



NOVEMBER

Loving the Earth

JOIN OUR FREE GUIDED MEDITATIONS
10.30am Monday-Friday & 7pm every day
Find the link on our homepage.



MONDAY

1
Set an intention this month to cultivate kindness to this Earth and all the beings we share the Earth with.

8
Rejoice in the weather today: rain, wind or shine.

15
Take three mindful breaths and reflect on something you are grateful for from the Earth.

22
Can you do a random act of kindness today? How does it feel?

29
Reflect back today on all the Earth has provided today to support your life.

TUESDAY

2
Spend some time today reflecting on why it is important to you to be kind to the Earth and all beings with whom we share it.

9
When you eat or drink today, reflect on how your food choices impact the planet.

16
Is there something you can do today to protect the planet?

23
Find something electrical to recycle today! Check out your council website for where to take it.

30
Reflect back over the month, what has supported your care for the planet? Can you do more of this next month?

WEDNESDAY

3
Send some loving kindness phrases today to all those working to protect our environment.

10
When you feel worried about the future of life on Earth, take some time to realise that you are not on your own in caring for the Earth.

17
As you walk about today feel the unconditional support of the Earth beneath you and take some time to appreciate it.

24
Can you put your compassion into action today?
To care for yourself, your community or your planet?

THURSDAY

4
Whenever you feel worried about the future of life on Earth, take some time to make a gesture of self-soothing, such as placing your hand on your heart.

11
When you see a fellow human being today, smile and wish them well in your mind.

18
Bring to mind a place on this Earth that is precious to you. Send all the plant, animal and human life that lives there loving kindness.

25
Can you feed the birds this winter? Mindful observation of the birds can be a practice.

FRIDAY

5
Before you decide to buy something, explore first if you really need it, you could borrow it or can get it second hand.

12
As you eat and drink today, reflect on the many hands involved in planting, tending, harvesting, preparing and transporting it.

19
Take some time to reflect on environmental projects that are going well. Look up www.positive.news.uk

26
Pause and smile, reflect that you are not on your own in your care for the planet.

SATURDAY

6
Reflect in your mindfulness practice today, can part of your motivation can be to benefit the planet?

13
Can you plant or sow something today to support the local bees and insects?
<https://friendsoftheearth.uk/nature/beefriendly-plants-every-season>

20
Can you pick up litter when you see it on the ground, even if it isn't yours and rejoice in caring for your environment?

27
Can you walk or cycle somewhere today, or take public transport, rather than drive?

SUNDAY

7
When you see an animal or a bird today, smile and wish it well in your mind.

14
Why not join our online morning or evening guided meditation today to practice with like-minded people?

21
Go for a mindful walk today, imagine each step that the feet kiss the Earth.

28
Humans are evolved to care and to be kind, how does this kindness and care arise in your life today?

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FOR JUST just £10 ~for a 6 month trial period~
Enjoy our membership package with free fortnightly teachings, weekly get togethers, and a dedicated member's website.

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FOR MONTHLY
NEWS



Mindfulness
Association