



30 Days of
Neighbor-Love
Mindfulness

Mindfulness cultivates empathy. We invite you to awaken active love for a new neighbor every day this month.

Pause, insert the neighbor of the day into the blank space, and mindfully renew your Neighbor-Love Covenant.

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 _____ as myself

Today

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