

# BUDDHIST ROOTS OF MINDFULNESS

RETREAT AT SAMYE LING CENTRE FOR WORLD PEACE

1

Life is  
impermanent,  
imperfect,  
and involves  
dissatisfaction



3

The end of  
suffering  
is letting go of  
our resistance  
to the flow  
of life as it is

2

The origin of suffering  
is our resistance to  
the flow of life  
driven by our greed,  
hatred and delusion

Would you  
like to learn  
more?

Join us for a  
**RETREAT!**

*In-person & Online*

4

There is a Noble  
Eightfold Path for  
overcoming our greed  
hatred and delusion

1



Mindfulness  
of Body

2



Mindfulness of  
feelings: pleasant,  
unpleasant, neutral

3

Mindfulness of thoughts:  
thoughts are self arising, self-  
displaying and self-liberating



4



Mindfulness of the Dharma:  
(the Buddha's teachings)  
or the truth of reality

## FOUR FOUNDATIONS OF MINDFULNESS