

## 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 MINDFULNESS  
IS A LIFE LONG JOURNEY

We provide long-term training and  
ongoing support for our community  
of Mindfulness practitioners

## COURSE LOCATIONS

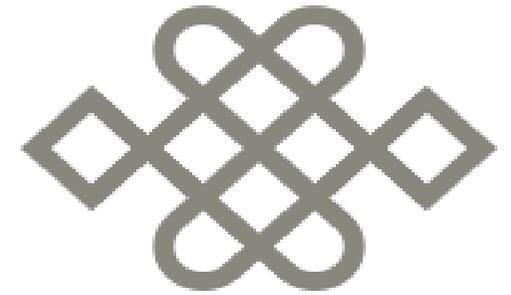
SAMYE LING – near Lockerbie in Scotland  
EDINBURGH  
ITALY & POLAND

## 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 3 MINDFULNESS  
TRAINING

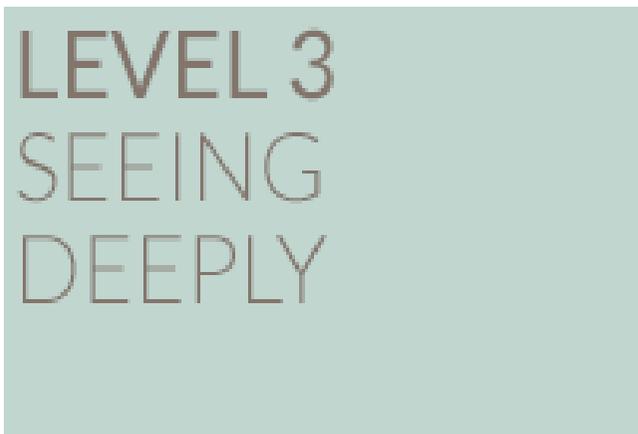
SEEING DEEPLY

[www.mindfulnessassociation.net](http://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 3 MINDFULNESS TRAINING – SEEING DEEPLY

This training builds on the mindfulness and compassion trainings that preceded it. In the mindfulness training we learned how to settle and stabilise our minds, while in the compassion training we developed the capacity to hold our inner experience with warmth and kindness. Now in the insight training we deepen our understanding of psychological process by exploring the roots of our experience, and what drives us.

This training is a secular and experiential training, which is delivered over three weekends or over one weekend and a 5 day retreat.



## WEEKEND ONE – EXPLORING THE SUBLIMINAL

During the first weekend we will explore the different levels of mind, and in particular we will look at how to gain access to the subliminal level since this is where the conditioned reflexes that drive our reactions are located. We will see how thought patterns arise involuntarily and how we buy into them before we even realise it, and how there is a sense that ‘this is the way it must be’. Rob Nairn calls this the ‘subliminal reflex’.

We will work experientially with the practices of resting, reflection and enquiry and introduce the exercises of back-tracking and HIFAWIF (How I Feel About What I’m Feeling). These practices create the conditions for insight to arise exposing the underlying habits of thought, feeling and behavior that drive us.

## WEEKEND TWO – DEFAULT MODES

After practicing with resting, reflection and enquiry we come to recognize that often we are caught in default modes, which colour our experience. These default modes tend to be underpinned by one or more of the destructive emotions of anger, desire, jealousy, pride or ignorance. We explore approaching the emotions of anger, desire and jealousy with a corresponding attitude of loving kindness, compassion or joy and then look inwardly at the felt sense of the emotion to see what unfolds.

By exploring our experience in this way we come to see how our negative emotions can be a source of psychological growth if we relate to them skilfully, rather than compulsively identifying with them.

## WEEKEND THREE – COMING TO REST

During this weekend we continue our exploration of the destructive emotions. We approach the emotions of pride and ignorance with a corresponding attitude of equanimity and then look inwardly at the felt sense of the emotion to see what unfolds.

Through practicing with our destructive emotions we come to see the ‘reified’ sense of self at the centre of our suffering and learn how to let go of our perception of solid and separate self. We come to recognize the ever changing nature of our experience which is dependent on countless causes and conditions.

As we loosen our grasping on ‘me’ and ‘mine’ and develop more of a relaxed attitude towards the ups and downs of our experience we will deepen our experience of resting that we practiced in the mindfulness module.

**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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