



Mindfulness  
Association

THIS MONTH LET'S PRACTICE SEEING OUR WORLD AND OUR PLACE WITHIN IT WITH FRESH EYES. Perhaps our fresh eyes will bring fresh ideas of how to engage with our world. We don't have to aim for grand heroics, small is beautiful! Our Engaged Mindfulness course is running again beginning in September. This calendar gives you a taste of the approach we will take there, working with the Spiral of the Work that Reconnects – following the journey of *Gratitude, Honouring the Pain, Seeing with New Eyes and Going Forth*.

# ENGAGED MINDFULNESS

## Compassion in Action

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1

Set an intention this month to be curious about our place in the world and how we might engage to make the world a better place.

2

Why is it important to you to cultivate an intention to make your world a better place?

3

Can we allow our hearts to expand to love, deeply appreciate, and feel inextricably tied to the places, things and people of this world? What do you notice?

4

Practice GRATITUDE for all that is good in the world today. How does this feel?

5

Spend a moment pausing and asking yourself: What do I love most in this world? Notice how you feel when you bring this to mind.

6

What supports you to live? And what might be a small and symbolic action you can take to acknowledge your gratitude?

7

'There is not room in the same heart for both gratefulness and alienation.'  
(Br. David Steindl-Rast)

8

Spend some time today either thinking of or actually being in a place you love. How does it feel to let yourself be nourished by this precious place?

9

'Most of the things we need to be most fully alive never come in busyness. They grow in rest.'  
(Mark Buchanan)

10

HONOURING THE PAIN is an essential part of deepening our understanding of ourselves and the world we live in. Can you see how this has been true in your life?

11

Spend some time reflecting if what you are concerned about is connected to the love you have for our world?

12

'Not everything that can be faced can be changed, but nothing can be changed that is not faced.'  
(James Baldwin)

13

What intention can you form today for engaging mindfully in the world? Can I hold my intention gently like a pearl in the palm of my hand?

14

What pearls are hidden in the depths of the challenges you face individually and collectively?

15

What worries you about what's happening in the world? Can you hold your worries, fears or anger gently, while also staying connected to the bigger picture?

16

Just for a few moments, can you let your heart be touched by the suffering you witness in the world today?

17

Breathe out Loving Kindness and good wishes in the direction of the suffering you witness in the world.

18

There are ways to expand our perspective and see with NEW EYES. Everything can look different if we shift our point of view.

19

'Sticks in a bundle cannot be broken' (proverb). There is power in togetherness.

20

Where have you experienced the power of togetherness with others, and how can you cultivate more of this in your life?

21

When you feel alone or powerless, reflect on 'what am I part of?'

22

'Never doubt that a small group of committed citizens can change the world. Indeed, it's the only thing that ever has.'  
(Margaret Mead)

23

See if you can connect to the vastness of time, the age of the planet, the gifts of the ancestors that you have inherited?

24

How can you use the time you have on this earth so that you can be a good ancestor to those still to come?

25

What happens when you shift your identity from 'I' to 'we'? What are you part of? Different groups? Life on earth?

26

'We live in a time when science is validating what humans have known throughout the ages: that compassion is not a luxury.'  
(Roshi Joan Halifax)

27

How might you GO FORTH into the world from a wider perspective of the joy as well as the suffering, the past as well as the future and our common humanity?

28

If you knew that you couldn't fail, what would you love to make happen?

29

Instead of thinking that a problem is too big to be solved, what small action can you take today?

30

Spend some time connecting with the future generations. What can you do today to leave the world a better place for them?

31

Reflect back over the month. What has supported you in engaging to make the world a better place? Can you do more of it next month?

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