



## 30 Days of Neighbor-Love Mindfulness



Mindfulness cultivates empathy. Pause, insert today's neighbor into the blank space, and recommit to embodying neighbor-love across boundaries.

Today I  
Open my eyes,  
Tune my ears,  
Inspire my voice,  
Extend my hands,  
Expand my heart,  
Move my feet, and  
Open my mind

To love my \_\_\_\_\_ neighbor as myself

- |                            |                           |                                   |
|----------------------------|---------------------------|-----------------------------------|
| 1. Enemy                   | 11. Elderly               | 21. Self-destructive and suicidal |
| 2. Ethnically other        | 12. Imprisoned            | 22. Activist                      |
| 3. Politically other       | 13. Housemaid             | 23. Grieving                      |
| 4. Disabled                | 14. Abused                | 24. Mentally ill                  |
| 5. Outcast                 | 15. Orthodox              | 25. Day laborer                   |
| 6. Hungry and impoverished | 16. Criminal              | 26. Youth                         |
| 7. Addicted                | 17. Sex worker            | 27. Tortured                      |
| 8. Muslim                  | 18. Sick or dying         | 28. HIV+                          |
| 9. Street kid              | 19. Government and police | 29. Unemployed                    |
| 10. Displaced              | 20. Protestant            | 30. Murdered                      |

