

MIDL Mindfulness Meditation Training

Foundation Exercises

- MIDL 1 / 52: Grounding Your Attention
- MIDL 2 / 52: Experiencing Your Whole Body
- MIDL 3 / 52: Softening Into Stillness
- MIDL 4 / 52: Training 'Softening Into' Breathing
- MIDL 5 / 52: Skill of Softening Into
- Mindfulness Exercise Review: Touch, Scan, Soften

Breathing Development Exercises

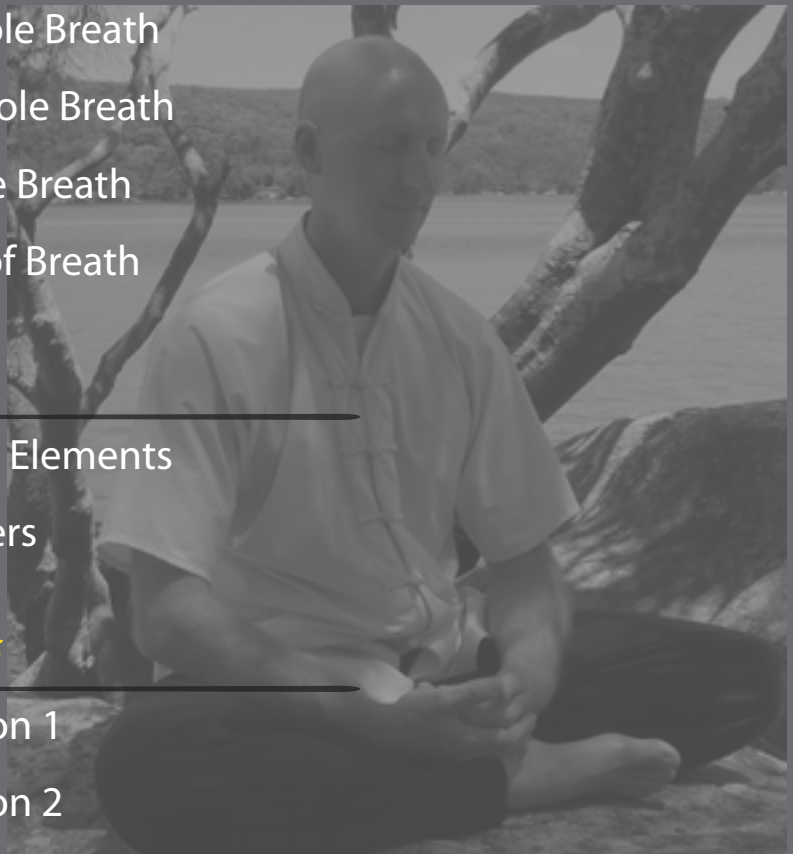
- MIDL 6 / 52: Experiencing the Natural Breath
- MIDL 7 / 52: Experiencing the Whole Breath
- MIDL 8 / 52: Developing the Whole Breath
- MIDL 9 / 52: Deepening the Whole Breath
- MIDL 10 / 52: Expanding the Whole Breath
- MIDL 11 / 52: Calming the Whole Breath
- MIDL 12 / 52: Arising & Passing of Breath

Support Exercises

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

Attention Training Exercises

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



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Wisdom Exercises

- MIDL 19 / 52: Flickering of Attention
- MIDL 20 / 52: Observing Thinking
- MIDL 21 / 52: Observing Thinking Patterns
- MIDL 22 / 52: Observing Present, Past and Future
- MIDL 23 / 52: Deconditioning Emotional Charge

