

Operationalising the Buddhist Psychological Model* in Mindfulness Teaching

A practical approach to deepening and holding a mindfulness practice

Secular Mindfulness is firmly rooted in 2500 years of Buddhist meditation and practice. However, one key concept rarely used is that of the Three Characteristics or Marks of Existence. This approach :

- Is compatible with existing secular approaches (especially MBCT)
- Is easy to use in everyday life
- Provides further insights and deepening practice

Allowing and Opening

We emphasise Cultivation in this approach. We practice not just in meditation but also with the everyday experiences of daily life

We practice with **all** experiences, those we might label as unpleasant or negative, as well as positive experiences. We do this by dividing practice into two types: *Allowing* and *Opening*.

Allowing (A) is the accepting - or conversely investigating the rejection - of individual experiences, current or historical

Opening (O) complements Allowing by focusing on the positive aspects of our experience and either cultivates *skilful* qualities, such as kindness, self-compassion, generosity and gratitude, or investigates *unskilful* qualities.

Practical Applications

Everyday life Practicing with ordinary experience

Conventional eight-week course A valuable tool for Inquiry and reinforcing commonality of experience

Graduate courses For consolidating and deepening the learnings from a Course

Lines of Research This model suggests research topics, notably correlating factors and mechanisms of mindfulness

Components of Modes of Mind (Doing vs Being)					
Striving versus accepting	Mental time travel versus remaining in the present moment	Avoidance versus approaching	Depleting versus nourishing activities	Seeing thoughts as solid and real versus treating them as mental events	Analysing versus sensing
Non-striving (A)	Presence (O)	Approaching (A)	Kindness and Gratitude (O)	Non-identification (A)	Agency And Poise (O)
Impermanence		Unsatisfactoriness		Selflessness	
The Six Cultivations and the Three Characteristics (Marks) of Existence					

