on your own, choosing a daily length you'll keep, and logging every sit - A worked example, a three-question quiz and a practical assignment in every lesson, each assignment adding one card or page to your practice kit - One action plan for the whole course, with what to do when each step goes wrong

Who it's not for. Experienced meditators, anyone looking for breathing techniques, floor or cushion posture, or advanced practices, and anyone looking for treatment for a health condition. The course makes no health claims. It covers a basic beginner's method, and says so.

About 33 minutes of lessons, plus short daily practice.

Welcome email

Subject: Your first meditation step takes two minutes

Hi [STUDENT FIRST NAME],

Welcome to Meditation for Beginners.

This course is built on Nick Keomahavong's guide "How to Meditate for Beginners | A Monk's Complete Guide". Nick's starting point will save you a lot of frustration: you don't have to stop your thoughts. You set the conditions, and the mind settles on its own.

Start with the welcome lesson. It takes about three minutes and ends with a three-line starting note. The first full lesson then gives you a two-minute body check-in you can use the same day. Each lesson after that adds one card or page to your practice kit.

One thing to know up front: the daily habit in Module 2 starts small on purpose. Nick's own first year was 5 minutes a day. Pick a length you'll keep, not one that sounds impressive.

Here's the link to the first lesson: [COURSE LINK]

Happy meditating,

[YOUR NAME]

Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong.

(Draft: [STUDENT FIRST NAME], [COURSE LINK] and [YOUR NAME] must be filled in before sending.)

Upload checklist (any course platform)

File names and load order. Load in this order, one lesson per page or unit:

1. m0-l0-welcome.md (Welcome: Meditation for Beginners)
2. m1-l1-relax-your-body-first.md (Module 1, Lesson 1)
3. m1-l2-take-a-mental-vacation.md (Module 1, Lesson 2)
4. m1-l3-rest-lightly-and-come-back.md (Module 1, Lesson 3)
5. m2-l1-sit-for-ten-minutes.md (Module 2, Lesson 1)
6. m2-l2-make-a-promise-you-can-keep.md (Module 2, Lesson 2)
7. m2-l3-log-every-sit-and-choose-your-support.md (Module 2, Lesson 3)
8. action-plan.md (after the final lesson, or as a downloadable)

Module titles for the platform: - Module 1: Set the three conditions - Module 2: Sit every day and keep your word

Do not upload A-source-audit-and-course-map.md or this file. They are production notes.

Before publishing, check:

- [ ] [YOUR NAME] is replaced everywhere (search every file)
- [ ] The credit line "Based on "How to Meditate for Beginners | A Monk's Complete Guide" by Nick Keomahavong." appears on every lesson page and on the course sales page
- [ ] Every "[Instructor's method, not from the video.]" label is kept, or replaced with wording that still makes clear the technique isn't Nick's
- [ ] The resource descriptions in m2-l3 (book, web app, retreats, journal, Notion template) are checked against Nick's current website, and the website link is added if his permission terms allow it
- [ ] Quizzes render with four options each and the answer key hidden or placed after the questions
- [ ] Checklists render as checkboxes, or as plain lists if the platform doesn't support them
- [ ] Lesson order matches the list above
- [ ] The welcome email's placeholders are filled and its link works
- [ ] A link to the original video (https://www.youtube.com/watch?v=kkLKRz4jBYY) is included if Nick Keomahavong's permission terms ask for it
- [ ] No clips, audio or screenshots from the video are used unless the permission covers them, including the guided meditation
- [ ] Spelling and style are consistent (US spelling throughout)

Unable to verify

Things the source states or implies that could not be confirmed from the source itself.

- The speaker's name. He never says it aloud. "Nick Keomahavong" comes from the supplied source details.
- "City by yourself in a stream" among the peaceful places. Most likely "sitting by yourself" by or in a stream; the course writes "sitting by a stream".
- Whether "clear and bright" is part of the mantra ("let it go, let it be, clear and bright") or describes the sun that follows. The course uses only "let it go, let it be".
- The garbled words "AR" (start of the guided sit), "spe" (after the silence) and the closing "sat". None is used.
- How long the silence in the guided sit lasts. Only the total of "10 minutes" is stated.
- Whether Simply Still is a web app used in a browser or something you download. Nick says both.
- Whether the Notion resource is a template or an app. Nick says both; the course calls it a template.
- The names, formats, prices and current availability of every resource (book, web app, retreats, journal, Notion template). The video's publish date was not supplied, so none of this is dated.
- Venerable Michael's full name or role beyond "my brother monk".
- Where the centers in America are. Only "the centers in America" and "the retreat center in Thailand" are said.
- The speaker's three-year record (5, 15 and 30 minutes a day for 365 days each). It is his own account; it can't be checked and is presented as his story.
- His observation that many people who seek support "betray themselves". This is his experience as a monk, not a study, and the course presents it that way.

