

OUR MINDFULNESS TRAINING

At the Mindfulness Association we offer four levels of Mindfulness training:

LEVEL 1 – BEING PRESENT - This is the entry point to our Mindfulness training pathway. It is also the prerequisite for entering our Mindfulness teacher training pathway. It takes place over 4 weekends over a 9 month period.

LEVEL 2 – RESPONDING WITH COMPASSION – This course follows on from the Level 1 training and develops our Mindfulness practice by cultivating an attitude of Compassion to ourselves and others. It takes place over 3 weekends, or 1 weekend and a 5 day retreat, over a 6 month period.

LEVEL 3 – SEEING DEEPLY – This course follows on from the Level 2 training and further develops our Mindfulness practice by supporting an exploration of the unseen habitual patterns of thought and behavior that drive us. It takes place over 3 weekends, or 1 weekend and a 5 day retreat, over a 6 month period.

LEVEL 4 – MINDFULNESS FOR LIFE – This course follows on from the Level 3 training and is designed to support Mindfulness practitioners in their ongoing practice, year by year. It involves the development of a personalised Mindfulness practice plan for the year and supports ongoing practice as part of a community of practitioners. It takes place over 2 weekends and a 5 day retreat, each year.



WE BELIEVE THAT
COMPASSION IS
TRANSFORMATIVE

All our curriculums are Compassion
based and all our tutors are
trained in Compassion

COURSE LOCATIONS

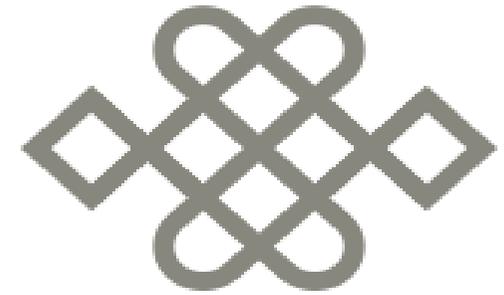
SAMYE LING – near Lockerbie in Scotland
EDINBURGH
LONDON
ITALY & POLAND

ABOUT MINDFULNESS

Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgmental way. It can be developed through systematic training and promotes a way of being that helps us take better care of ourselves and others, and lead healthier lives. It enables us to access inner resources for coping effectively with stress, difficulty and illness. Mindfulness is based on Buddhist meditation techniques, but the training offered is entirely secular.

OUR TRAINERS

Our trainers meet the UK Good Practice Guidelines for Mindfulness Teachers and are all long term committed Mindfulness meditation practitioners. In addition to this they are all trained in Compassion and so are equipped to be sensitive to and respond skillfully to any personal challenges that may arise in your Mindfulness practice.



MINDFULNESS
ASSOCIATION

Finding freedom in our minds to
flourish in our lives



LEVEL 2 MINDFULNESS
TRAINING -
RESPONDING WITH
COMPASSION

www.mindfulnessassociation.net

ABOUT THE MINDFULNESS ASSOCIATION

At the Mindfulness Association we recognise how Mindfulness frees us from the conditioning that governs and limits our lives. This results in the flourishing of our human potential to make choices about how we live in connection with ourselves and our world. We help people to transform their lives by training them in being present, responding with compassion and seeing deeply their habitual patterns of thoughts, feelings and behaviours.

Our objectives are to offer high quality long term trainings in Mindfulness, which help people to establish a regular and effective mindfulness practice and which help people to bring mindfulness into all aspect of their daily lives.



LEVEL 2 MINDFULNESS TRAINING – RESPONDING WITH COMPASSION

This successful and comprehensive training in compassion is a follow on program for those who have completed the Level 1 Mindfulness training. This training is a secular and experiential training, which is delivered over three weekends or over one weekend and a 5 day retreat. During the training we will be drawing on certain wisdom resources, in particular Evolutionary Psychology, Neuroscience and Mahayana Buddhism. While there have been many approaches to compassion throughout the ages, right now there is an exciting conversation going on between these three disciplines about the meaning and application of compassion, and so this will be our main focus.



Emphasis is placed on experiential learning, and for this reason there are home practices between weekends that include regular compassion practice, daily life exercises and journal writing.

WEEKEND ONE – MINDFUL COMPASSION

In the first module, we build self-compassion into the core mindfulness practice of settling, grounding, resting and support. We contextualise this practice within the evolutionary model of compassion, that is grounded in neuroscience and psychology. A key insight here is that we are caught in an 'evolutionary set up' that is not of our choosing and not our fault. We link this insight to the Mahayana Buddhist metaphor of the 'lotus in the mud': how true compassion grows out of the mud of our lives (the disowned, disliked and difficult parts of ourselves). We then begin to cultivate positive emotions as a way of building up an inner resource from which to approach the difficulties that are part and parcel of being alive. We explore building our inner compassionate resource through compassionate imagery and mindful self-compassion practice.

WEEKEND TWO – FOUR LIMITLESS QUALITIES

In the second module, we approach the self-critic: that persistent inner voice that is harsh and condemning, and always finding fault in what we do. First, we experience what it feels like to be on the receiving end of its repeated attacks, and then we

look behind the critic to what is driving it; and in this way we begin to develop compassion for this part of ourselves. This raises the question - what would it be like to cultivate an inner voice that is kind and supportive, and to live your life from this place, rather than from a place of destructive self-criticism?

This is the point where we move from self-compassion towards compassion for others. Although, self-compassion always remains as the foundation of our practice because this is what makes our practice real and allows us to understand what others go through. In this module we begin an exploration of the four limitless qualities of equanimity, love, compassion and joy. They bring a sense of balance and perspective to our practice of compassion by helping us step outside our narrow preferences, by generating love and friendliness to our inner and outer worlds, by responding appropriately to pain and suffering, while also appreciating the good things in our lives. We will also introduce tonglen, the practice of taking and sending, through which we actively engage with and transform the suffering we encounter in our lives.

WEEKEND THREE – COMPASSION IN ACTION

It is not enough to learn about compassion or do compassion practices – the crucial thing is how to embody compassion in the way we live, work and relate. In this module, we look at how to work skilfully with the blocks to compassion and we explore how to integrate compassion into all that we do. We also bring the threads together from the previous three modules and provide an opportunity for deepening practice supported by individual practice reviews with the tutors, during which we support each participant in their next steps after the training.

Where the course is one weekend and a five-day retreat, the retreat covers the material of Weekends two and three.

For more information, please contact:

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