



buddha talk

30 MINDFULNESS &  
MEDITATION TOOLS

Pip Ransome

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# 30 MINDFULNESS & MEDITATION TOOLS

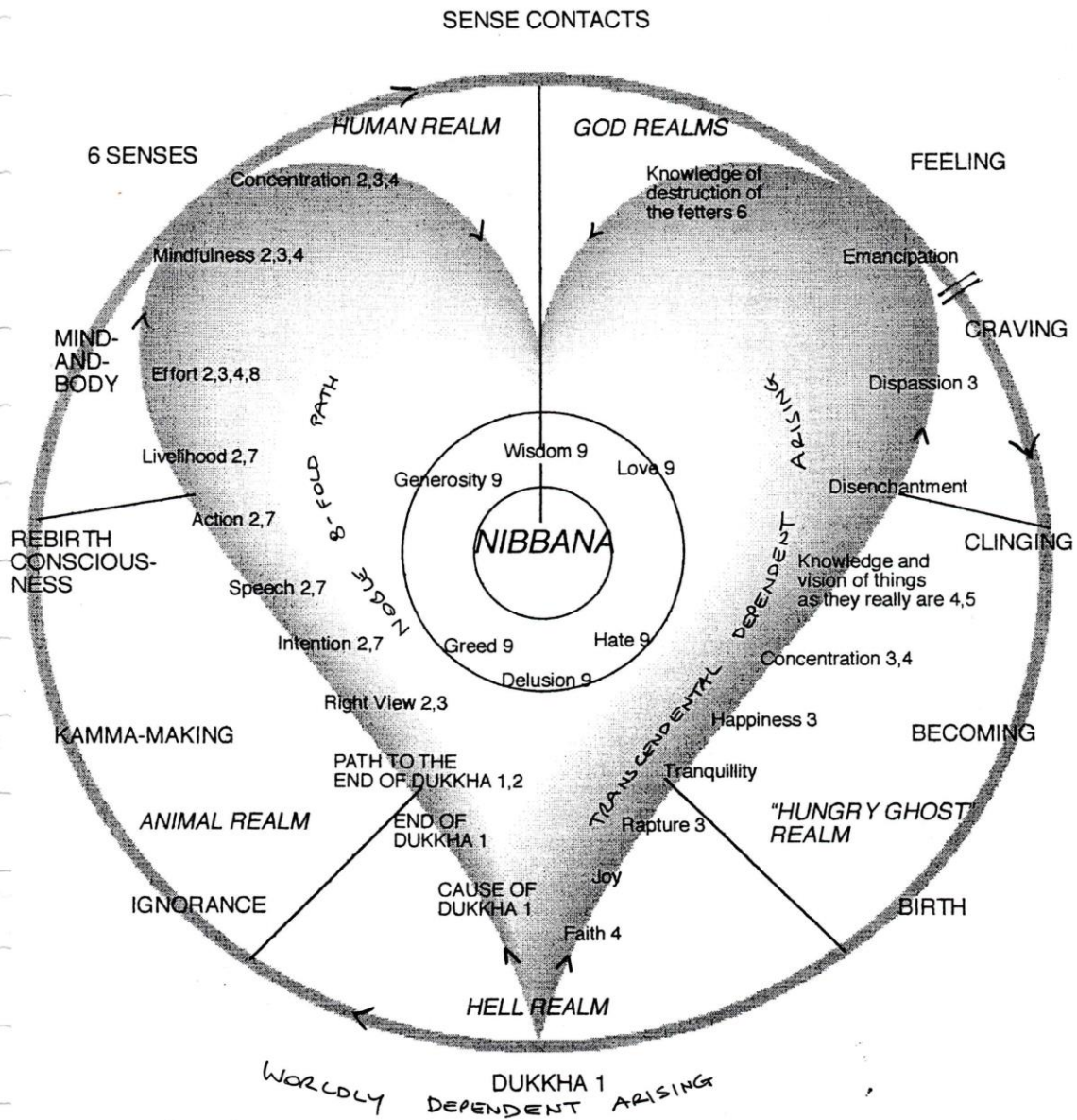
## LEARNER GUIDE

by Pip Ransome BA Dip CD ATMD

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# THE BUDDHA-DHAMMA



- |   |  |   |                                       |
|---|--|---|---------------------------------------|
| 1 | 4 noble truths                           | 6 | All 37 factors of enlightenment shown |
| 2 | Noble 8-fold path                        | 7 | 4 supreme emotions are practised here |
| 3 | 7 factors of enlightenment               | 8 | 4 supreme efforts are included here   |
| 4 | 5 spiritual faculties / powers           | 9 | The 6 roots                           |
| 5 | Re the 3 characteristics of the universe |   |                                       |



# 30 MINDFULNESS & MEDITATION TOOLS

## LEARNER GUIDE

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# 30 MINDFULNESS & MEDITATION TOOLS

## Learner Guide

The purpose of this training is to introduce learners to, or give them a deeper understanding and experience of, a comprehensive set of Mindfulness and Meditation practices found originally in the Buddha's teachings and now becoming popular throughout the world of business, education, health and psychology.

