

allowing APRIL



Mindfulness
Association

Benefits of Membership

We have a special Introductory offer
~ £10 for 6 months or
Join our Teacher Membership
for free CPD Sessions

JOIN OUR FREE DAILY GUIDED
MINDFULNESS MEDITATION SESSIONS
10.30am (Mon-Fri) & 7pm (every Day)
Find the link on our homepage

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

4 Allow a smile to come to your face and to reach your eyes.

What do you notice?

5 Allow yourself to feel the contact between the feet and the ground as you sit or walk today.
What happens when you do this?

6 Tune into your body and allow it to move in any way it wishes to ease itself, such as a stretch or a few shoulder rolls.
What is this like?

7 Allow your breath to come and go like the wind today.

What do you notice when you do this?

8 Allow yourself a break, just now. Sit back and relax.

How does that feel?

9 What physical sensations are you noticing in the body now? Can you just allow them?

10 Can you allow your inner experience to be as it is today?

11 What makes you happy? Allow yourself to do something that makes you happy today ~ and enjoy!

12 It is possible to allow your thoughts to come and go today, just like each breath comes and goes?

13 Allow yourself to be generous today. Giving a gift or giving some time.
What do you notice?

14 Allow yourself to attend our free daily sit today at 10.30am or 7pm, visit the home page for the link and join our community of practice.

15 Allow your heart to glow with kindness today.

How does that feel?

16 Allow yourself to take some deep, mindful, sighing breaths.

What's that like?

17 If you experience a challenge today, allow your hands to soothe you by placing them on the heart. What happens when you do this?

18 What thoughts are passing through your mind now? Can you just allow them?

19 Allow the mind to be vast and open like the sky.

Go and look at the sky.
What do you notice?

20 Allow your thoughts to come and go today, like wisps of cloud moving through the vast sky.
What is this like?

21 Notice what is happening now in your mind.

Can you allow it to be as it is?

22 Allow any tension in your body to soften by saying to yourself gently, "soften, soften, soften."
How does this feel?

23 Are you able to allow arising emotions to be as they are? Say to yourself "Allow, allow, allow".
What happens when you do this?

24 Whenever you feel emotional or physical pain, place your hands on your heart in a gesture of self-soothing and say to yourself "Soften, soothe, allow".

25 Allow yourself to do a random act of kindness for someone today. How did it feel?

26 What emotions are you experiencing now? Can you just allow them?

27 Allow yourself to do something enjoyable.
What will it be?

28 Notice the weather today, internal and external, can you allow it to be as it is?

29 When facing a challenge today, say to yourself "Allow, allow, allow".

30 Look back over the month. What has supported you to be happier in your life? Can you allow more of it next month?

DAILY SUPPORT
If you'd like to have a reminder of our daily calendar tips look for us on facebook, instagram and twitter.