

MODULE 1 • Contextualising Mindfulness

- Mindfulness as a dynamic and effective tool for bringing about transformation and insight.
- The *Satipatthana Sutta*: the early teaching underpinning all contemporary mindfulness-based applications.
- The different dimensions of transformation.
- What Buddhist psychology offers to contemporary teachings of mindfulness.

MODULE 2 • The Existential Challenge

- How impermanence, instability and non-self are part of the fabric of our lives.
- How avoiding or fearing these characteristics deepens distress, and how understanding them leads to freedom.
- What embodiment means both personally and professionally.
- How self-perception and our world of experience is constructed, moment to moment.

MODULE 3 • The Big Picture

- The Buddhist construction of experience.
- The core Buddhist frameworks known as 'the aggregates' and 'dependent arising'.
- How these frameworks offer conceptual maps disclosing the complexity of 'experience'.
- How these teachings address what Buddhist psychology calls 'becoming' and 'identification', and offer a pragmatic approach to freedom.

MODULE 4 • Universal Empathy

- The *Brahmavihāras*: friendliness, compassion, joy and equanimity as indispensable allies in healing distress.
- How these qualities are explicitly cultivated in Buddhist meditative pathways and implicitly taught and developed in contemporary mindfulness-based applications.
- The significance and importance of the interwoven nature of mindfulness practice and the *Brahmavihāras* is explored.



BODHI COLLEGE is a European educational centre for meditative learning for everyone practising meditation and the Dharma in today's world. We draw specifically on the early teachings of the Buddha before they became codified into different Buddhist traditions.

The college is non-sectarian and unaligned with any particular Buddhist school. While making use of modern scholarship, our goals are not academic. We offer a contemplative education inspiring students to realise the values of the Dharma for themselves.

Bodhi College is open to Buddhists and non-Buddhists alike, to people of any faith or none, to those who use mindfulness for its therapeutic value, as much as those for whom meditation is part of their religious practice.

bodhi-college.org • ask@bodhi-college.org

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Bodhi College

EARLY BUDDHIST TEACHING FOR A SECULAR AGE

The Mindfulness Course 2018–19



An in depth programme of teaching and practice for **mindfulness professionals** training in or teaching mindfulness-based applications.

Examining the foundations of mindfulness in Buddhist psychology.

MINDFULNESS AND BUDDHISM:

The range of mindfulness-based applications available today have their roots in the early teachings of the Buddha, which are directly concerned with understanding the nature of distress, how it is caused and brought to an end.

These modules comprehensively cover the core Buddhist teachings that underpin such applications. The course teachers are all experienced teachers of Buddhism, involved in training mindfulness teachers in University and other settings. The programme is supported by both Exeter and Oxford universities as a CPD pathway.

COURSE FORMAT:

Each module includes extensive teaching, formal practice and discussion.



During each day, mornings consist of sustained silent meditative practice, and afternoons will comprise teaching and discussion blocks, while evenings are dedicated to personal practice and group enquiry. There are periods of silence and time for informal networking. The theory-to-practice ratio is 50:50.

For recommended reading go to:

www.bodhi-college.org/reading-lists

For more information and to book online visit:

www.bodhi-college.org/events/the-mindfulness-course



Meditation Center Beatenberg, Switzerland

THE MINDFULNESS COURSE WILL:

- Deepen your understanding of mindfulness as a pathway to emotional and psychological change
- Continue to develop your personal practice in the company of peers
- Enhance your competence, skills and understanding as a mindfulness teacher
- Explore the links between early teachings of mindfulness and their application today

The programme complements recognised mindfulness trainings; it is not a training in clinical skills.



Taught by

Chris Cullen; Christina Feldman; John Peacock; Akincano Weber

2018–19 Course Details

MODULE 1

Contextualising Mindfulness

Akincano Weber & Christina Feldman,
assisted by Yuka Nakamura
20–25 Feb, 2018
Meditation Center Beatenberg, Switzerland

MODULE 2

The Existential Challenge

Chris Cullen & Christina Feldman
1–5 Oct, 2018
Sharpham House, Devon, UK

MODULE 3

The Big Picture

Akincano Weber & John Peacock
18–23 Feb, 2019
Meditation Center Beatenberg, Switzerland

MODULE 4

Universal Empathy

Chris Cullen & Christina Feldman
30 Sept - 4 Oct, 2019 (tbc)
Sharpham House, Devon, UK



Sharpham House, Devon, UK