

AUGUST

SENSE AWARENESS

We hope you have a great summer!

JOIN US AT SAMYE LING 30TH AUG - 1 SEPT
FOR A VERY SPECIAL GATHERING
in memory of our founder **ROB NAIRN**
A Weekend of Connection and Teachings



Mindfulness Association

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TRY OUR MEMBERSHIP SANGHA!
Just £10 ~ for a 6 month trial period ~
Enjoy our membership package with
free monthly teachings, 2 free online weekends
of teaching & practice each year + access to
our library of recordings and a dedicated
members' website.



1

Take a moment to close the eyes and check in to the posture – are the shoulders back?

2

Open to the soundscape around you – can you rest in an awareness of sound?

3

When you next have a drink – can you pause and sense the temperature in your mouth?

4

Open to the field of view before your eyes – what do you notice?

5

Tune in to the activity of the mind – can you notice thoughts coming and going?

6

Take a moment to close the eyes and check in to the posture – is the back of the neck long?

7

Open to the soundscape around you – can you experience sound as a vibration?

8

Tune into the nose – do you notice any smells or absence of smells?

9

Open to the field of view before your eyes – can you sense the space between objects?

10

Tune in to the activity of the mind – what's happening now?

11

Take a moment to close the eyes and check in to the posture – is the spine lengthened?

12

Open to the soundscape around you – are you labelling the sounds you hear?

13

When you next eat – can you pause and experience different flavours on the tongue?

14

Open to the field of view before your eyes – what colours are there?

15

Tune in to the activity of the mind – how do feel about what you notice?

16

Take a moment to close the eyes and check in to the posture – are the shoulders relaxed or tense?

17

Open to the soundscape around you – are there any silences? Can you rest in them?

18

When you next wash your hands – can you notice the smell of the soap?

19

Open to the field of view before your eyes – what shapes do you notice?

20

Tune in to the activity of the mind – do you notice any habits of thinking patterns?

21

Take a moment to close the eyes and check in to the posture – can you release tension somewhere?

22

Open to the soundscape around you – what is the texture and tone of sounds you experience?

23

When you brush your teeth – can you notice the taste of toothpaste?

24

Open to the field of view before your eyes – do you name the objects you see?

25

Tune in to the activity of the mind – is the an overarching mood or mindset?

26

Take a moment to close the eyes and check in to the posture – can you relax?

27

Open to the soundscape around you – can you sense the coming and going of sounds?

28

When you are next cooking – can pause to notice any smells?

29

Open to the field of view before your eyes, now look inwards – what do you notice?

30

Tune in to the activity of the mind – can you smile inwardly? What happens.

JOIN OUR FREE GUIDED MEDITATIONS

10.30am & 7pm

Monday-Friday (UK TIME)

Find the link on our homepage.