

Contemplative calendar

DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
BECOME QUIET, LOVE, ENGAGE, CHANGE...				P Palmer <u>Hope is the place where joy meets struggle</u>	Bodhipaksa <u>30 minute Mindful breathing</u>	Mind and Life <u>Science of compassion</u>
4 D Whyte <u>The Well of Grief</u>	5 V Burch <u>15 minute Breath based body scan</u>	6 Bodhipaksa <u>5 Minute Loving-kindness practice</u>	7 K Neff <u>16 minute Working with emotions in the body</u>	8 S Sandberg + A Grant <u>Resilience after unimaginable loss</u>	9 T Brach <u>30 minute Befriending and Opening to life</u>	10 The Arrow <u>Contemplative empowerment and social change</u>
11 W Whitman <u>Song of myself</u>	12 V Burch <u>15 minute Breath based body scan</u>	13 Bodhipaksa <u>5 Minute Loving-kindness practice</u>	14 K Neff <u>16 minute Working with emotions in the body</u>	15 P Iyer <u>The inner world is a great undiscovered terrain</u>	16 JM Pedulla <u>20 minute Forgiveness practice</u>	17 M Funes <u>Becoming a contemplation Activist</u>
18 E Dickinson <u>To fill a gap</u>	19 V Burch <u>15 minute Breath based body scan</u>	20 Bodhipaksa <u>5 Minute Loving-kindness practice</u>	21 K Neff <u>16 minute Working with emotions in the body</u>	22 K Tippet <u>Why I don't do Christmas</u>	23 Bodhipaksa <u>30 minute Mindful breathing</u>	24 D Levy <u>Mindful tech: how to bring balance to our digital lives</u>
25 N Shihab Nye <u>Kindness</u>	26 V Burch <u>15 minute Breath based body scan</u>	27 Bodhipaksa <u>5 Minute Loving-kindness practice</u>	28 K Neff <u>16 minute Working with emotions in the body</u>	29 M Wertheim <u>The grandeur and limits of science</u>	30 JM Pedulla <u>20 minute Forgiveness practice</u>	31 P Palmer <u>5 questions for crossing the threshold</u>
1	2	3	4	5	6	7

Enjoy exploring these resources but take care when trying practices that are new to you. If you have an adverse reaction to a practice stop doing it and seek advice from an experienced meditation teacher before continuing.