

Download Mindfulness And Reverence

The Five Mindfulness Trainings are one of the most concrete ways to practice mindfulness. They are nonsectarian, and their nature is universal. They are true practices of compassion and understanding. All spiritual traditions have their equivalent to the Five Mindfulness Trainings. The firstThese are instructions given by the Enlightened One to the monks who, after their alms round, had the whole remaining day free for meditation. Dear fellow meditator, Warm greetings, It is a great pleasure to announce the opening of enrollment in our two-year Mindfulness Meditation Teacher Certification Program. The applications and use of mindfulness-based interventions in medicine, mental health care, and education have been expanding as rapidly as the empirical evidence base that is validating and recommending them.