The training encourages you to practise a series of exercises or tools that freshens your understanding of how psychology and physics operate in your life. Practicing them brings more ease, whatever circumstances you are experiencing in your life. Gradually we become more skilled in our practice. Gradually we think, speak and act in ways that work better for us and those around us.

The course consists of 5 areas of training:

Relaxation	reduces physical stress and increases wellbeing
Kindness	reduces mental stress and develops inner peace
Mindfulness	reduces anxiety and depression and increases focus
Meditation	develops inner joy and calmness
Insight	develops wisdom and understanding.

### RELAXATION

A preparation for the other Tools, we discover we can relax the body while standing, sitting and walking as well as lying.

### KINDNESS

How can you focus and meditate if your mind is feeling unkind? The kindness Tools are about our approach to life, values, and communication.

### MINDFULNESS

- Training the mind to be in the present moment, without judgment
- Having the mind full of whatever we're doing, feeling, thinking, saying
- Doing one thing at a time
- Letting go of everything but what we are focusing on.

## MEDITATION

Training the mind to be still. We rest and refresh the mind by focusing on the meditation subject, which is traditionally the breath.

Meditation is a relaxed clear awareness of our meditation subject.

- Relaxing and letting go of everything except the meditation subject
- Applying gentle effort to keep our awareness on the meditation subject.

## THE DIFFERENCE BETWEEN MEDITATION AND MINDFULNESS

Meditation involves withdrawing for a specified time. Mindfulness is practised throughout the day. Meditation is resting the mind wholly in a specific meditation subject. Mindfulness is closely observing whatever we're doing, however we're being, without complicating it by judging it.

## TIPS FOR SUCCESSFUL MINDFULNESS

- Become aware of automatic pilot – our usual default thinking
- Remember to be mindful

## TIPS FOR SUCCESSFUL MEDITATION

- 20 minutes a day, timed
- Ideally at the same time each day
- Create a meditation space at home and / or at work. If this is not possible perhaps use a meditation blanket or wrap, a physical item that lets your body know it's time to meditate
- Sit so your back is straight but not stiff
- Close your eyes
- Bring your focus to the meditation subject and rest it there.

## BENEFITS OF MEDITATION & MINDFULNESS

*'Research shows that practicing mindfulness and meditation increases attention, improves short term memory, regulates emotional impulses, improves planning and increases mental flexibility.'* - Mindful Learning, Dr Craig Hassed & Dr Richard Chambers.

- Find peace and calm in your busy life
- Improved health of mind and body
- Gain life skills to manage stress, anxiety and depression
- Growing insight and understanding of ourselves
- Clean, clear thinking at work
- Increase your efficiency and effectiveness
- Clearer communication in all relationships
- Improve communication and ability to manage conflict
- Regulate your emotions
- More awareness of what is happening around us

- More awareness of how we're using our time, so we can better prioritise
- Clarity, peace, happiness, simply from focusing on one thing at a time
- A feeling of security from having greater control over ourselves and our reactions
- Fostering self control through non-attachment to changing experiences such as thoughts, feeling, sensations
- Encouraging an attitude of openness and acceptance, of being non-judgmental about such changing experiences
- Cultivating equanimity and stillness by being less reactive to moment to moment experiences
- Living in ways that work better for you.

## INSIGHT

Insight provides a key to, and a context for, the whole practice. We are physically relaxed, kind to ourselves and others, focused and calm. With these skills we can delve into meaning and create for ourselves an inner stability that comes only from a deep understanding of our place in the world. Daily challenges don't disturb our balance so much, and it's easier to find it again. This brings a more profoundly calm approach to the day. It is in a sense the culmination of our practice.

## WHAT ARE THE '30 TOOLS' AND WHERE DID THEY COME FROM?

The 30 Tools are drawn from the Buddha's teachings (except the 3 relaxation tools which are based on yoga). Pip Ransome has selected these 30 Tools to provide effective support in any life situation. A mindfulness and meditation teacher for 30 years, Pip was trained and authorised to teach by highly-respected Buddhist nun, teacher and writer venerable Ayya Khema, and is the founder of Coming Home Meditation.

The Tools are not religious. They are simple and effective ways to simplify, focus and enrich your life. They are 'life skills' you can draw on whenever you need to. They are sensible, down-to-earth, practical Things To Do as you move through life, to live each day more happily, fully and well.

