






















<p>Day 1</p>  <p>Write your intention for this journey</p>	<p>Day 2</p>  <p>Notice a connection with water</p>	<p>Day 3</p>  <p>Move your body</p>	<p>Day 4</p>  <p>Sing your favourite song</p>	<p>Day 5</p>  <p>Be with nature</p>	<p>Day 6</p>  <p>Climb the stairs ... <i>mindfully</i></p>
<p>Day 7</p>  <p>Enjoy your own company</p>	<p>Day 8</p>  <p>Sit with someone</p>	<p>Day 9</p>  <p>Think with your hands</p>	<p>Day 10</p>  <p>Feel for someone</p>	<p>Day 11</p>  <p>Create a plan to cook with a friend</p>	<p>Day 12</p>  <p>Fill yourself with light</p>
<p>Day 13</p>  <p>Drink water</p>	<p>Day 14</p>  <p>Offer something to a friend</p>	<p>Day 15</p>  <p>Breathe 40 conscious breaths</p>	<p>Day 16</p>  <p>Listen to the birds</p>	<p>Day 17</p>  <p>Remember a precious moment</p>	<p>Day 18</p>  <p>Observe a candle flame</p>
<p>Day 19</p>  <p>Talk into a mirror</p>	<p>Day 20</p>  <p>Reflect on the last 20 days</p>	<p>Day 21</p>  <p>Celebrate the journey of life</p>	<p>Pilamaya Living Calendar <i>21 acts of reflection and gratitude</i></p>		

Day 1

Intention is powerful. You're about to embark on a 21 day conscious journey. We ask you to consider why you want to join us and what you hope it will bring. Make a note of it and keep it in a safe place.

Day 2

Mindfulness brings presence. Slowly and consciously wash your face this morning. Slow right down, feel the water run over your fingers, your palms, your wrists. Notice how the water feels against your face. Notice how you feel after - smile!

Day 3

Movement creates connection between body and mind. For 5 minutes today, stand and shake your body, shake your arms, shake your legs. Tap your fingers against your body around the arms, torso and legs. Stop and notice how you feel... the energy that's inside of you.

Day 4

Music speaks to your soul. Singing has been proven to evoke emotions and stimulate brain activity. Take 3 minutes today to sing from your heart. Relinquish inhibitions and really sing it. Let it free you and fill you with joy.

Day 5

The natural elements are inside all of us. Consciously replenish your life force by taking a few minutes to commune with nature today. Notice something outside - a flower, an earthworm, a tree - try to look at it with new eyes, as if it's the first time you're seeing it. How does that feel?

Day 6

Awareness can transform everyday life. When you climb the stairs today, notice how your feet feel on the ground, how your legs carry you - your bones, your muscles, your joints. Notice how your sight and mind keep you from falling - instinctively. You are amazing!

Day 7

Finding home inside of you means you will never be alone. We're so used to outsourcing our energy and admiring others that we can sometimes miss the magic inside. Whatever you're up to today, please take the time to write a few sentences to describe what makes you unique. Be kind!

Pilamaya Living Calendar

21 acts of reflection and gratitude

Space for your thoughts

Day 8

Humans are social creatures. We need each other. Make time today to be fully present for another human being today. Either by phone or in person, make somebody feel special.

Day 9

Your hands are a gateway to your intuitive mind. Take a pencil to paper and without thinking too much, draw an image of something that's been in your mind today. The hands are a sensory organ of the brain, when we use them to draw we can bypass the chaos of thought.

Day 10

Empathy allows us to be in relationship with each other. Take a moment to consider somebody who is going through a challenging time. See if you can put yourself in their shoes. Allow their experience to become known to you in whatever way that arises. Send them love and gratitude.

Day 11

Making a meal together brings community. Today's act is to simply reach out to a friend or loved one and set a time to come together to make a delicious meal. It doesn't have to be a 5-course feast, just something simple and nourishing.

Day 12

Access the deepest parts of your brain by contemplating light. Visualise the sun. Breathe the light rays in through the nose, the ears, the eyelids and in through the skin. Think about radiating sunlight from the crown of the head all the way down to the tips of the toes. By visualising the body filled with light, you will connect to special parts of your brain that control rhythms within the body.

Day 13

Water is life. Take a vessel that is special to you and mindfully fill it with water. Drink the water really slowly, feel it trickle down the back of the throat, through your chest and into the gut. Send the energy of that water through the whole body and commune with the life force it offers.

Day 14

Generosity spreads joy. It can be an item or your time, but allow the first friend that comes to your mind to be the one. See if you can think of something that you can give them that they will appreciate. Let them know that you thought about them today.

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Day 15

Breathe purposefully to feed your cells. Taking the time to just breathe, consciously and purposefully, creates space. When you start to breathe purposefully and make good breathing habits the amount of oxygen that we intake increases. When o2 saturation levels are high our cells are nourished and our whole body feels happy.

Day 16

Birdsong relaxes and stimulates the brain simultaneously. Listening to birdsong has been found to bring alertness to the brain in a variety of different setting. Think about the points in your day when your energy levels dip, for example, after lunch. Either go outside and listen to the birds or simply play the clip that we have provided for you for up to 3 mins.

Day 17

Memory recall of positive moments lifts mood. Although the human brain likes to experience positive moments, it tends to hold on to negative ones so that we can protect ourselves. Training yourself to recall something positive will set up new pathways that promote positive moods. Allow your eyes to drop, recall your moment, allow your mouth to move into a gentle smile and bask in the memory. Let contentedness be your friend.

Day 18

Concentrating on light brings transformation. Candle gazing in the yogic tradition is said to be a powerful way to ignite the inner fire that allows us to burn through some of our blockages. Fire is said to be an intercessor between us and the forces of the universe. With reverence, light a candle and gaze into the flame, allow your mind to become still as you observe the flickering light.

Day 19

Creating a relationship with self can bring us home. How often do we look in the mirror and appreciate the person that it reflects back at us? Do we know the way that our face moves as it communicates to others? Take three minutes to talk to yourself in the mirror. Have a conversation about what you will be doing today or what you did. Maybe express some feelings and then thank yourself for listening.

Day 20

Intention and reflection go hand in hand. Take a moment to think about why you have practiced with us over the last 20 days. Perhaps recall the intention that you recorded on day one. Have you managed to do the acts, or did a couple slip away? Did your moments of conscious presence make a difference to your days? Has your intention come to pass?

Day 21

You are an amazing creature. Your body is a collaborative project that trillions of cells and other tiny organisms come together and create to enable us to have this thing that we call life. Your life is an achievement and your individual challenges become your victories and learning. Join us for a short journeying meditation that connects you to your internal wisdom and invites self - guidance to come forward.

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