

MINDFUL MAY

FOUR YEARS MINDFULNESS TRAINING

mindfulness • compassion • insight • wisdom

JOIN OUR FREE GUIDED MEDITATIONS

10.30am & 7pm Monday-Friday (UK TIME)

Find the link on our homepage.



Mindfulness Association

MONDAY

1

MINDFULNESS

"knowing what is happening while it is happening without preference"

Rob Nairn.

TUESDAY

2

MINDFULNESS INTENTION

set an intention to be present today, but don't turn the intention into an expectation.

WEDNESDAY

3

MINDFULNESS MOTIVATION:

The only moment we can ever experience is this one. Don't miss it!

{MINDFULNESS LEVEL 1 ONLINE}

THURSDAY

4

MINDFULNESS

technique requires effort only when the mind has wandered: effort to bring the mind back to presence.

FRIDAY

5

MINDFULNESS

attitude is beyond success and failure, right and wrong.

SATURDAY

6

MINDFULNESS ATTITUDE

is curious, allowing and kind.

SUNDAY

7

MINDFULNESS ATTITUDE

is about being ok with whatever is unfolding within the internal environment of the mind.

8

MINDFULNESS ATTITUDE

"Nothing wrong"
- Rob Nairn.

9

COMPASSION When the sunlight of kindness, shines on the tears of suffering, the rainbow of compassion arises.
Clive Holmes

10

COMPASSION is a sensitivity to the suffering of self and other, with a deep desire to relieve that suffering.

11

COMPASSION

practice starts with self-compassion.

12

COMPASSION practice requires us to be kind to oneself; this self now, the only one we have. We don't have a spare in the cupboard!

{LEVEL 2 COMPASSION COURSE}

13

COMPASSION practice recognises that the human condition we are all caught up in, inevitably involves troubling thoughts and unsettling emotions.

14

COMPASSION practice recognises that every challenge is a result of myriad of causes and conditions we did not choose.

15

COMPASSION practice recognises the wisdom of no blame.

16

COMPASSION practice includes celebrating the good things in life, as well as turning towards what is challenging.

17

COMPASSION practice embraces kindness, joy and equanimity.

18

INSIGHT is *recognising* what is happening, while it is happening, without preference.

19

With mindfulness we know what is happening, with **INSIGHT** we *recognise* the underlying causes and conditions of what is happening.

20

INSIGHT meditation involves sensitising ourselves to the subtle processes of the mind.

21

INSIGHT meditation involves doing less and being more.

22

INSIGHT meditation involves recognising progressively subtle doing-activity and letting it be.

23

INSIGHT meditation requires us to turn our gaze away from the content that is arising in the mind + *towards* that which knows the content.

24

WISDOM is an innate intelligence that recognises the ground of our being as interconnected, whole and at peace.

25

WISDOM PRACTICE involves recognising reality and living in accordance with that recognition.

26

WISDOM practice supports us to recognise the true nature of reality as complete, at peace, flawless, limitless and free.

27

WISDOM practice includes imagination practices that connect us with a wise, compassionate, and healing source of loving awareness.

{MINDFULNESS & POETRY LONDON}

28

WISDOM practice involves careful attention to our thoughts, speech and actions: actions have consequences.

{MINDFULNESS & POETRY LONDON}

29

WISDOM practice reveals to us the true nature of the objects, causes and conditions that we label, believing them to be real.

30

WISDOM practice supports us to trust experience to unfold effortlessly.

31

WISDOM practice supports us to recognise that we are each a localisation of one whole loving, infinite, timeless awareness.

LONDON W•KEND
MINDFULNESS
& POETRY
+ ONLINE
27-28 MAY

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