## 30 TOOLS AND THEIR PURPOSE

TOOL	PURPOSE
RELAXATION	
1 Sitting Relaxation	Let go of tension and held emotion while sitting
2 Standing relaxation	Let go of tension and held emotion while standing
3 Walking relaxation	Let go of tension and held emotion while walking
KINDNESS	
4 Wholesomeness & unwholesomeness	Train the mind/heart to discern between thoughts, speech and actions that are helpful / useful or unhelpful / not useful for self and others. What works well in your life?
5 5 basic values	Provide a trusted framework for living a wholesome life. Enable things to work well in your life
6 6 behavioural roots	Train the mind/heart to recognize the 6 basic roots of our thoughts, speech and actions
7 4 supreme emotions	Train the mind/heart to practice the basic 4 helpful emotions
8 4 supreme efforts	Train the mind/heart to persevere
9 Substituting thoughts	Train the mind/heart to substitute wholesome for unwholesome thoughts
10 Evaluating behaviour	Develop away from unwholesome thoughts, speech, action
11 Loving-kindness meditation	Train the heart centre to expand to embrace self and others; encourage acceptance and understanding rather than judging self and others
MINDFULNESS	
12 Mindfulness of sound	Bring the attention into the present experience instead of automatic pilot. <u>Notice</u> the sense of hearing operating
13 Mindfulness of eating	Bring the attention into the present experience instead of automatic pilot while eating. Notice <u>how</u> the sense of taste operates
14 Clear awareness	Bring the attention into the present experience instead of automatic pilot in every daily activity. Notice how the mind directs the body
15 Mindfulness of bodily sensations	Bring the attention into the present experience instead of automatic pilot. Notice how the sense of touch operates throughout your body. Notice the arising and ceasing of bodily sensations

16 Mindfulness of feeling	Understand and experience step 1 of how the mind operates – feeling – and begin to train ourselves to respond rather than react to feeling
17 Mindfulness of perception	Understand and experience perception – step 2 of how the mind operates. Train ourselves to notice perception operating, and begin to link it to the conditioning we've received
18 Mindfulness of thoughts	Understand and experience step 3 of how the mind operates. Train ourselves to notice the arising and ceasing of thoughts so adjustment is possible if helpful / useful / wholesome
19 Mindfulness of mind-states	Understand and experience overall states of mind, enabling a change in mind-state if helpful / useful / wholesome
MEDITATION	
20a Calm meditation 1 – subject and labeling 20b Calm meditation 2 – meditation supports 20c Calm meditation 3 – 5 hindrances	Train the mind to be still; rest and refresh it
21 Walking meditation	Train the mind to be still; rest and refresh it
22 Sweeping meditation	Train the mind to focus and let go. Understand and experience body more deeply
23 18-step meditation	Change and soothe body, feelings and mind-state; acknowledge impermanence; train the mind to be flexible; let go specifically or in general
24 The meditative absorptions	Deepen the stillness experienced through the first steps of Calm meditation. Invite the mind, through experiencing bliss, joy and tranquillity, to move beyond current cloudy thinking
INSIGHT	
25 3 characteristics of the universe	Provide a framework for training the mind to see things as they are: ever-changing, not always going our way, and awesomely interconnected
26 Investigation and contemplation	Look deeply into mind, body and the environment, then compare our own experience against the 3 characteristics of the universe with the aim of seeing things as they are
27 4 elements	Understand the components of matter more clearly
28 6 sense bases	Understand and experience our senses more clearly; investigate thinking as a sense
29 5 aggregates	See ourselves in a different way, as more similar to other living beings
30 Letting go	Train the senses not to cling

## 4 NOBLE TRUTHS, 8-FOLD PATH, 30 TOOLS

### THE 4 NOBLE TRUTHS

- 1 The truth of suffering
- 2 The truth of the cause of suffering
- 3 The truth of the end of suffering
- 4 The truth of the Path to the end of suffering – the Noble 8-fold Path:

#### Path of wholesome living

- 3 Right speech
- 4 Right action
- 5 Right livelihood

#### Path of calm

- 6 Right effort
- 7 Right mindfulness
- 8 Right concentration

#### Path of insight / wisdom

- 1 Right view
- 2 Right intent

### THE NOBLE 8-FOLD PATH (Tools 4-30)

#### Path of wholesome living

- 4 Wholesomeness & unwholesomeness
- 5 5 precepts
- 6 6 roots
- 7 4 supreme emotions
- 8 4 supreme efforts
- 9 Substituting thoughts
- 10 Evaluating
- 11 Loving-kindness meditation

