

AUGUST

Powerful quotes from our course book:
From MINDFULNESS to INSIGHT
By Rob Nairn, Heather Regan-Addis & Choden

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1

Motivation comes first we need to want to face ourselves & our deeper potential.

2

We notice that our minds are stirred up by thinking, but we fail to see the underlying habits.

3

Insight is.. *'recognising what is happening, while it is happening, without preference'*.

4

The key principle in this book is *'the seeing is the doing'*.

5

With recognition & acceptance, we activate the inherent wisdom and sanity of the mind.

6

We recognise that what we are seeing in front of us is a rope and not a snake.

7

Everything is an expression of this radiant and all-encompassing awareness.

8

We can't 'do' an insight; an insight always 'does itself'.

9

Keep in mind that insight is a process of direct knowing, as opposed to intellectual understanding.

10

An important skill in our insight training is learning to be OK with not knowing.

11

In the internal environment of the mind, different rules apply.

12

Within the mind, there is a sense of someone who knows and something that is known.

13

When we focus on negative thoughts, we give them energy and they become stronger.

14

It is such a powerful & touching experience to walk around and notice how everyone is caught in the prison of 'me'.

15

Thoughts just pop into the mind of their own accord.

16

We allow whatever arises to display itself and then liberate itself.

17

We cannot stop or get rid of thoughts any more than we can stop or get rid of an echo.

18

We fully open our heart to what is present. There is no closing down and withdrawing.

19

The 'I' of the narrating mind is nothing more than a fictional construct.

20

The subliminal reflex plays a trick. It triggers a message, *'Now I have to feel this way'*.

21

Ignorance gives rise to the assumption that each of us is a solid, independent entity.

22

We do not see how closely we are connected to other people and interwoven with the rest of life.

23

There will still be pain, but we can practice in such a way as to uproot the suffering.

24

Keep it simple and playful.

25

Trying so often gets in the way.

26

Acceptance is crucial for creating the conditions for insight & resting in awareness.

27

We sharpen our awareness and this gradually exposes the labyrinth of ignorance.

28

We work intuitively with whatever arises while on duty and then let go of any methods when we go off duty.

29

Notice the space around things as you go about your day.

30

You will come to understand the power of 'the seeing is the doing' to bring more freedom into your mind.

31

This journey takes time and practice, and it is important to approach it in a step-by-step way.

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