

# 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**