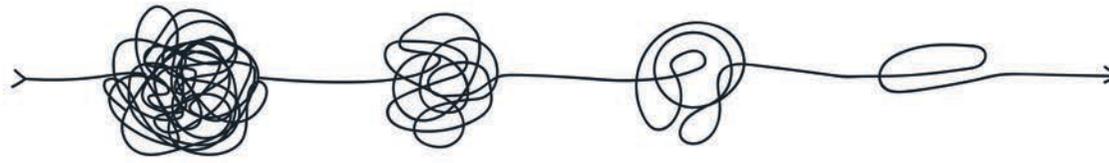


# OCTOBER

...the long path...



## SATURDAY

1

**STEP 1** – Mindfulness is knowing what is happening while it is happening, without preference. How does this resonate with you?

## SUNDAY

2

In this moment pay attention to a neutral support, such as breath or sound, then when you notice the mind has wandered... come back.

## MONDAY

3

Can you cultivate an attitude of kindly curiosity to whatever is happening now. What do you notice?

## TUESDAY

4

Can you take a few deeper settling breaths. What happens?  
[LEVEL 1: MINDFULNESS & QIGONG]

## WEDNESDAY

5

What is it like to be aware of physical sensations in the body just now?

## THURSDAY

6

Why not join our free online daily guided meditation at 10.30am and 7pm today. Visit our home page to join.

## FRIDAY

7

Just now, is it possible to pause, recognise what is happening and just allow?

8

Can you notice different elements of your experience in this moment: thoughts, perceptions, feelings and bodily sensations?  
[SOUL FOOD PRACTICE DAY]

9

How are you relating to your experience just now? Are you taking it as solid and real or as a process moving through you?

10

**STEP 2** - Compassion is developing a sensitivity to the suffering of ourselves and others, along with a desire to relieve that suffering.  
[INQUIRY COURSE FOR TEACHERS]

11

In the face of challenging thoughts and emotions how is it to make a gesture of self-soothing, like placing our hand on our heart?

12

Can you remind yourself that the human condition is not one of perfection? It is a messy business that we all experience.

13

Take a few moments to say some kind words to yourself. what is that like?

14

Let yourself off the hook of perfection and allow yourself to be a mess.... a compassionate mess.  
[LEVEL 1: TEACHING SKILLS]

15

When a difficulty arises, reflect on all the causes and conditions that gave rise to that difficulty. Did you choose them?

16

Our brain is evolved for survival and not contentment. Contentment requires mind training.

17

Spend a few moments sending wishes of kindness and ease to a dear friend. What happens?  
[ONLINE COMPASSION COURSE]

18

Take a moment to notice something good in your life. Spend some time actively appreciating and breathing in the good.

19

Bring to mind a relationship, is it possible to step back and see things from the shoes of the other person?

20

Reflect on someone you don't like. Can you contemplate them from the shoes of someone who loves them?

21

**STEP 3** – Insight is recognising at a deeper level what is happening while it is happening, without preference.  
[MEMBERSHIP WEEKEND]

22

Pause now and just be, resting the mind, without having to do anything. What's that like?  
[MEMBERSHIP WEEKEND FREE TO MEMBERS]

23

Can you pause and notice the thoughts that are present in your mind just now?  
[MEMBERSHIP WEEKEND FREE TO MEMBERS]

24

Mindfulness is like noticing the numbers on a spreadsheet. Insight is like recognising the calculations hidden in the spreadsheet that give rise to the numbers.

25

Check in with your attitude by asking, 'How do I feel about my experience just now?'  
**OUR LEVEL 1 MINDFULNESS STARTS on OCTOBER 28 if you have attended a first weekend or module 1**

26

An insight arises of it's own accord – in our insight practice we are creating the conditions for this to happen.

27

As you go about your day, notice habits. From your lunch order to how you react to a challenge. Notice how habitual we humans are.

28

What do you notice about your sense of self just now? Is it relaxed or puffed up?  
[BUDDHIST ROOTS WEEKEND & 5 DAY RETREAT - SAMYE LING]

29

Can you notice assumptions or expectations about how the people around you should be? What happens when they aren't like that?

30

In our meditation practice we take our attention out of the contents arising in the mind and trace that attention back to its source.

31

**STEP 4** – Wisdom is understanding through meditation the reality we inhabit and then living in accordance with that reality.



**FREE GUIDED MEDITATIONS**  
10.30am & 7pm Monday-Friday  
Find the link on our homepage.

**JOIN OUR MEMBERSHIP**  
Just £10 ~ for a 6 month trial period ~  
Enjoy our membership package with free fortnightly teachings, dedicated members' website & online teachings archive.  
**ATTEND OUR MEMBERS WEEKEND of TEACHING & PRACTICE FOR FREE 21-23 OCTOBER**

MINDFULNESS • COMPASSION • INSIGHT • WISDOM

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