



FEBRUARY

...loving kindness... for you... for me... for all of us..



Mindfulness Association

SATURDAY

1

PHASE 1: LOVING KINDNESS TOWARDS AN OTHER
"May you find relief from suffering and the causes of pain."

SUNDAY

2

"I see your struggles and wish you peace in your heart."

MONDAY

3

"May your burdens be lightened; may you know you are not alone."

TUESDAY

4

"I offer kindness, recognizing your humanity and your journey."

WEDNESDAY

5

"May you feel comfort and support in moments of despair."

THURSDAY

6

"I hope for your healing and the unfolding of joy in your life."

FRIDAY

7

May your wounds be gently mended.

8

"I send love and patience, knowing we all seek happiness."

9

"May you feel seen, heard, and valued in this world."

10

"I extend understanding and forgiveness."

11

PHASE 2: Loving Kindness towards yourself.
"May I hold myself with tenderness in times of difficulty."

12

"I forgive myself for my imperfections, knowing they are part of being human."

13

"May I embrace my pain with love, offering myself the care I deserve."

14

"I am worthy of loving kindness, just as much as anyone else."

15

"May I let go of self-criticism and speak to myself with kindness."

16

"I honour my efforts and recognize my own courage in facing challenges."

17

"May I be patient with myself as I learn and grow."

18

"I send love to the parts of me that feel broken or uncertain."

19

"May I trust in my capacity for healing and renewal."

20

"May we walk together in mutual acceptance, tolerance and loving kindness."

21

PHASE 3: Loving Kindness towards all beings
"May all beings find freedom from suffering and the causes of suffering."
[MINDFULNESS FOR STRESS w/e]

22

"May every living creature experience loving kindness."

23

"May the Earth itself feel the love and care of those who walk upon it."

24

"May all beings, known and unknown, feel held in the vastness of compassion."
[MINDFULNESS LEVEL 1 ONLINE]

25

"I offer love to all creatures, from the smallest insect to the mightiest tree."

26

"May the pain of the world be eased by our collective kindness."

27

"I extend a wish for peace to all beings, across all places and times."

28

"I am deserving of peace and love"
[MINDFULNESS & MOVEMENT IN NATURE LEVEL 1]



WE ARE DELIGHTED THAT OUR NEW COMPASSION BASED MINDFULNESS COURSE BOOK

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Heather Regan-Addis & Choden



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