## TECEMB Noticing













MONDAY

Reflect on one thing you'd like to bring into the new year. What intentions or qualities do you want to cultivate? PRACTICE DAY



As the year comes to a close, take a moment to breathe, reflect, and release. What were you grateful for in 2024?



JOIN OUR FREE GUIDED DAILY MEDITATIONS

10.30am & 7pm Monday-Friday (UK TIME) Beginners are Welcome!



JOIN OUR MEMBERSHIP THIS MONTH! Just £10 for a 6 month trial period

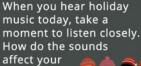
FREE MEMBERS WEEKENDS, MONTHLY TEACHINGS & PRACTICE FOR JUST £ $10 \sim$  Plus a discount on the wonder OF THE EVERYDAY COURSE WHICH STARTS IN JANUARY!

Notice the details of the first Christmas decoration you see today. What memories or feelings does it spark?

Spend a few minutes observing how light changes in winter. Notice how the light makes you feel.

Bring mindfulness to your senses while decorating a space or looking at decorations.

mood?



Observe evergreen trees, whether they're decorated or natural. Notice the shades of green and the scent.



Bring mindful awareness to any holiday treats you eat. Savor the flavors and textures with gratitude.

Take a moment to look at holiday lights on a home or tree. Notice how the colors and patterns make you feel.

Find a natural item (a pinecone, fallen leaves, a smooth stone) and take a few moments to feel its texture and shape.

Reflect on the significance of a holiday tradition. What do you feel grateful for in this

tradition?

Look at decorations up close. Notice the intricate details, colors, and craftsmanship that went into them.

Step outside and feel the cool winter air on your face. What scents or sounds does the season bring?

As you wrap a gift or see one wrapped, notice the textures, colors, and shapes. Appreciate the act of giving.

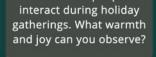
Focus on your breath for a few minutes today. Imagine inhaling peace and exhaling stress.

Notice holiday colors around you. What emotions or memories do they evoke?



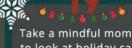
Appreciate the stillness of a winter scene: a bare tree, frosty ground or look up to the full moon.

When drinking a warm beverage, savor each sip. Notice its warmth, flavor, and comfort.



Watch how people

Notice the smells around you today, whether it's pine, spices, or cold air. How do they make you feel?



Take a mindful moment to look at holiday cards or messages. Reflect on the love and connection they represent.

Look up at the night sky.

Notice the quietness. See if you can spot any stars or constellations.



As winter officially begins, reflect on the cycle of the seasons and what winter means to you.



Notice any ornaments you have. Take time to appreciate each one's design and significance.

Take a moment to feel gratitude for someone in your life. Send them a thoughtful message if you feel inspired.



Reflect on the gifts that can't be wrapped: health, love, peace. What intangible gifts are you most grateful for?



Observe today with presence and gratitude. Notice any small moments of joy, laughter, 💢 and togetherness.



Take a mindful walk outside, noticing the natural world in winter. Observe its beauty and stillness.

Reflect on the year gone by. What moments brought you joy, peace, or growth? PRACTICE DAY

Notice any leftover decorations or gifts. Think about what makes them meaningful to you.

Bring your focus to your senses today. Notice the taste of food, the sound of voices, the warmth of blankets.