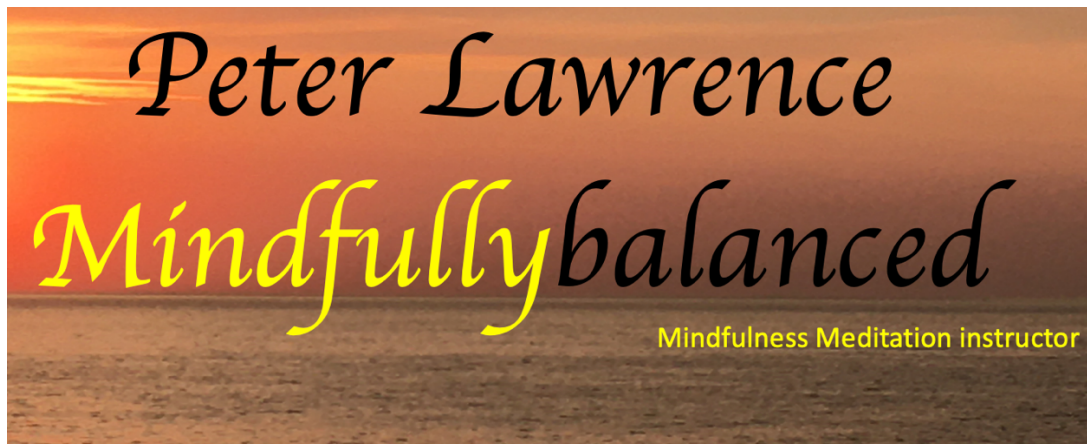


Newsletter 19/2021



Mindfullybalanced.co.uk

Date: 4th July 2021

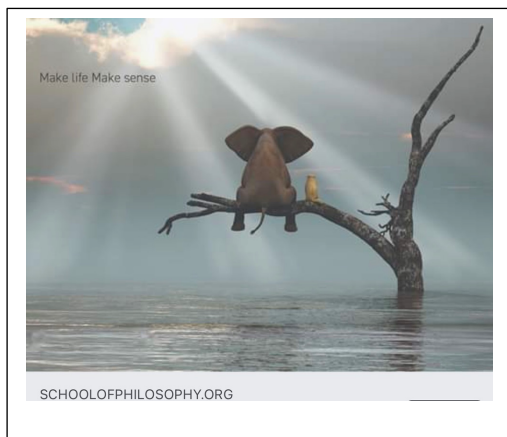
Contents of this newsletter:

Section 1: **Update weekly sessions**

Section 2: **Please read a message from me: and a few quotes from Thich Nhat Thanh**

Section 1:

Update weekly community sessions from Monday 5th July – Sunday 11th July



Monday 5th July - 9am and 8.30pm
Tuesday 6th July - 7.30pm (movement for cancer)
Wednesday 7th July - 9am
Thursday 8th July - 6.30pm
Friday 9th July - 9am and 11.30am

Weekend times:

Saturday 10th July - 11am
Sunday 11th July - 10am

If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'

Section 2: A message from me regarding reading the Newsletter and the timetable: I have noticed a few of you trying to join a meeting at the wrong time/day. If I've not open a Zoom meeting and you try to join, I get an email from Zoom letting me know that you are waiting. Or some have tried to join as I'm just finishing a session. So please read the newsletter for the times of the sessions for the following week, to save disappointment for yourself and for me, as I want you to join my sessions.

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A few quotes from Thich Nhat Hanh – a peace activist and teacher of mindfulness in which he delivered the teachings to the west.

(With my words in brackets)

‘We have to walk in a way that we only print peace and serenity on the Earth. Walk as if you are kissing the Earth with your feet.’

The most precious gift we can offer others (*friends, family, partners*) is our presence.

We have more possibilities available in each moment than we realise.

People deal too much with the negative (*the negative bias of our brains*) with what is wrong, try and see positive things. (*thoughts for example: I’m not hungry, I’m not thirsty, I feel warm, my tongue doesn’t hurt, my thumbs do not hurt, I am wearing comfortable shoes/socks, it’s sunny today and I feel warm, it’s raining today and nature is being fed with water*).

Keeping your body healthy is an expression of gratitude to the whole cosmos.

In true dialogue, both sides are willing to change.

Yay!!!

Take care everyone.

With kindness

Pete