Meditation for the Five Hindrances

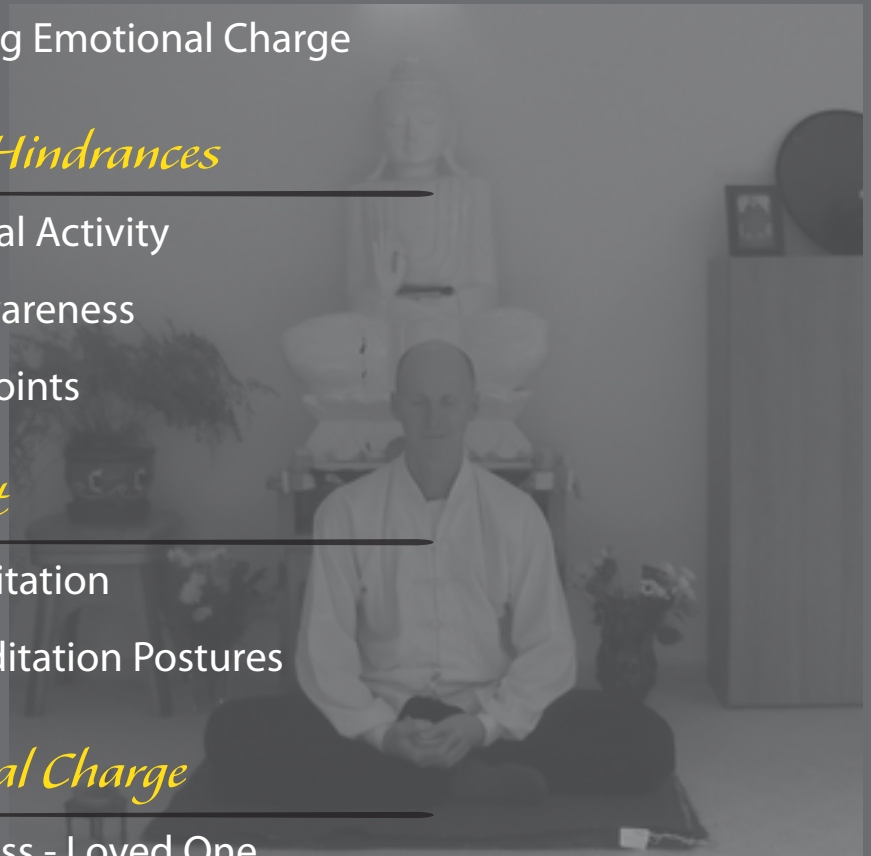
- MIDL 24 / 52: Calming Mental Activity
- MIDL 25 / 52: Expanding Awareness
- MIDL 26 / 52: Using Touch Points

Awareness of Movement

- MIDL 27 / 52: Standing Meditation
- MIDL 28 / 52: Changing Meditation Postures

Reconditioning Emotional Charge

- MIDL 29 / 52: Loving Kindness - Loved One
- MIDL 30 / 52: Loving Kindness - Difficult Person
- MIDL 31 / 52: Loving Kindness - Pervasive
- MIDL 32 / 52: Forgiveness: Healing the Heart
- MIDL 33 / 52: Daily Gratitude Practice



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Softening Exercises

MIDL 34 / 52: Softening Door 1

MIDL 35 / 52: Softening Door 2

MIDL 36 / 52: Softening Door 3

MIDL 37 / 52: Softening Door 4

MIDL 38 / 52: Softening Door 5

Allowing Stillness Exercises

MIDL 39 / 52: Allowing Stillness 15min

MIDL 40 / 52: Allowing Stillness 20min

MIDL 41 / 52: Allowing Stillness 30min

MIDL 42 / 52: Allowing Stillness 40min

MIDL 43 / 52: Remembering Awareness

The Six Sense Doors

MIDL 44 / 52: Sight: The Six Sense Doors 1

MIDL 45 / 52: Sound: The Six Sense Doors 2

MIDL 46 / 52: Smell: The Six Sense Doors 3

MIDL 47 / 52: Taste: The Six Sense Doors 4

MIDL 48 / 52: Touch: The Six Sense Doors 5

MIDL 49 / 52: Mind: The Six Sense Doors 6

MIDL 50 / 52: Calming Mental Activity 60min

Self Guided Meditations

MIDL 51 & 52: Self Guided Meditation 30 / 60min

