

## the way of mindfulness: COURSE OVERVIEW

Phase of training	Unit	Title	Description	Source	Emphasis	Practice points	Meditation	Ritual
<b>1: acquire a basic understanding</b>	1	<b>The context &amp; crucial role of mindfulness</b>	how mindfulness fits into Buddhist doctrine & its central role in Buddhist practice	SS-1-6; LWA 1-4	Structure of Sutta Definition of the 4 satipatthanas Qualities of <i>sati</i> & <i>sampajanna</i> : <ul style="list-style-type: none"> <li>Diligence</li> <li>Clear knowing</li> <li>Presence</li> <li>Free from desire &amp; discontent</li> </ul>	Get what is meant by mindfulness		<b>Shakyamuni</b> : Strengthening the resolve to practice
	2	<b>The key practices of mindfulness</b>	clarifying what mindfulness practice is, what you actually do, & where you do it.	SS 4-9; LWA 3-4	The 'refrain' – apply the practice to things: <ul style="list-style-type: none"> <li>Internally, externally &amp; both</li> <li>Nature of their arising, passing away &amp; both</li> <li>To the extent necessary for practice</li> <li>Independent of clinging</li> </ul>	Intensify practice Look more precisely at experience Inherent skilfulness of mindfulness Potential for alienation	Anapanasati	<b>Aksobhya</b> : entering the mandala with mirror like awareness
<b>2: establish the practice in experience</b>	3	<b>The Nature &amp; Experience of Embodiment</b>	look more experientially into the reality & significance of the physical body ( <i>kaya</i> ).	SS 4-9; LWA 5-7	Relationship & attitudes to the body & the environment.	Notice effects of applying mindfulness Sober awareness of impermanence Reflection on the four Elements	Anapanasati: parts of the body  The 4 Elements	<b>Ratnasambhava</b> : the golden beauty of the Earth
	4	<b>Feeling – the subtle key</b>	experience & understand the significance of feeling ( <i>vedana</i> ) & mind ( <i>citta</i> ).	SS 10-11; LWA 8-9	The crucial place of feeling as conditioner of mental states.	Identifying feeling & its effects Notice losing touch with feeling	Aanapanasati: feeling	<b>Amitabha</b> : the Light of Great Compassion
<b>3: learn from your experience &amp; transform your life</b>	5	<b>Mindfulness in depth</b>	Mindfulness of <i>dharmas</i> in the training context of the Hindrances & Skandhas.	SS 12-13; LWA 10-12	Transformation through awareness of thinking	Regular walking meditation Reflection on the hindrances & the skandhas Sunyata Our engagement in thinking	Walking meditation  Emptiness	<b>Amoghasiddhi</b> : the transformation of Volition
	6	<b>Insight</b>	Transformation through Awareness of <i>Dhammas</i> : the Sense Spheres, Factors of Awakening & Noble Truths.	SS 14-18; LWA 13-16	A spiral path towards a purified awareness.	Reflection on the fetters, sense spheres, enlightenment factors, noble truths	Conditionality  The Sense Bases  Karunabhavana	<b>Vairocana &amp; Sakyamuni</b> : Practising for complete Awakening