

SEPTEMBER MINDFULNESS

Practical tips to get you started
..and keep you going!



Mindfulness
Association

SUNDAY

1

Prepare a quiet, comfortable spot where you won't be easily disturbed.

(MINDFULNESS FOR LIFE RETREAT)

MONDAY

2

Adjust your practice space to be comfortable & inviting, add imagery, flowers or scents.

(LEVEL 3 INSIGHT ONLINE)

TUESDAY

3

Connect with your motivation for practice before every session.

WEDNESDAY

4

Focus on the intention to practice rather than on achieving a specific outcome.

THURSDAY

5

Practice mindfulness at the same time each day to build a habit.

FRIDAY

6

Begin with short sessions, even just 5 minutes a day and build it up.

(START HERE AT SAMYE LING)

SATURDAY

7

Pay attention to your posture, dignified and alert. Notice the sensations of breathing.

(MINDFULNESS L1 AT SAMYE LING)

8

Counting your in-breaths and out-breaths can help you to focus at the start of a session.

9

Use guided meditations: download our app or visit us on youtube.

10

Place objects or images around your home that remind you to stay mindful.

11

Practice *Mindful Listening*: Focus on the sounds around you.

12

Experiment with being fully present during routine tasks like eating, walking, or cleaning.

(MINDFULNESS & MYSTICAL POETRY)

13

It's normal for the mind to wander. Gently bring your focus back to the present without self-criticism.

14

Set reminders on your phone or place sticky notes in visible areas to remind you to stay present.

15

Experiment with various mindfulness practices like body scan, kindness or breath meditation.

16

You are welcome to join our daily sits. 10.30am-11am & 7pm-8pm UK TIME - ONLINE

17

Journaling can support you to reflect on your mindfulness practice and recognise any progress.

18

Include moments of gratitude in your practice. Notice how this feels.

19

Be Consistent, Not Perfect: Consistency is key, but don't be hard on yourself.

20

If you miss a session, just start again the next day.

(TRAIN TO TEACH MINDFULNESS)
(AT SAMYE LING)

21

Use physical sensations to remain present, like the feeling of your feet on the ground.

(TRAIN TO TEACH MINDFULNESS)
(AT SAMYE LING)

22

Pay attention to the taste, texture, and aroma of your food.

23

Start with achievable goals for your practice.

24

Try mindful movement practices like yoga, tai chi, or walking meditation.

25

Notice how and when you use technology.

26

Pay attention to what you see, hear, smell, taste, and touch in the present moment.

27

Practise being fully present during conversations, listening actively, responding thoughtfully.

(COMPASSIONATE IMAGERY WEEKEND)

28

Cultivating an attitude of kindly curiosity towards yourself will help your practice.

29

Explore Silence: Spending time in silence can deepen your mindfulness practice.

30

Practise observing the details of your surroundings, like colors, shapes & movement, without judgment.

JOIN OUR FREE GUIDED MINDFULNESS MEDITATIONS

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

Find the link on our homepage.



TRY OUR MEMBERSHIP SANGHA!

Just £10 ~ for a 6 month trial period ~

Enjoy our membership package with free fortnightly teachings, access to our library of teachings and a dedicated members' website.