

MAY

Living Well to Die Well

JOIN OUR FREE GUIDED MEDITATIONS

10.30am Monday-Friday & 7pm every day

& throughout Christmas

Find the link on our homepage.



Mindfulness
Association

SUNDAY

1

If you knew you had a year to live, how would you live well today? Our living well to die well course can help you find out.

8

The human condition is not one of perfection. We are doing our best in difficult circumstances. Can we let ourselves off the hook of perfection?

15

Living and dying well takes strength. Imagine a being who is strong and imagine breathing their strength in to your heart.

22

Living and dying well takes courage. Imagine a being who is courageous and imagine breathing their courage in to your heart.

29

If you knew you had a week to live, how would you live well today? Our living well to die well course can help you find out.

MONDAY

2

Why is it important to you to live well and to die well?

9

Living well means connecting with our environment. How can you do this today?

16

If you knew you had a month to live, how would you live well today? Our living well to die well course can help you find out.

23

Resentment is like throwing a hot coal at someone. The coal may hit them, but your hand will always be burned. Who do you need to forgive to free yourself of resentment?

30

What can you do today to benefit your spiritual wellbeing tomorrow?

TUESDAY

3

Living and dying well takes courage. When you feel fear, reflect how the only way to cultivate courage is in the face of fear.

10

Resentment is like eating poison and expecting the other person to die. Who do you need to forgive to free yourself of resentment?

17

Living and dying well means turning towards what is difficult, rather than pushing it away.

24

Living well is living without regret. What can you do today to lessen your regret tomorrow?

31

Reflect back over the month. What has helped you to live well? Can you do more of it so you can live better tomorrow and create the conditions for dying well?

WEDNESDAY

4

Is there something you regret? If so, have a go at the self-compassion break on our free mindfulness based living app.

11

Living well takes joy. What are you grateful for today?

18

What can you do today so as to ease your pain tomorrow? Be mindful? Be kind? Be compassionate?

25

Is there something you are afraid of? If so, have a go at the self-compassion break on our free mindfulness based living app.

THURSDAY

5

Living and dying well takes kindness. When you see people today, say some kindness phrases in your head, such as 'May we all be happy'

12

Live well today by joining our free online weekday guided meditations at 10.30am and 7pm. (Monday - Friday)

19

Living and dying well takes strength. When you feel weak and afraid, reflect that the only way to cultivate strength is in the face of challenge.

26

Living well takes joy. Who do you appreciate in your life? Can you tell them?

FRIDAY

6

Take a moment to reflect on how living well can support you to die well.

13

Living well means sharing what is good in life, rather than keeping it to our self. What are you holding on to?

20

Living well means enjoying the good things in life, without holding on to them.

27

The human condition is tricky and as we go about our lives we will make mistakes. Can we learn from our mistakes, rather than beating ourselves up?

SATURDAY

7

Living and dying well means connecting with our loved ones. Who can you connect with today?

14

What can you do today to benefit your emotional wellbeing tomorrow?

21

What can you do today to benefit your physical wellbeing tomorrow?

28

Living well takes compassion. When you see people today, say some compassion phrases in your head, such as 'May we all be free from suffering'.

Our new course
Live Well to Die Well
starts on 22-24 July
~ a 12 month supportive course

WHY JOIN OUR MEMBERSHIP?

Just £10 ~for a 6 month trial period~

Enjoy our membership package with free fortnightly teachings, access to our library of teachings and a dedicated members' website.