

OCTOBER

Connection Through Compassion

JOIN OUR FREE GUIDED
DAILY MEDITATIONS
10.30am & 7pm
Monday-Friday (UK TIME)



Mindfulness
Association

MONDAY

31

At the end of the day, ask yourself what do you need so that you might bring kindness with you into tomorrow.

2

Reflect on whether there have been any moments of disappointment in the day, with a question of 'what do I need?'

9

If you notice that someone is agitated, can you ask if there is anything that they need?

16

Smile at someone who looks sad.

23

Pick a patch of your favourite park, forest, river or walk and set an intention to keep it clean and cared for

TUESDAY

31

Silently send out kindness and care to all beings who are struggling, wherever they may be.

3

Set an intention to bring kindness to any moments where you feel triggered.

10

Can you send a text to someone who you know is going through a difficult time?

17

Give old blankets and towels to a local animal shelter.

24

Say the phrases 'May you feel heard, may know that you are loved' to those groups you know are in conflict

WEDNESDAY



4

Can we notice when anger appears; can we pause and take a breath?

11

Silently say the phrases 'May you be happy, May you be free from suffering' to those who you meet on the street.

18

Plant a tree or water a plant that looks thirsty

25

Buy a warm meal for someone who is sleeping rough

THURSDAY

TRY OUR MEMBERSHIP THIS MONTH!

Just £10 ~ for a 6 month trial period ~
JOIN OUR MEMBERS WELLBEING WEEKEND
FOR JUST £10! 20-22 OCTOBER
A WHOLE WEEKEND OF TEACHINGS & PRACTICE
IN COMMUNITY

5

Take a moment to touch in with any residual energy that feels tight or tense- can we meet this tension with soft eyes and a soft breath?

12

Call a relative or friend who you have not heard from in awhile and ask them how they are.

19

Pick up a piece of litter on the street and put it in a bin.

26

Coming back to yourself, touch in with all the parts of you that need to be held with an intention of kindness.

FRIDAY

6

Experiment with bringing a warm touch of the hand to the heart or to the belly.

13

Take time for those who need or have asked for your attention today.

20

Buy a compost bin to reduce food waste as an act of kindness to the earth.

27

Reflect on how just like you struggle from time to time... so does your neighbour.
Smile at your neighbour

SATURDAY



7

What might it be like to bring an 'open hearted attending to...' whatever is arising?

14

Give space to someone who you know needs a bit of time for themselves.

21

Go out of your way to buy ethically-sourced coffee

FREE MEMBERS WEEKEND

28

Take a moment to acknowledge the parts of you that are fighting a battle, bringing an intention of peace to those parts.

SUNDAY

1

Take a moment to feel your feet on the ground, to touch in with breath and to ask yourself 'How am I?'

8

Set an intention to bring kindness to those who you meet in a shop, today.

15

Let someone who is in a rush cut in front of you in line.

22

Choose paper bags at the shops as compassion for the earth

FREE MEMBERS WEEKEND

29

Silently say the phrases 'May I be happy, May I be kind to myself' when in need.