

Time for some mindful summer reading!



Mindfulness Association

JOIN US FOR FREE GUIDED MEDITATIONS

10:30 & 19:00
Monday to Friday

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FURTHER READING

If you enjoyed these quotes, why not look at our publications for some summer reading!

[Our Publications](#)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

¹ “Mindfulness is a faculty that is latent in all human beings.”
-Diamond Mind-

² “Happiness does not lie in changing the external conditions of our life.”
-From Mindfulness to Insight-

³ “Many of us are kind and compassionate in small ways every day.”
-Compassion Based Living Course-

⁴ “For deep change to take root, we need to apply mindfulness and compassion together.”
-Mindful Compassion-

⁵ “Mindfulness practice is the most important thing we can do with our lives.”
-Mindfulness Based Living Course-

⁶ “If the mind is at peace, you will be happy regardless of outer circumstances.”
-Living, Dreaming, Dying-

⁷ “When you meditate you cannot clear your mind, you cannot stop thoughts, you cannot get rid of emotions.”
-Diamond Mind-

⁸ “Resistance to the inevitable pain of life is what causes us to suffer, not the pain itself.”
-From Mindfulness to Insight-

⁹ “The human condition is **not** one of perfection.”
-Compassion Based Living Course-

¹⁰ “Happiness is not found in possessions, but in the contentment of the soul.”
-Mindful Compassion-

¹¹ **Mindfulness In Nature Introduction Weekend**
at Samye Ling starts today!
[-Click here-](#)

¹² “As humans we have the potential to become something extraordinary - enlightened.”
-Living, Dreaming, Dying-

¹³ “The way to wisdom is to understand ourselves as human beings.”
-Diamond Mind-

¹⁴ “The stronger wanting becomes, the weaker our enjoyment of life is.”
-From Mindfulness to Insight-

¹⁵ “Realising that we can cultivate compassion through training is very empowering”
-Compassion Based Living Course-

¹⁶ “We are all interconnected, like threads in the grand tapestry of existence”
-Mindful Compassion-

¹⁷ “The body is a great ally in mindfulness practice because it is always present.”
-Mindfulness Based Living Course-

¹⁸ **Train to Teach Level 1**
at Samye Ling starts today!
[-Click here-](#)

¹⁹ “Mindfulness is not about doing anything with the mind we observe. We leave that mind as it is.”
-Living, Dreaming, Dying-

²⁰ “Can you be kind to yourself in the midst of your suffering?”
-From Mindfulness to Insight-

²¹ “With compassion, the condemning inner-voice of self-criticism gradually diminishes”
-Compassion Based Living Course-

²² “The compassionate mind is the mind that transforms”
-Mindful Compassion-

²³ “Mindfulness: knowing what is happening, when it is happening, without preference.”
-Mindfulness Based Living Course-

²⁴ “To be mindful liberates us from a great deal of unnecessary suffering.”
-Living, Dreaming, Dying-

²⁵ “Acceptance produces a resilient mind because inwardly the mind is relaxed and OK about itself.”
-Diamond Mind-

²⁶ “What we tend to experience are our concepts of things, not the things themselves.”
-From Mindfulness to Insight-

²⁷ “Compassion means being willing to receive kindness and compassion from others.”
-Compassion Based Living Course-

²⁸ “The role of compassion is learning to be soft with ourselves.”
-Mindful Compassion-

²⁹ **Mindfulness for Life Retreat**
at Holy Isle starts today!
[-Click here-](#)

³⁰ “Mindful movement allows us to be more in touch with sensations in the body.”
-Mindfulness Based Living Course-

³¹ “Be well. Seek your peace.”
-Living, Dreaming, Dying-

July