



Mindfulness  
Association

# AWARENESS IN AUGUST



## SUNDAY

1

Set an intention to become more aware during the month of August. Aware of ourselves and of what is happening around us.

8

Become aware of the space surrounding the body. The body exists in space. How does this feel?

15

When it gets busy, can you let go of any agendas and simply rest in the midst of the busyness? What happens?

22

Stay aware of body sensations as you go about your day today. What is your body telling you?

29

Become aware of the breathing. Can you notice the meeting of space from outside the body and the space within the body. What's that like?

## MONDAY

2

Reflect on your motivation for becoming more self-aware and more aware of what is happening around you. How might you benefit from increased awareness?

9

Take time to ground today, feeling the feet on the floor, any time you notice you are swept away in thinking.

16

Take a minute to become aware of any colours in the field of view before your eyes. What can you notice?

23

Open to your present moment experience and then drop in the question 'What is the mind doing now?' Allow any response to arise of its own accord.

30

Why not join one of our free daily online sits today – click through from our home page at 10.30am or 7pm.

## TUESDAY

3

Take a minute to become aware of your inner environment of thoughts, emotions and sensations.

10

Open to your emotional landscape today. What do you notice? Can you bring some kindness to what you are feeling?

17

Become aware the body today. Do you notice any tension or bracing? Can you let this go with an out breath?

24

When you notice you are thinking, drop your focus into the body. What do you notice? Does the quality of your awareness change?

31

Reflect back on your month. What has helped you to become more aware? Set an intention to do more of this next month?

## WEDNESDAY

4

The next time you eat set an intention to become aware of how your food looks, smells and tastes. Enjoy!

11

Become aware of the unconditional support of the ground beneath you as you move through your day today. How does that feel?

18

Take time today to celebrate your good qualities and the good fortune that you have in your life.

25

Stop and take three long deep breaths while smiling with your eyes. Stay aware of what is happening while you do this.

## THURSDAY

5

Become aware of your facial expression today. Is it smiling or is it frowning? How does this make you feel?

12

Remember a time when you were kind to someone. How did it feel?

19

Become aware of what you are thinking about just now. Can you drop any stories you are telling yourself and just be?

26

Become aware of the environment around you. Let go of any preconceptions. Do you notice anything new or different?

## FRIDAY

6

Become aware of your attitude by asking yourself 'How do I feel about what I am experiencing now?'

13

Allow the mind to open, with thoughts like clouds passing through a vast clear sky.

20

Reflect on something you are grateful for. Does this change the quality of your awareness?

27

Do a random act of kindness. Does this change the quality of your awareness?

## SATURDAY

7

Become aware of any difficulties or challenging you are experiencing. What happens if you drop the stories about them and offer yourself some compassion?

14

Take a few minutes to go off duty. Sitting back, doing nothing, just being. How is it?

21

Become aware of walking. The shift of weight between the feet. The contraction of different muscles. See if you can notice the details.

28

Become aware of any expectations you are holding. Reflect on whether they are limiting you.

## JOIN OUR FREE GUIDED DAILY SITS

10.30am Monday-Friday & 7pm every day

*Find the link on our homepage*

*Join our membership community for discounts & benefits.*