

Sunday

Monday

Tuesday

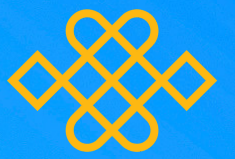
Wednesday

Thursday

Friday

Saturday

OCTOBER



Mindfulness
Association

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MEDITATIONS
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1 “Resilience is about keeping your heart open when everything in you wants to close it down”
Michael A. Singer

2 “There are far, far better things ahead than any we leave behind”
C.S. Lewis

3 “In the landscape of the mind, resilience is the pathway paved by choosing presence over panic”
Amit Ray

4 “Where there is ruin, there is hope for a treasure”
Rumi

5 “Nothing is permanent in this wicked world—not even our troubles”
Charlie Chaplin

6 “Fail, fail again, fail better. It’s only when we realise that everything is changing that we can find true peace”
Pema Chodron

7 “Do not judge me by my success, judge me by how many times I fell down and got back up again”
Nelson Mandela

8 “Resilience is born as we ground ourselves in the direct experience of the present moment”
Jon Kabat-Zinn

9 “The storm passes, but the sky remains. Your awareness is that vast, unchanging sky”
Jack Kornfield

10 “In the midst of winter, I found there was, within me, an invincible summer”
Albert Camus

11 “Resilience is accepting your new reality, even if it’s less good than the one you had before”
Elizabeth Edwards

12 “Fall seven times and stand up eight”
Japanese Proverb

13 “Be like the rock that the waves keep crashing over. It stands unmoved”
Marcus Aurelius

14 “Raindrops make a puddle. Small moments of presence build an unbreakable life”
Sharon Salzberg

15 Difficulties strengthen the mind, as labour does the body.”
Seneca

16 **Autumn Members Weekend begins today!**

17 **Compassion in Action Weekend starts today!**

18 “Life doesn’t get easier or more forgiving, we get stronger and more resilient”
Steve Maraboli

19 **Mindfulness Level 1 Course starts today!**

20 “When we allow space for our difficulties rather than fighting them, true strength emerges”
Joseph Goldstein

21 “Our greatest glory is not in never falling, but in rising every time we fall”
Confucius

22 **Sharing Your Treasure Course starts today!**

23 “The place of true healing is a fierce willingness to stay with what hurts”
Tara Brach

24 “We are all bruised. But some of us choose to heal in the broken places”
Ernest Hemingway

25 “Resilience is a capacity that can be cultivated and strengthened through safe connection”
Gabor Maté

26 “Resilience grows through gentle persistence and observing difficult thoughts without judgment”
Mark Williams

27 “Although the world is full of suffering, it is also full of the overcoming of it”
Helen Keller

28 “Every breath is an invitation to begin again. That is the essence of ultimate resilience.”
Thích Nhất Hạnh

29 “On the other side of a storm is the strength that comes from having navigated through it. Raise your sail and begin”
Gregory S. Williams

30 “No matter how difficult the past, you can always begin again today”
Jack Kornfield

31 “I can be changed by what happens to me. But I refuse to be reduced by it”
May Angelou

you cannot stop the waves...a month of mindful resilience