

JANUARY 2022

Mindful of Uncertainty

Membership to the Mindfulness Association comes with a package of benefits including access to the Mindfulness Association membership site with a range of support for your Mindfulness practice including: supported online weekly practices, live bi-monthly teachings, audio and video teachings, priority booking, reduced prices for conferences and membership weekends, use of MA member and teacher-member logos. And ~ each year you will receive our exciting membership gift pack as a thank you!

MONDAY

3 Do you notice any rumination about issues that are uncertain? What physical sensations do you notice?

TUESDAY

4 When you find yourself caught up in thoughts about an uncertain future, feel your feet on the floor and become curious.

WEDNESDAY

5 Does thinking about what might happen over and over again support your happiness?

THURSDAY

6 Does thinking about what might happen over and over again provide you with any certainty?

FRIDAY

7 Remember Einstein's definition of insanity: doing the same thing over and over again and expecting a different outcome!

SATURDAY

1 Set an intention this month to become curious about uncertainty in your life.

SUNDAY

2 Reflect on your motivation: why might it be beneficial to be able to surf the waves of uncertainty in your life with more ease?

10 Do you notice any rumination about issues that are uncertain? What emotions do you notice?

11 When an emotion arises about uncertainty, can you zoom out from buying in to the emotion and be curious?

12 LEVEL 1 MINDFULNESS STARTS TODAY
You are not your emotions, but emotions are moving through us, like clouds moving across the sky.

13 When you feel uncertain, why not do a self-compassion break? The guided audio is available on our free Mindfulness Based Living app.

14 However you are feeling, why not join our free community meditation on Zoom at 10.30am and 7pm today.

15 Is it possible to trust that things will turn out just as they need to turn out?

16 When you notice feelings of uncertainty, ask yourself, 'What assumptions am I buying in to?'

17 Do you notice any rumination about issues that are uncertain? What thoughts do you notice?

18 When we are uncertain we may believe thinking about the issue will lead to more certainty. Is this belief true?

19 Take some time to reflect on the myriad causes and conditions that lead to what is happening in this moment.

20 When you feel uncertain, why not do a three stage breathing space? The guided audio is available on our free Mindfulness Based Living app.

21 When you feel fear of an uncertain future, take the opportunity to cultivate courage. Courage can only be developed in the face of fear.

22 When you are feeling uncertain, can you smile with your whole face, including the eyes, and notice how this feels.

23 When you feel fear of an uncertain future, breathe in the energy of courage into your heart, and then breathe it out to others who are also in fear.

24 Look up or out at the sky, enjoy the space and send kind wishes up into the clouds.

25 When you notice feelings of uncertainty, ask yourself 'What expectations am I buying in to?'

26 In the face of uncertainty, bring to mind the things you are most grateful for in your life. Breathe these things into your heart and breathe them out to share with others.

27 You cannot know future outcomes. Being present now, without agenda is the best way to look after the future.

28 When you notice feeling uncertain, pause and take some deep mindful breaths, what do you experience?

29 Remember that we cannot control the future. Is this a relief?

30 When something is uncertain, can you be curious and think 'this is my mindfulness curriculum for the day ~ what can I learn?'

31 Reflect back over the month of January. What has supported you in facing uncertainty? Can you do more of it next month?

Please consider signing up for the 31 Day Meditation Challenge starting on January 1 to raise funds for the Everyone Project which delivers free mindfulness in vulnerable communities. You will receive a 15 minute meditation to follow each day! (£31)

Everyone at the Mindfulness Association wishes you a joyful 2022
May your health and wellbeing flourish in the coming year.



Mindfulness Association