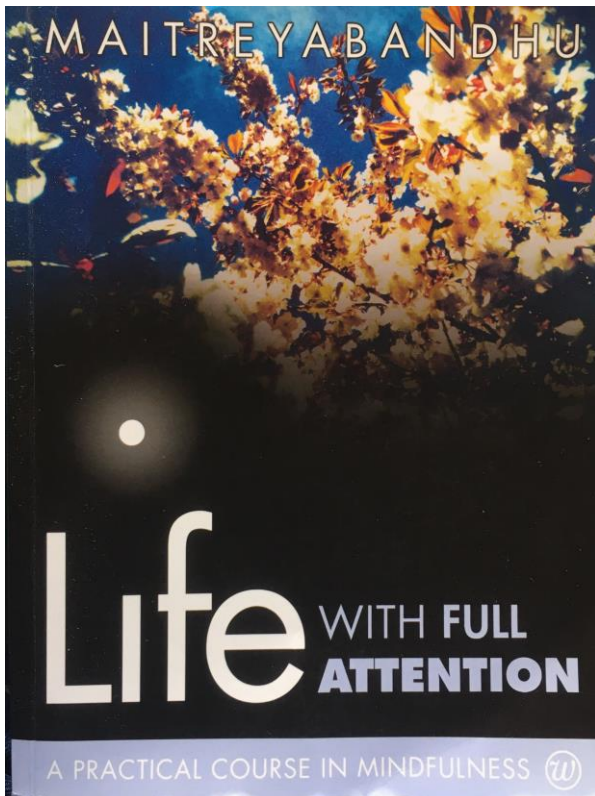


Life With Full Attention

– an 8-week course on Sangha Nights starting 8 September 2020



Weeks before he died of cancer, the playwright Dennis Potter did a remarkable TV interview in which he described looking out of his window at the plum blossom in his garden a few days before:

' ... looking at it through the window as I am writing, I see it as the whitest, frothiest, blossomest blossom that there ever could be'. 'The newness of everything is absolutely wondrous, and if only people could see that – there's no way of telling you, you have to experience, it, but the glory of it....'

He went on: *'The fact is, if you see the present tense, boy do you see it! And boy, can you celebrate it!'*

When we set out on the path of full attention, we are trying to see the 'blossomest blossom' and to live with this present tense vividness. It's not easy in modern life, with so many overwhelming demands and distractions. But if we truly want to enjoy, and be satisfied by, the lovely things that life has to offer, - a walk in the country, a conversation, a nice meal, birdsong or blossom – then we need to be in a state of mind that is receptive enough, clear enough and calm enough to do that: fully enjoy things. Simply surrounding ourselves with pleasurable objects or alternative distractions won't do it. We need to be in a good state of mind.

Using Maitreyabandhu's tried and tested guide, 'Life With Full Attention', and starting on September 8th, we will be offering complete eight week training course in mindfulness and meditation. This has been designed for people who have already established some degree of knowledge of the Dharma and a meditation practice. It has much to offer both relative beginners, right through to experienced practitioners.

We'll start at the beginning with developing day to day mindfulness and then we'll move on to explore mindfulness of the body, sensations and feelings, thought and our inner narratives, the spiritual teachings, the natural environment and art, other people and our relationships and finally, insight into reality!

We'll take it one step at a time; building systematically week on week. There will be homework suggestions and lots of opportunity to share our experiences. It will be beneficial to commit to the whole course, but each evening will also work as a stand-alone.

Maitreyabandhu's book Life with full attention is a highly accessible and enjoyable read, full of lots of helpful suggestions and exercises and based on his wealth of experience as a teacher in the Triratna Buddhist Order. It is published by our Triratna publishing company, Windhorse Publications, and is available from their website www.windhorsepublications.com/ as both a print book and an e-book – do get the book directly from them if you can.

Outline of the Course:

Date	Chapter	Content
8 September	1	Day-to-Day Mindfulness
15 September	2	Body
22 September	3	Feelings
29 September	4	Mind
6 October	-	Special Evening(!)
13 October	5	Bringing the Teachings to Mind
20 October	6	Nature and Art
27 October	7	Other People
3 November	8	Insight