Assumed or added

Everything here came from general knowledge or the instructor, not from the source. Each is labeled in the lesson where it appears.

Added by the instructor: - The two-minute body check-in as a numbered routine (m1-l1). - Choosing the peaceful place before the sit, with three sensory details, and the "before" and "after" breath cue (m1-l2). - Picking one main tool and one backup, and the four-step "wandered" routine (m1-l3). - Timing a solo sit with a phone alarm placed face down, and the one-word cue card (m2-l1). Nick's sit was timed by Nick; how to time one alone is not stated in source. - The written promise format, the worst-day question, and the restart rule after a missed day (m2-l2). Nick says not to judge yourself, but gives no restart rule. - Calendar placement, marking straight after the sit, marking misses honestly, counting the weekly run, and matching a support to your reason for skipping (m2-l3). - Halving a promise that breaks in the first week (action plan). - The safety note to choose a comfortable position and ask a qualified professional if sitting is painful or you have a health condition (welcome, m1-l1, action plan). - All worked examples and sample answers. The people in them (Dana, Tom, Priya, Marcus, Lena, Sam, Aisha, J. Rivera) are

invented, and so are their jobs, places, dates and results. - The audience, level, outcome sentence and course size, chosen because the questionnaire said "use defaults" and the depth test ruled out the requested size. - The course title options, description and welcome email.

General knowledge added: none beyond the safety note above. No facts about meditation research, health effects or traditions were added.

Still required before publishing

- **Permission on file.** Written permission from Nick Keomahavong that covers selling a course built on his video, with his approved credit wording. The questionnaire says permission exists. This pack hasn't seen it.
- **Instructor name.** Replace [YOUR NAME] in every file and in the welcome email.
- **Resource check.** Confirm the book title, the app name and format, the retreat formats, the journal and the Notion template against Nick's current website, and decide whether to link to them. They are his products: confirm the permission covers mentioning them, and that the course doesn't read as an endorsement deal unless it is one.
- **Health and safety read.** Have someone qualified read the safety notes, and confirm the course makes no health claims. The app description in m2-l3 mentions mental health, sadness and anxiety as Nick's description of his product; decide whether to keep that wording, attributed as it is, or shorten it.
- **Date the source.** Find the video's publish date and add it next to the resource descriptions.
- **Decide on the labels.** Choose whether learners see the "[Instructor's method…]" labels, or a softer version. Removing them entirely would present added material as Nick's.
- **Fill the welcome email placeholders** and test the course link.
- **Proofread once more** for US spelling consistency and for stray em dashes after any edits.

What a better source would improve

Blunt version: this is a short, warm introduction, not a meditation curriculum, and the course can only be as deep as the teaching in it.

- **More teaching, less catalog.** Roughly 900 words teach how to meditate. About 510 describe the creator's products. A source that spent that time on practice would carry a bigger course.
- **Posture beyond a chair.** Only chair posture is described. Floor, cushion, kneeling and lying positions, hands and eyes are all missing.
- **The breath as a tool.** "Connect back to your breath" is named and never explained. A beginner needs to know what that looks like.

- **Difficulties.** Nothing on falling asleep beyond the reason for awareness, restlessness, pain, strong emotions, or what to do if meditation feels bad. For a beginners' course this is the biggest gap.
- **Timing on your own.** The guided sit is timed by the guide. A source that explained how to practice without one would remove an instructor addition.
- **What happens over weeks.** The mindset section gives a three-year arc but no guidance on the first month: what changes, what plateaus look like, when to lengthen a sit.
- **"Neutral observation".** Named in the closing line as the skill to develop, never taught. A source that explained it would add a lesson.
- **Spoken names and links.** The speaker never says his own name or the website address, so both depend on supplied details.
- **Size.** Even with all of the above, one 27-minute video with a 10-minute guided sit supports a mini course. A full 3 to 5 module course would need a source series: several sessions, a guide to difficulties, and a structured first month.