

JULY *Living, Dreaming, Dying*

This month our daily Rob Nairn quotes and contemplations celebrate the life and work of our dear founder.

JOIN US AT SAMYE LING
AUGUST 31 - SEPTEMBER 1
TO REMEMBER AND CELEBRATE
THE LIFE OF OUR FOUNDER AND
TEACHER ROB NAIRN



Mindfulness
Association

Monday

1

"Nothing wrong"



8

"Be Kind. Be kind to yourself; be kind to others"

15

"We are training to refocus our attention"



22

"Learn to accept myself even though I may not be what I would like to be"

29

"We simply change our attitude: It is not a problem; it is a chance to practice"

Tuesday

2

"Face yourself as you are now. Come to terms with, and accept yourself."

9

"Concentration is focus with exclusion. Mindfulness is focus without exclusion."

16

"Simply leave the thought where it is and bring focus to the breath"

23

"If we don't get in touch with our feelings, we can't feel them"

30

"Of course we will die, and it really doesn't matter"



Wednesday

3

"Compassion is the fuel of the universe"

10

"Energy follows focus"

17

"Thoughts come into the mind whether we want them to or not - whether we like them or not - we learn to leave them alone."

24

"Training in mindfulness is the most comprehensive method of countering negativity"

31

"Training for freedom in life is the basis for freedom in dream and death"



Thursday

4

"If we train and make friends with our mind in life, we have a chance of recognising what is happening in death"

11

MSC OPEN EVENING 7pm

"Grounding is simply bringing ourselves into the same place that the body is sitting"

18

"Our dying will reflect how we have used our minds in life"

25

"What we miss is the fact that the only person being harmed by our resentment is ourself"



Friday

5

"Allow others to be as they are and accept them"

MINDFULNESS INTRODUCTION & LIVING WELL TO DIE WELL BOTH WEEKENDS AT SAMYE LING

12

"Forgiving the object of our resentment heals our hearts"

19

"Mindfulness establishes a new relationship with the thoughts that come into our minds"

26

"Take time to relax completely at least once a day, for an hour if possible"

[LEVEL 2 TEACHING RETREAT]

Saturday

6

"The human condition brings with it a potential"

13

"The capacity to see life clearly is dependent on awareness"

20

"The psychological events that accompany dying and death are extensions of principles we already know"

27

"Meditation enables us to create the conditions for the most profound changes in body, mind and emotions"

Sunday

7

"The point is recognising that we are a mess, that we are all a mess, we are not trying to clear up the mess, we are just getting used to it"

14

"Once we understand that life and death are as interconnected as waking and sleeping, we will largely overcome our fear of death"

21

"The basis of our problem is that we think the thoughts are so important"

28

"We begin with ourselves - be kind to ourselves"

Join us for an online open evening about our unique course: -

MSc STUDIES IN MINDFULNESS

with the

UNIVERSITY of ABERDEEN

JULY 11th 7pm



Join Us!

FREE GUIDED MEDITATIONS

10.30am & 7pm

Online ~ Monday ~ Friday

Find the link on our homepage

