



Observing Our Reality in OCTOBER

JOIN OUR MEMBERSHIP FOR JUST just £10
~for a 6 month trial period~

Enjoy our membership package with member benefits.
Join our growing community of mindfulness practitioners
with free fortnightly teachings, weekly get togethers,
and a dedicated member's website.



Mindfulness
Association

SUNDAY

31

What has helped me to observe how thinking changes my reality this month? Can I do more of it next month?

3

Today notice how thoughts just pop into the mind of their own accord.

10

Can I be grateful for the good things in my life today? How does that change my experience?

17

When anger is triggered in me, can I notice how the stories I tell myself cause me to become angry?

24

Can I be aware of sensations in my gut today? What do I notice?

MONDAY

4

Reflect today: do I choose the thoughts that pop into my mind?

11

Today can I give my thoughts the freedom to come and go, like birds flying across the sky? What happens?

18

Can I be aware of my feet on the Earth today? How does that change my experience?

25

Today, can I trust my experience to just unfold in its own time and in it's own way and just be curious? What is that like?

TUESDAY

5

Today notice how we get caught up in thinking, where does your thinking take you to?

12

Today can I just be present and notice some of the pleasantness of just being present?

19

When anxiety is triggered in me, can I notice how the stories I tell myself cause me to become anxious?

26

Today reflect, how does my reality change when I get caught up in thinking?

WEDNESDAY

6

Notice today how much you are thinking about the future. Is this useful?

13

Today can I give my emotions the freedom to come and go, like the weather? What happens?

20

In a moment of difficulty, can I do a self-compassion break (from the free Mindfulness Based Living app)? What changed?

27

Today reflect, how does my reality change if I let my thinking be and just be present?

THURSDAY

7

Notice today how much you are thinking about the past. Is this useful?

14

When you notice you are caught up in a storyline about yourself, can you drop it and just be present? What happens?

21

How does my experience change when I pay attention to and appreciate the good things in life?

28

Today reflect, how does my reality change when I engage and buy into my emotions?

FRIDAY

1

Set an intention to observe and reflect on how our thinking processes create our reality.

8

Notice today how much you are analysing what's happening now. Is this useful?

15

Why not attend the free daily sit today, as 10.30am or 7pm today – the link to join is on the homepage.

22

Can I be aware of sensations in my heart today? What do I notice?

29

Today reflect, how does my reality change when I let emotions be and just be present?

SATURDAY

2

Reflect on your motivation for getting in touch with your moment by moment reality.

9

Can I notice how thinking about challenging things, over and over again, causes me to suffer?

16

How does my experience change when I am in touch with my body and when I lose touch with my body?

23

If I leave thoughts alone, can I notice how they display all I need to know about them? What is this like?

30

Today reflect, how do I want to be? Caught up in thinking? Or present?

JOIN OUR FREE GUIDED MEDIATIONS
10.30am Monday-Friday & 7pm every day
Find the link on our homepage.

JOIN OUR MAILING LIST FOR MONTHLY NEWS

(See top for 31st)