

JULY

Summer Reflections
...with guided audio

JOIN OUR FREE GUIDED MEDITATIONS

10.30am & 7pm Monday-Friday (UK TIME)

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FOR JUST £10

~ for a 6 month trial period ~
(see if it works for you)

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Mindfulness
Association

MONDAY

3

Is the mind still or moving?

{MSC ONLINE OPEN EVENING 7PM}

TUESDAY

4

What obstacles do I experience to regular meditation practice?

WEDNESDAY

5

What obstacles do I experience to regular meditation practice?

THURSDAY

6

Can I allow my experience to be as it is?

FRIDAY

7

What thought is arising now?

{LIVING WELL WEEKEND}

SATURDAY

1

What do I intend to do when I sit down to meditate?

SUNDAY

2

Why is my meditation practice important to me?

10

Why do I meditate?

11

What am I grateful for today?

12

Where do emotions come from?

13

What attitude do I intend to bring to my meditation practice?

14

How do I feel about the thoughts my mind is experiencing?

15

What physical sensations are arising now?

16

How do I feel about emotional feeling?

17

What supports me to meditate regularly each day?

18

How do I feel about physical sensations in the body?

19

What attitude do I intend to bring to my daily life?

20

How do I relate to the emotions that arise in experience?

21

How do I hope to benefit from my meditation practice?

22

How does my meditation practice benefit those around me?

23

Where do thoughts come from?

24

What is happening now?

25

How do I relate to the thoughts that arise in the mind?

26

What preferences am I experiencing now?

27

Where do thoughts go?

28

What do I appreciate in my life right now?

{TRAIN TO TEACH LEVEL 2}

29

Where do emotions go?

30

How has this approach of daily reflection impacted me?