

# APRIL

SATURDAY

1

Be curious today how thoughts arise in the mind... the arising thoughts are part of the mind's undercurrent.

SUNDAY

2

"ME AND MY THOUGHTS"  
ME = observer  
MY THOUGHTS = undercurrent

MONDAY

3

Notice how thoughts self-arise, self-display and self-liberate.

TUESDAY

4

Do you choose your thoughts or do they arise of their own accord?

WEDNESDAY

5

Try not to think about **PINK ELEPHANTS**  
What happens?  
What do you learn from this?

THURSDAY

6

Can you notice the attitude of the observer part of your mind towards the arising of thoughts?

FRIDAY

7

Do you observe your thoughts with kindness or harshness?

[GOOD FRIDAY PRACTICE DAY]

8

Notice how the observer compulsively engages with arising thoughts.

9

When the observer allows the passing of thoughts we are present. When the observer engages with passing thoughts we become distracted.

10

What would it be like if the observer part of the mind was kind, curious and allowing?

11

Trying to stop your thoughts is like trying to stop pebbles falling after you have thrown them into the air.

12

Where do you feel your sense of self to be located?  
In the observer part of the mind?

13

Be curious today about how emotions arise in the mind - the arising emotions are part of the mind's undercurrent.

14

The mind's undercurrent of thoughts is like a river flowing past an observer sitting on the river bank.

15

Notice how the observer is compulsively drawn to jump into and be swept along with the undercurrent of arising thoughts.

16

Notice how emotions self-arise, self-display and self-liberate.

17

Do you choose your emotions or do they arise of their own accord?

18

How do you know a thought?  
Because it self-displays.

19

Can you notice the attitude of the observer part of your mind towards the arising of emotions?

20

Do you observe your emotions with kindness or criticism?

21

Through mindfulness practice we can train the observer part of the mind to be kind and curious.  
[INTRO TO COMPASSION]  
[START MINDFULNESS LEVEL 1]

22

Be curious today about how perceptions arise in the mind - the arising perceptions are part of the mind's undercurrent.

23

What is happening in the mind = undercurrent  
Knowing what is happening = observer.

24

Where do thoughts come from? Are they the result of past habits of thinking?

25

Where do thoughts go?  
[MINDFULNESS BASED HEALTHY LIVING]  
[LEVEL 2 MBLC TEACHING RETREAT]

26

If you leave a thought alone, how long does it stay in the mind?

27

Can you notice the attitude of the observer part of your mind towards the arising of perceptions?

28

Do you observe your perceptions with kindness or judgement?

29

Through training in compassion we can cultivate a compassionate observer in place of the inner self-critic.

30

Through training in mindfulness we can train the observer to allow passing thoughts, rather than compulsively engage them.

FREE GUIDED MEDITATIONS

10.30am & 7pm Monday-Friday

Find the link on our homepage.



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www.mindfulnessassociation.net - COMPASSION IS AT THE HEART OF EVERYTHING WE DO email: info@mindfulnessassociation.net