



MINDFUL IN MAY

MEDITATION CALENDAR 2013

“The more you know yourself, the more clarity there is. Self-knowledge has no end - you don’t come to an achievement, you don’t come to a conclusion. It is an endless river”

- Krisnamurti

Some helpful tips to consider:

- **Think about what time of the day may be best to meditate.** To support habit formation it can be helpful to choose the same time every day. Another helpful tip is to anchor your meditation to something you do every day like brushing your teeth or going to bed. Then decide that you will meditate before or after this event. Research has proven that if you do this you are much more likely to sustain your new habit.
- **Memory tags are helpful when creating new habits.** Think of ways you can remind yourself of the daily practice. Perhaps you can set a reminder in your phone with a question “Have you meditated yet today?”
- **Find a friend who can be your meditation accountability partner.** Check in on the phone once a week and support each other’s practice. It’s not about succeeding or failing. It’s about trying something new or coming back to something you’ve found useful in the past with full commitment.
- **Be kind to yourself. If you miss a day, don’t be hard on yourself.** Just get back on board the next day.
- **Being mindful can be a challenging practice.** If you’re new to the practice, ten minutes may feel like an eternity. Give yourself time to settle in, before deciding it isn’t for you.
- **Meditation is not about emptying your mind of thoughts, its about observing your mind and experience with non-judgement and curiosity. This supports you to respond consciously to what is going on, rather than reacting in autopilot. (can you replace this paragraph with this :)**
- **Meditation can feel overwhelming at first as you start to notice just how wild the mind can be. This is normal! Don’t panic, just observe the “monkey mind” as it jumps between thoughts.**

Setting your intention:

When creating any new habit in your life INTENTION is the key.
Take a few moments to think about the following questions and write down your answers...

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1. Why have you signed up to be Mindful in May?
 2. What is it that you hope to learn or bring more of into your life?
 3. What gets in the way of practicing meditation?
 4. What can you do for the next month to prioritise these ten minutes into your day? What would it take?
 5. How does stress manifest in your life?
 6. What impact does your stress have on you and those around you?
 7. How important is it to you to commit to this 31 day program and why?

Mindfulness, the capacity to meet our experience with awareness and non judgement, can be learned through meditation and practised by tuning in to the senses. It’s about being aware of what you are doing as you are doing it. Developing the mindful muscle is best started by meditation, it’s a form of mental fitness, that supports us in seeing more clearly and allowing us to make wiser choices in any given moment.

DAY

What thoughts, feeling or sensations did you notice during the practice?

*A human being is a part of the whole
called by us universe,
a part limited in time and space.
He experiences himself, his thoughts and feeling
as something separated from the rest,
a kind of optical delusion of his consciousness.
This delusion is a kind of prison for us,
restricting us to our personal desires and
to affection for a few persons nearest to us.
Our task must be to
free ourselves from this prison
by widening our circle of compassion
to embrace all living creatures
and the whole of nature in its beauty.*

~ Albert Einstein

1

Wednesday

2

Thursday

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DAY	What thoughts, feeling or sensations did you notice during the practice?
3	Friday <i>"If you correct your mind, the rest of your life will fall into place" - Lao Tzu</i>
4	Saturday
5	Sunday <i>Didn't Practise today? No problem, just start again tomorrow...</i>

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DAY	What thoughts, feeling or sensations did you notice during the practice?
6	Monday
7	Tuesday <i>Remember to turn on your GPS when meditating: Gentleness, Patience, Sense of Humour.</i>
8	Wednesday
9	Thursday <i>"Nature doesn't hurry, yet everything is accomplished" - Lao Tzu</i>

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DAY	What thoughts, feeling or sensations did you notice during the practice?
10	<p>Friday <i>If you're getting the hang of meditation you might like to try and do it alone in silence. Set a timer and be your own guide.</i></p>
11	<p>Saturday</p>
12	<p>Sunday</p>

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DAY	What thoughts, feeling or sensations did you notice during the practice?
13	Monday <i>"Your own positive future begins in this moment. All you have is right now. Every goal is possible from here" - Lao Tzu</i>
14	Tuesday
15	Wednesday
16	Thursday

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DAY	What thoughts, feeling or sensations did you notice during the practice?
17	Friday <i>Great things are not done by impulse, but by a series of small things brought together. ~ Vincent VanGough</i>
18	Saturday
19	Sunday

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DAY	What thoughts, feeling or sensations did you notice during the practice?
20	Monday
21	Tuesday <i>“Watch your thoughts; they become words. Watch your words; they become actions; Watch your actions; they become habit. Watch your habits; they become character. Watch your character; it becomes your destiny” - Lao Tzu</i>
22	Wednesday
23	Thursday

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DAY	What thoughts, feeling or sensations did you notice during the practice?
24	Friday <i>“The most difficult times for many of us are the ones we give ourselves” - Pema Chodron</i>
25	Saturday
26	Sunday

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DAY	What thoughts, feeling or sensations did you notice during the practice?
27	Monday
28	Tuesday
29	Wednesday
30	Thursday

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DAY

What thoughts, feeling or sensations did you notice during the practice?

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Friday

***Congratulations!** Whether you have meditated every day or not, take a moment to acknowledge your effort this May. By being Mindful this May and generously donating to the cause, your effort will be improving the lives of thousands of people in the developing world.*

*We are here to awaken
from our illusion of separateness*

~ Thich Nat Hanh