

JUNE

PAST? PRESENT? FUTURE?

Has your mind wandered?



Mindfulness Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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5

When you are thinking about something sad, annoying or happy that happened in the past how does that make you feel?

6

Where does the mind tend to go in the past? Happy, annoying or sad memories? What does this tell you?

7

What preoccupies you the most? What has happened in the past? What might happen in the future? What is happening now?

1

Set an intention this month to notice how thinking about the past, the present and the future impacts your experience now.

2

When you notice that your mind has wandered, what is it thinking about? The past, the present or the future?

3

Do you notice how your experience of the mind now is a result of past habits of the mind?

{TRAIN TO TEACH YOUNG ADULTS}

4

When your mind wanders to the past, what do you notice? Any underlying emotional drive?

12

What triggers you to think about what is happening now?

13

Let be... any thinking about what is happening in your meditation practice. Relax, right now and rest.

14

Joyfully, effortlessly. Good advice for meditators.

{CONTINUE MINDFULNESS ONLINE PART 2: WEDNESDAY EVENINGS}

15

If you are busy figuring out what is happening in your meditation, you are thinking, not meditating!

16

When your mind is trying to figure something out, what do you notice? Any underlying emotional drive?

22

Energy follows focus. What you focus on now in the mind will become stronger. So, where will you place your focus?

23

When your mind wanders to the future, what do you notice? Any underlying emotional drive?

17

When do the eureka moments arise? When you are busy figuring something out, or when you are just being?

18

The mind effortlessly knows what is happening. Trust this as you meditate.

19

The only effort required in meditation is to bring the mind back when it has wandered.

20

When you notice you are trying to figure out what is happening, let the thinking be. Relax, right now and rest.

21

Reflect back on your day. Where has the mind been dwelling? The past, the future, the present?

26

When you notice you are thinking about the future, let the thinking be. Relax, right now and rest.

27

Relax your body in meditation practice. Body relaxed, mind at ease.

28

When you are meditating, trust that you effortlessly know, whatever it is you need to know.

29

Just as the body rests on the ground effortlessly, allow the mind to rest effortlessly, supported in the body.

30

Reflect back over the last month... what has supported you to deal skilfully with your habits of thinking?

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