

Walking Each Other Home
Fortnightly Mindfulness Contemplations
On
Love Lived

Beginning Thursday September 17th 2015

(Taster Session September 3rd)

**We're all just
walking each other
home.**

Offered free of charge as a support to people working or volunteering in the caring professions

Find out more, register or just drop in

to

Mediation Northern Ireland

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Walking Each Other Home Schedule (in hope)

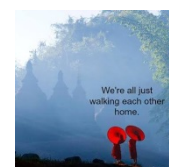
Starting: 5.30 pm

Concluding 7pm (with a cuppa)

	Date	Guide
	2015	
	Sept 3 rd (Info)	Dugald
1	Sept 17 th	Veronica
How do I see others, how do I see myself?		
2	Oct 1 st	Dugald
Let your heart be your primary guide		
3	Oct 15 th	Azadeh
The invitation to love is in everything and everyone		
4	Oct 29 th	Teresa
Intellect ties people in knots and risks nothing, but love dissolves all tangles and risks everything.		
5	Nov 5 th	Veronica
Silence offers something more than words		
6	Nov 19 th	Dugald
In another person's heart can you truly see yourself		
7	Dec 3 rd	Azadeh
Be thankful not only for what you have been given but also for all that you have been denied.		
8	Dec 17 th	Teresa
What does patience mean? It means to look at the thorn and see the rose, to look at the night and see the dawn.		
	Dec 31 st	Closed

	Date	Guide
	2016	
9	Jan 7 th	Veronica
Travel inwards		
10	Jan 21 st	Dugald
Hardship is also necessary		
11	Feb 4 th	Azadeh
Love will change you		
12	Feb 18 th	Teresa
Let light pass through		
13	March 3 rd	Veronica
How do you know that the side you are used to is better than the one to come?		
	March 17 th	Closed
14	March 31 st	Dugald
We are a work in progress		
15	April 7 th	Azadeh
Loving the imperfections		

16	April 21 st	Teresa
To love deeply		
17	May 5 th	Veronica
Know yourself fully		
18	May 19 th	Dugald
Self compassion		
19	June 2 nd	Azadeh
The first step		
20	June 16 th	Teresa
We are each unique. Diversity is the gift.		
21	June 30 th	Veronica
It is our hearts that make the difference		
22	July 7 th	Dugald
Find an inner balance		
23	July 21 st	Azadeh
Be a delegate for love		
24	August 4 th	Teresa
The present moment contains both heaven and hell		
25	August 18 th	Veronica
Understanding drops slowly		
26	September 1 st	Dugald
We are all interconnected		
27	September 15 th	Azadeh
Cultivate love		
28	September 29 th	Teresa
Time moves through and within us. The present moment contains all time.		
29	Oct 6 th	Veronica
Contribute to the music of the universe		
30	Oct 20 th	Dugald
Endure		
31	Nov 3 rd	Azadeh
Soften inside		
32	Nov 17 th	Teresa
Check your truths only against the measure of love		
33	Dec 1 st	Veronica
Cultivate inner space		
34	Dec 15 th	Dugald
Submit to love		
	Dec 29 th	Closed



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	Date	Guide
	2017	
35	Jan 5 th	Azadeh
Opposites are our guide		
36	Jan 19 th	Teresa
Reciprocate kindness		
37	Feb 2 nd	Veronica
Time to love		
38	Feb 16 th	Dugald
Am I ready to change?		
39	March 2 nd	Azadeh
We change and we remain unchanged		
40	March 16 th	Teresa
When fire loves water		
	March 30 th 2017	Review Laurie & Mary L