

MAY ANCIENT WISDOM FOR MODERN TIMES



Mindfulness Association

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

4 Prompt:
Write down three things you appreciate about a person who you struggle to like.

5 "The root of suffering is resisting reality, something we do daily in modern life."
Pema Chödrön

6 Practice:
Try this "Researching Your Own Experience" meditation.

7 Prompt:
Drink your coffee or tea in silence. Feel the warmth and enjoy the taste of each sip.

1 Prompt:
When you're stressed, remember it will pass. When things are good, appreciate them without clinging.

2 "The present moment is the only place where life exists—log out and return to it."
Thich Nhat Hanh

3 Practice:
Try this "Being The Light of Ourselves" mini meditation

11 "Your worst enemy cannot harm you as much as your own unguarded mind."
Buddha

12 Practice:
Try this "Mindfulness of Breathing from Anapassati Sutra of the Buddha" meditation

13 Prompt:
Practice "**Right Speech**": If it isn't true, kind, or useful, don't say it.

14 The only way to live is to accept each minute as an unrepeatable miracle."
Tara Brach

8 "A flower does not think of competing with the flower next to it. It just blooms."
Zen Shin

9 Practice:
Try this "Resting in Embodied Presence" mini meditation.

10 Prompt:
Inwardly say to a stranger: "Just like me, you suffer and want to be happy."

15 Practice:
Try this "Self Compassion Break" mini meditation

16 Prompt:
When "waiting", use these moments for mindful breathing rather than checking your phone.

17 "Happiness does not come from having much, but from being attached to little."
Dhammapada

18 Practice:
Try this "Loving Kindness" (Metta) meditation.

19 Prompt:
Acknowledge a difficult emotion and see it as just a passing weather pattern.

20 You can't calm the storm, so stop trying. What you can do is calm yourself."
Timber Hawkeye

21 Practice:
Try this "Self Kindness Just for being Human" mini meditation.

22 Prompt:
Identify one "craving" and choose to abstain from it for the day to practice self-restraint.

23 "The most difficult times for many of us are the ones we give ourselves."
Pema Chödrön

24 Practice:
Try this "Mandala of Compassion" meditation.

25 Prompt:
Avoid social media for a day and notice how it impacts your mood and thoughts.

26 "The mind is everything. What you think you become."
Buddha

27 Practice:
Try this "Thoughts in the Undercurrent" mini meditation.

28 Prompt:
Text a friend or a family member "Thinking of you" with no expectation of a reply.

29 "Our suffering is often rooted in our resistance to what is."
Tara Brach

30 Practice:
Watch this Rob Nairn: talk on "Thoughts, Thinking, Engagement"

31 Prompt:
Periodically tell yourself, "In this moment, I have enough," to quiet the mind's wanting.

[JOIN OUR MEMBERSHIP](#)
Just £10 for 6-months

Enjoy our membership package with free monthly teachings, dedicated members website & online digital archive

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