



# SEPTEMBER

## Buddhist Roots of Mindfulness




JOIN OUR FREE GUIDED MEDITATIONS  
10.30am & 7pm Monday-Friday (UK TIME)  
Find the link on our homepage.



### MONDAY

5


"Altogether, the idea of meditation is not to create states of ecstasy or absorption, but to experience being".

Chogyam Trungpa 

### TUESDAY

6

"Be where you are; otherwise you will miss your life".

The Buddha 

### WEDNESDAY

7

The first Buddhist Noble Truth is the truth of suffering; that life is impermanent, imperfect and involves suffering.

### THURSDAY

1

Set an intention this month to be curious how insights from Buddhist psychology and practice can enrich our meditation practice.


8

"Don't throw away your suffering. Touch your suffering. Face it directly, and your joy will become deeper".


Thich Nhat Hahn 

### FRIDAY

2


How might your mindfulness meditation practice be enriched by a deeper understanding of the Buddhist roots of the practice? 

9

The second Buddhist Noble Truth is the origin of suffering, which is our resistance to how life is. 


### SATURDAY

3

Secular mindfulness combines ancient Buddhist teachings and practices with modern psychological theory, without the cultural or religious aspects. 

10

"Whatever it is, suffering the feeling, and let it go".

The Buddha 


### SUNDAY

4

Mindfulness is "knowing what is happening, while it is happening, without preference".


Rob Nairn 

11

The third Buddhist Noble Truth is the end of suffering, which calls us to let go of our resistance to how life is. 

12

"Change is never painful. Only the resistance to change is painful".


The Buddha 

13

"Once we see an inner pattern of mind clearly and bring to it mindful awareness and acceptance, this in itself initiates the process of self-liberation".


Rob Nairn 

14

The fourth Buddhist Noble Truth is that there is a way to end suffering. The Noble Eightfold Path- a path for overcoming greed, hatred and delusion. 


15

"Meditate... do not delay, lest you later regret it".


The Buddha 

16

"People suffer because they are caught in their views. As soon as we release those views, we are free and we don't suffer anymore".


Thich Nhat Hahn. 

17

The first foundation of Buddhist mindfulness is mindfulness of the body. 

18

"Live contemplating the body through mindfulness".


The Buddha 

19

"Through practising bodyscan awareness meditation, we can greatly reduce the detrimental effects of stress".


Christopher Dines 

20

The second foundation of Buddhist mindfulness is mindfulness of feelings: pleasant, unpleasant and neutral. 

21

"Those who are truly wise will remain unmoved by feelings of happiness and suffering, fame and disgrace, praise and blame, gain and loss".


The Buddha 

22

"Feelings are just visitors. Let them come and go".

Mooji 

23


The third foundation of Buddhist mindfulness is mindfulness of the mind: thoughts and mind states arise, display and dissolve of their own accord. 

24


"Don't believe everything you think. Thoughts are just that - thoughts".

Allan Lokos 

25


The fourth foundation of Buddhist mindfulness is mindfulness of the Dharma (the Buddha's teachings) or *The Truth*. 

26

The teachings of the Buddha and latest theories in psychology, neuroscience, physics and meta-physics are in astonishing agreement on what the truth is. 

27

"Everything changes. There is nothing to stick to. That is the Buddha's most important teaching".

Shunryu Suzuki 


28

"To see one in all and all in one is to break through the great barrier which narrow's one's perception of reality".


Thich Nhat Hahn 

29

"One who acts on truth is happy in this world and beyond".

The Buddha 

30

Reflect back on the month. Have insights from Buddhist psychology and practice impacted your meditation practice? 



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