

APRIL Smiles

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy"

"Waking up this morning I smile. 24 brand new hours are before me. I vow to live fully in each moment and to look at all beings with the eyes of compassion."



Mindfulness Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**~online~
FREE GUIDED
MEDITATION
10.30am & 7pm
MON-FRI (UK TIME)**

**Don't miss our
Samye Ling
Reunion Weekend
20-22 May**

JOIN OUR MEMBERSHIP for just £10*
it comes with a package of benefits

- Access to teaching archive • Live teachings • Recorded teachings • priority booking • 2 free membership weekends • Use of MA member & teacher- member logos. And ~ each year you will receive an exciting membership digital gift as a thank you!

*For 6 months trial period.

1
Set an intention to smile from your eyes more this month. 😊

2
Write a list of five things that make you smile and keep it with you. 😊

3
Join our online live guided daily meditation at 10.30am and 7pm and smile at everyone who is there.

4
When something you like catches your eye, pause, breathe in any appreciation and smile.

5
When you pass someone on the street smile at them with your eyes and silently wish them well. 😊

6
Bring to mind a happy memory and smile. How does that feel?
MINDFULNESS LEVEL 1
EVENING COURSE

7
When you notice a difficulty, pause.. notice how you think and feel then bring to mind one of the things that make you smile.

8
When you next do some cleaning, smile from your eyes as you wipe. What is smiley cleaning like? 😊

9
Notice any difference between smiling with your mouth only and then including the eyes.

10
Smile at the sky today, come rain or shine. How does it feel? 😊
PRACTICE DAY 10-4

11
When you next send an email, take time to pause and smile with your eyes as you press send. 😊

12
Every time you pass a mirror, pause and smile at yourself as an act of self kindness. 😊

13
When you finish a task, appreciate yourself and smile. What feelings do you notice? 😊

14
If you are out for a walk and see something you like, breathe in any appreciation and smile.

15
If someone you pass on the street who looks sad or grumpy, can you smile at them and wish happiness for them.

16
When you find yourself in a queue use it as an opportunity to bring to mind something that makes you smile.

17
The next time you sit down to eat appreciate the food and where it has come from and smile.

18
When you next have a cup of tea or coffee, smile and feel the warmth of your cup.
PRACTICE DAY 10-4

19
Before you go to sleep reflect on what has gone well today and smile. 😊

20
When you receive a text from a friend, pause and smile at your memory of them, before replying.

21
When you finish work, or a piece of work, pause and appreciate your effort and smile.

22
Whenever you see an animal, smile at it and silently wish it well. 😊
CBLC RETREAT

23
Bring to mind your favourite tune. Hum it to yourself and smile? What's it like to do this?
CBLC RETREAT

24
Bring to mind your favourite joke and smile. How does that feel? 😊
CBLC RETREAT

25
Notice any smiles you receive today. How does that feel? 😊
CBLC RETREAT

26
When you wake up in the morning, bring to mind something you are happy about and smile.
CBLC RETREAT & MBHL*

27
Set an intention to smile as you drift off to sleep. 😊
LEVEL 1 MORNINGS
CBLC RETREAT

28
Reflect on how smiling more with your whole face will raise your mood and bring joy to your day.

29
When you next speak to a friend on the phone, smile with your eyes. 😊

30
Reflect back over the month. What has made you smile? Can you do more of it next month?

**Quotes above by
Thich Nhat Hanh.**

*MBHL =
Mindfulness Based
Healthy Living Course