

FREE GUIDED MEDITATIONS
Monday to Friday 10:30 & 19:00
[Click here to learn more](#)



FEBRUARY

A Daily Dose of Buddhist Wisdom



JOIN OUR MEMBERSHIP
Just £10 for a 6-month Enjoy our membership package with free monthly teachings, dedicated members website & online digital archive

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 "You are the sky. Everything else, it's just the weather." - Pema Chödrön	2 "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." - Thich Nhat Hanh	3 "Do not dwell in the past, do not dream of the future, concentrate on the present moment." - Buddha	4 "We can never obtain peace in the outer world until we make peace with ourselves." - Dalai Lama	5 "Samsara is the tendency to find fault with others." - Naropa	6 "Instead of asking 'What is the 'right' or 'wrong' thing to do?' ask, 'What is the wisest and most compassionate thing to do?'" - Stephen Batchelor	7 "Everything that has a beginning has an ending. Make your peace with that and all will be well." - Jack Kornfield
8 "If we could see the whole truth of any situation, our only response would be one of compassion." - Yongey Mingyur Rinpoche	9 "Liberation is experiencing reality as it is." - Noah Rasheta	10 "When we are looking for happiness outside of ourselves, we are looking in the wrong place." - Akong Tulku Rinpoche	11 "Nurturing your own development isn't selfish. It's actually a great gift to other people." - Rick Hanson	12 "In taking life for granted, we fail to notice it." - Stephen Batchelor	13 "If we could see the miracle of a single flower clearly our whole life would change." - Buddha	14 "If you love someone but rarely make yourself available to him or her, that is not true love." - Thich Nhat Hanh
15 "All that we are arises with our thoughts. With our thoughts, we make the world." - Buddha	16 "The present moment is filled with joy and happiness. If you are attentive, you will see it." - Thich Nhat Hanh	17 "If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher." - Pema Chödrön	18 "Wisdom says we are nothing. Love says we are everything. Between these two our life flows." - Jack Kornfield	19 "All suffering is caused by ignorance. People inflict pain on others in the selfish pursuit of their own happiness or satisfaction." - Dalai Lama	20 "Resentment is when I take poison and wait for you to die." - Rick Hanson	21 <u>Mandala of Compassion Weekend Begins!</u>
22 "Happiness will never come to those who fail to appreciate that which they already have." - Buddha	23 "The Buddhist principle is to be everybody's friend, not to have any enemy." - Akong Tulku Rinpoche	24 "Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor" - Thich Nhat Hanh	25 "Let yourself become that space that welcomes any experience without judgement." - Tsoknyi Rinpoche	26 "The quieter you become the more you can hear." - Ram Dass	27 "What we call "I" is just a swinging door which moves when we inhale and when we exhale." - Shunryu Suzuki	28 "Happiness is not something ready made. It comes from your own actions." - Dalai Lama