

MIDL 52 Mindfulness Meditation Trainings

Foundation Development Exercises

- 1 / 52: Grounding Your Attention
- 2 / 52: Experiencing Your Whole Body
- 3 / 52: Softening Into Stillness
- 4 / 52: Training 'Softening Into' Breathing
- 5 / 52: Skill of Softening Into

Breathing Development Exercises

- 6 / 52: Experiencing the Natural Breath
- 7 / 52: Experiencing the Whole Breath
- 8 / 52: Developing the Whole Breath
- 9 / 52: Deepening the Whole Breath
- 10 / 52: Expanding the Whole Breath
- 11 / 52: Calming the Whole Breath
- 12 / 52: Arising & Passing of Breath

Perception Development Exercises

- 13 / 52: Experiencing the 4 Elements
- 14 / 52: Perceptual Borders

Attention Training Development Exercises

- 15 / 52: Observing Attention 1
- 16 / 52: Observing Attention 2
- 17 / 52: Training Attention 1
- 18 / 52: Training Attention 2

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Wisdom Development Exercises

19 / 52: Flickering of Attention

20 / 52: Observing Thinking

21 / 52: Observing Thinking Patterns

22 / 52: Observing Present, Past and Future

23 / 52: Deconditioning Emotional Charge

Settling the Five Hindrances

24 / 52: Calming Mental Activity

25 / 52: Expanding Awareness

26 / 52: Using Touch Points

Awareness of Movement Exercises

27 / 52: Standing Meditation

28 / 52: Changing Meditation Postures

Reconditioning Emotional Charge

29 / 52: Loving Kindness - Loved One

30 / 52: Loving Kindness - Difficult Person

31 / 52: Loving Kindness - Pervasive

32 / 52: Forgiveness: Healing the Heart

33 / 52: Daily Gratitude Practice

Meditation in The Shire

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Softening Development Exercises

34 / 52: Softening Door 1

35 / 52: Softening Door 2

36 / 52: Softening Door 3

37 / 52: Softening Door 4

38 / 52: Softening Door 5

Allowing Stillness Development Exercises

39 / 52: Allowing Stillness 15min

40 / 52: Allowing Stillness 20min

41 / 52: Allowing Stillness 30min

42 / 52: Allowing Stillness 40min

43 / 52: Remembering Awareness

Six Sense Doors Wisdom Exercises

44 / 52: Sight: The Six Sense Doors 1

45 / 52: Sound: The Six Sense Doors 2

46 / 52: Smell: The Six Sense Doors 3

47 / 52: Taste: The Six Sense Doors 4

48 / 52: Touch: The Six Sense Doors 5

49 / 52: Mind: The Six Sense Doors 6

50 / 52: Calming Mental Activity 60min

Self Guided MIDL Meditation Training

51 & 52: Self Guided Meditation 30 / 60min