

JUNE

Living Well to Die Well

JOIN OUR FREE GUIDED MEDITATIONS

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

Find the link on our homepage.

Mindfulness Association

TRY OUR MEMBERSHIP FOR JUST £10
~ for a 6 month trial period ~
(see if it works for you)
Visit our website for details.

MONDAY

3

If I had one year to live, what would I do?

TUESDAY

4

What do I appreciate most in my life right now?

WEDNESDAY

5

Do I have any regrets? How does this feel?

THURSDAY

6

How present am I with my physical sensations?

FRIDAY

7

How well do I love in my life?

SATURDAY

1

Do I ever reflect on my own mortality? How does this feel?

SUNDAY

2

How can I live well TODAY?

10

How aware am I of my assumptions about how I should be in the world?

11

Do I ever reflect on the mortality of my family members? How does this feel?

12

What do I enjoy in my life?

13

Do I regret any missed opportunities?

14

How present am I with my emotional feelings?

15

Is there anything I wish I had explored or studied? How does this feel?

16

If I had one year to live what would I stop doing?

17

How do I relate to emotional pain? Does acceptance and kindness help?
TRAIN TO TEACH (Level 1)

18

How present am I with my thoughts?

19

How well have I learned to let go?

20

What am I afraid of? How does this feel?

21

Do I ever reflect on the mortality of my friends? How does this feel?
(COMPASSION WEEKEND)

22

Does it serve me to blame others for things that have happened?

23

How do I relate to physical pain? Does acceptance and kindness help?

24

If I had six months to live, what would I do?

25

Am I aware of my expectations of how life should be?
(MINDFUL QIGONG ONLINE)

26

Is there someone I need to tell that I love them?

27

Is there someone I wish I had stayed in touch with? Can I reach out to them?

28

If I had six months to live what would I stop doing?

29

Am I able to allow and accept what happens in life?

30

What have I learned about my attitudes to life and death this month?