

Practical Mindfulness - An 8 Week Series

Part I: The Problem

- **Week 1 - The 4 Noble Truths**
 - The Nature of the Mind
 - The Nature of Suffering
 - The 4 Noble Truths
 - The Pendulum Mind
 - Buddhism is Experiential
 - Urgency
 - Some Encouragement
 - Beginning to Meditate
- **Meditation Exercise: The Breath (part 1)**
- **Week 2 - Renunciation and Awareness**
 - Renunciation
 - The Three Qualities of Phenomena
 - Fish out of Water
 - Becoming Aware
- **Meditation Exercise: The Breath (part 2)**
- **Week 3 - The Nature of Attachment**
 - Resisting Consumer Culture
 - Deconstructing Attachment
 - The Sixth Sense Sphere - The Mind
 - Feeling States
- **Meditation Exercise: The Breath (part 3)**

Part II: The Solution

- **Week 4 - Moral Discipline**
 - Right Speech
 - Right Action
 - Right Livelihood
 - Body / Mind Connection

- Mental Discipline
- **Meditation Exercise: The Breath (part 4)**
- **Week 5 - Mental Discipline**
 - Right Effort
 - Right Mindfulness
 - Right Concentration
- **Meditation Exercise: The Body (part 1)**
- **Week 6 - Tracing Mental Defilements**

[Exercise - Tracing Mental Defilements]

 - The Guru – A Shifting Teacher
 - Compassion
- **Meditation Exercise: The Body (part 2)**

Part III: Wisdom

- **Week 7 - Wisdom**
 - Right View
 - Right Intention
 - The Seven Enlightenment Factors
 - Wisdom as Wealth
- **Meditation Exercise: Tonglen**
- **Week 8 - Stillness**
 - Stillness and Non-Reactivity
 - Intuitive Wisdom
 - Feedback Loops
 - Consciousness, Wholeness, Integration
 - Ending Cycles of Karma
- **Meditation Exercise: Walking Meditation**