

30-Day Consciousness Challenge

by SalarsNet

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30-Day Consciousness Challenge

Transform Your Mind in One Month

Welcome to the Challenge

This 30-day challenge takes you through a progressive consciousness expansion curriculum. Each day builds on the previous, creating compound transformation.

Rules of the Challenge:

1. **Do not skip days.** If you miss one, do it the next day before continuing.
2. **Complete the daily practice before checking your phone or email.**
3. **Journal briefly each night.** Even one sentence counts.
4. **Tell no one you're doing this** (optional but powerful—the energy stays internal).
5. **Trust the process.** Day 15 feels different than day 3.

Week 1: Foundation

Day 1 — Beginning

Session: 1 (Grounding Foundation)

Time: 9 minutes

Focus: Simply show up. No expectations.

Evening reflection: How does it feel to begin?

Day 2 — Repetition

Session: 1 (Grounding Foundation)

Time: 9 minutes

Focus: Notice what's different from yesterday.

Evening reflection: What did you notice about your body?

Day 3 — Breath Introduction

Session: 2 (Breath Gateway)

Time: 21 minutes

Focus: Let the breath carry you.

Evening reflection: How does your breathing normally compare to the session?

Day 4 — Breath Deepening

Session: 2 (Breath Gateway)

Time: 21 minutes

Focus: Find the moment where breath breathes itself.

Evening reflection: Did you notice the gap between breaths?

Day 5 — Body Awareness

Session: 3 (Body Dissolution)

Time: 12 minutes

Focus: Which areas hold tension you didn't know about?

Evening reflection: What's your relationship with your body now?

Day 6 — Combination Day

Sessions: 1 + 2

Time: 30 minutes

Focus: Feel how grounding enables depth.

Evening reflection: How do the sessions complement each other?

Day 7 — Rest & Integration

Session: None (silent sitting only)

Time: 15 minutes of silence

Focus: Just be. No guidance.

Evening reflection: What have you learned in Week 1?

Week 2: Exploration

Day 8 — Inner World

Session: 4 (Inner Landscape)

Time: 14 minutes

Focus: Be curious about what appears.

Evening reflection: Describe your landscape in detail.

Day 9 — Sanctuary

Session: 4 (Inner Landscape)

Time: 14 minutes

Focus: Find or create your sanctuary.

Evening reflection: What does your sanctuary offer you?

Day 10 — Foundation Review

Sessions: 1 + 3

Time: 21 minutes

Focus: Ground, then dissolve.

Evening reflection: How does grounding affect dissolution?

Day 11 — Threshold Preparation

Sessions: 1 + 2 (first 10 min only)

Time: 19 minutes

Focus: Prepare your system for deeper exploration.

Evening reflection: Are you ready to go deeper?

Day 12 — First Crossing

Session: 5 (Threshold Crossing)

Time: 11 minutes

Focus: Give yourself complete permission.

Evening reflection: What was the crossing like?

Day 13 — Post-Crossing Integration

Sessions: 5 + 4

Time: 25 minutes

Focus: Cross, then explore your landscape.

Evening reflection: How does crossing change the landscape?

Day 14 — Mid-Challenge Rest

Session: Your choice (or silence)

Time: Any duration

Focus: What does your practice need today?

Evening reflection: What have you learned in Week 2?

Week 3: Expansion

Day 15 — Boundless Introduction

Session: 6 (Boundless Awareness)

Time: 12 minutes

Focus: Let boundaries become transparent.

Evening reflection: How far did you expand?

Day 16 — Boundless Repetition

Session: 6 (Boundless Awareness)

Time: 12 minutes

Focus: Go further than yesterday.

Evening reflection: What exists beyond personal boundaries?

Day 17 — The Complete Sequence (Part 1)

Sessions: 1 + 2 + 3

Time: 42 minutes

Focus: Build the foundation systematically.

Evening reflection: How does the sequence create momentum?

Day 18 — The Complete Sequence (Part 2)

Sessions: 4 + 5 + 6

Time: 37 minutes

Focus: Explore and expand.

Evening reflection: What territory did you cover?

Day 19 — Integration Introduction

Session: 7 (Integration Journey)

Time: 14 minutes

Focus: Create your anchor.

Evening reflection: Describe your anchor gesture and what it accesses.

Day 20 — Anchor Testing

Practice: Use your anchor 10 times throughout the day

Time: 2 minutes each x 10

Focus: Can you access the state without the session?

Evening reflection: How quickly does the anchor work?

Day 21 — End of Week 3

Session: 7 + Silent extension

Time: 30 minutes

Focus: Deep integration.

Evening reflection: What have you learned in Week 3?

Week 4: Mastery

Day 22 — The Infinite Self

Session: 8 (Infinite Self)

Time: 18 minutes

Focus: Go all the way in.

Evening reflection: Describe your Infinite Self.

Day 23 — Second Encounter

Session: 8 (Infinite Self)

Time: 18 minutes

Focus: Go deeper than yesterday. Ask a question.

Evening reflection: What answer did you receive?

Day 24 — Full Sequence Morning

Sessions: 1 + 2 + 3 + 4

Time: 56 minutes

Focus: Complete foundation and exploration.

Evening reflection: How does extended practice feel?

Day 25 — Full Sequence Completion

Sessions: 5 + 6 + 7 + 8

Time: 55 minutes

Focus: Complete expansion and integration.

Evening reflection: You've done the full sequence!

Day 26 — Pure Silence

Session: None

Time: 30 minutes silence

Focus: No guidance. Just awareness.

Evening reflection: What happens when there's no structure?

Day 27 — Daily Life Practice

Practice: Maintain session awareness throughout normal day

Time: Full day

Focus: Every activity becomes practice.

Evening reflection: Where did you stay present? Where did you lose it?

Day 28 — Anchor Mastery

Practice: Anchor before every transition today

Time: Throughout day

Focus: Become fluent in state access.

Evening reflection: Is the anchor reliable now?

Day 29 — Teacher Day

Practice: Imagine teaching someone Session 1

Session: 1 (while noticing what you'd teach)

Time: 9 minutes + reflection

Focus: What have you learned well enough to teach?

Evening reflection: What would you tell a beginner?

Day 30 — Completion & Continuation

Session: Your choice — whatever calls you

Time: Any duration

Focus: Celebrating and committing.

Evening reflection: Who are you now? What's next?

Challenge Completion Certificate

I, _____, completed the 30-Day Consciousness Challenge.

Start date: _____

End date: _____

Most significant change:

My commitment going forward:

Signature: _____ **Date:** _____

Post-Challenge: What Now?

Maintenance Practice

- Daily: 15-30 minutes (any session or combination)
- Weekly: Full sequence or Session 8
- Monthly: Complete 8-session marathon

Going Deeper

- Extend silent portions
- Combine sessions creatively
- Develop personal variations
- Explore traditions that resonate

Sharing the Journey

- Journal completion reflection
- Consider who else might benefit
- Your transformation speaks louder than words

Congratulations on completing the challenge. The practice is now yours. May it serve your awakening and the awakening of all.
