

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

OCTOBER

JOIN OUR MEMBERSHIP

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JOIN US FOR FREE GUIDED MEDITATIONS

10:30 & 19:00
Monday to Friday

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1 Become aware of your 3 emotional systems – threat, drive and soothe – and notice which are present today

2 The threat system is always looking for danger. Compassion helps you soothe it.

3 The soothing system is our safe place. Compassion is the direct path to it.

4 By being mindfully present, you can better connect with others, helping activate your soothing system.

5 Mindful eating or walking helps you experience simple pleasures, which can satisfy your drive system.

6 When someone upsets you, try to see their threat system at work. This can reduce your own anger and your suffering.

7 Mindful Qigong Moving with Compassion Course starts today – [click here to read more](#)

8 The drive system thrives on 'doing'. Today, find a moment to simply 'be' and simply breathe without a goal or a to-do list.

9 Feel your feet firmly on the floor to send a signal to your brain: "You are here. You are safe."

10 Today, do one small act of kindness for someone else. This activates your soothing system.

11 Focus on your breath to activate the soothing system and calm the "fight or flight" response.

12 When you feel anxious, place a hand gently on your heart. to help activate your soothing system.

13 Find a comfortable posture and bring to mind a place where you feel safe. Linger there for a few moments.

14 Self-criticism is the threat system's bully. Self-compassion is its antidote.

15 Breathe in for a count of 4, and out for a count of 6 for one minute to soothe the nervous system.

16 When feeling self-critical, ask "What would I say to a friend in this situation?" Then, say it to yourself.

17 Naturlly Being Weekend at Samye Ling starts today. [Click here to learn more](#)

18 The drive system is always pushing for "more." Mindfulness helps you notice this urge and choose to be content instead.

19 Develop your 'Compassionate Self'. Imagine the kindest, warmest version of you. What would that self say to you right now?

20 Notice the physical reality around you. This anchors you in the present, instead of the threat-based future.

21 Schedule a 10-minute 'soothing break' with the sole intention of resting.

22 Be aware that your inner critic is not the 'truth', but as a misguided attempt to protect.

23 The soothing system is a resource you can cultivate it through compassion practice.

24 Tonglen Weekend starts today at Samye Ling – [click here to read more](#)

25 Spend five minutes today doing something that soothes you.

26 Try a compassionate breathing exercise: breathe in kindness, breathe out tension.

27 When feeling stressed, a body scan meditation can help soften the tension held in your threat system.

28 Mindfulness helps you to notice positive experiences, activating your soothing system more often.

29 Seven Points of Mind Training Course starts today – [click here to learn more](#)

30 Mindfulness Meets Mystical Poetry Course starts today – [click here to learn more](#)

31 You've spent a month cultivating compassion. Give yourself some thanks!


Mindfulness
Association