#### Path of calm

- 12 Mindfulness of sound
- 13 Mindfulness of eating
- 14 Clear awareness
- 15 Mindfulness of body
- 16 Mindfulness of feeling
- 17 Mindfulness of perception
- 18 Mindfulness of thoughts
- 19 Mindfulness of mind-states
- 20a-20c Calm meditation
- 21 Walking meditation
- 22 Sweeping meditation
- 23 18-step meditation
- 24 The meditative absorptions

#### Path of insight / wisdom

- 25 The 3 characteristics of the universe
- 26 Investigation
- 27 Contemplation
- 28 The 5 aggregates
- 29 The 6 sense bases
- 30 Letting go

# THE 30 TOOLS – Purpose, Method, Keys

## RELAXATION

### TOOL 1 – SITTING RELAXATION

#### PURPOSE

Let go of tension and held emotion while sitting

#### METHOD

Scan through the body from tongue to hands, while sitting, consciously relaxing each part

Bring your awareness to your body ... Sit comfortably ... Begin with the tongue. Allow the tongue to lie, loose and soft, on the bottom of the mouth ... Tongue, relax ... Bring your awareness to the lips now; the most relaxed position for the lips to be in is a slight smile. Smile, and ... lips, relax ... Take that little smile up to the cheeks now ... cheeks, relax ...

Continue like this through eyes, forehead, scalp, neck, jaw, whole head and neck; top of the spine, working your way down the spine, buttocks, hips, up to the top of the front of the body, chest, tummy, abdomen, whole torso; both legs, starting with the thighs, knees, lower legs, ankles, feet, toes, whole of both legs; back up to the shoulders, upper arms, elbows, lower arms, wrists, hands, fingers, whole of both arms; then say gently 'whole body, relax' 3 times then ...

Bring your awareness to the breathing now. On the next in-breath, breathe in life energy from around you, and on the out breath, send it around the body ... move your fingers and toes, gently stretch, and when you're ready, open your eyes.

#### KEYS FOR PARTICIPANTS

- Relax into the chair
- Flow your focus down through the body, relaxing each part
- Breathe in life energy to finish

#### NOTES

- Relaxation prepares us for meditation.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 2 – STANDING RELAXATION

PURPOSE            Let go of tension and held emotion while standing

METHOD            Scan through the body from feet to hands while standing, relaxing each part

As per the sitting relaxation but starting at the feet and working your way up the body, consciously relaxing each part

KEYS                    • Ground the body evenly on both feet  
                              • Flow your focus up through the body, relaxing each part  
Breathe in life energy to finish.

NOTES



## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 3 – WALKING RELAXATION

PURPOSE            Let go of tension and held emotion while walking

METHOD            Scan through the body from feet to hands while walking, consciously relaxing each part

As per the standing relaxation: starting at the feet and working your way up the body, consciously relaxing each part.

KEYS                    • Ground the body evenly on both feet  
                              • Flow your focus up through the body, relaxing each part  
                              • Breathe in life energy to finish

NOTES                    • Begin walking at a fairly slow pace then build up to a regular walking pace.

# THE PATH OF WHOLESOME LIVING

# THE 30 TOOLS – Purpose, Method, Keys

## WHOLESOME LIVING

### TOOL 4 – WHOLESOMENESS & UNWHOLESOMENESS

PURPOSE	Train the mind/heart to discern between thoughts, speech and actions that are helpful / useful or unhelpful / not useful for self and others. What works well in your life?
METHOD	<p>Check constantly</p> <p>Try thinking of your thinking, speaking and acting options in each moment as being 'wholesome' or 'unwholesome'. 'Wholesome' thinking, speaking or acting tends to make things work well for you and the people around you; 'unwholesome' thinking, speaking or acting tends to make things not work so well for you and the people around you. It's similar to the food we eat: wholesome food makes the body operate well, unwholesome food not so well.</p>
KEYS	<ul style="list-style-type: none"><li>• Wholesome = helpful, useful, what works</li><li>• Unwholesome = unhelpful, not useful, what doesn't work</li></ul>
NOTES	<ul style="list-style-type: none"><li>• This is a different way of operating from judging thoughts, speech and action as 'good' and 'bad'. It replaces blame and guilt with wholesomeness and skill</li><li>• Can you remember a time when you had a wholesome or unwholesome thought? What did you do with it? What happened after you had that thought? Did you act on it?</li><li>• We're conditioned, we've been taught from an early age, to judge what we think, say and do - and therefore ourselves - as 'good' or 'bad'. This is unhelpful, not useful</li><li>• This is not about suppression, it's about choice. Ask yourself, do I want to substitute the thought? is this thought a pattern? can I simply let it go? do I want to investigate it or learn from it?</li><li>• Checking like this helps to stop us ruminating on the thought, and enables us to think 'I've dealt with it, now I can move on'</li></ul>

- The Buddha said anger is like a hot stone. You decide to pick it up to throw it, so it burns you first; and the person you direct it at may know how to duck and avoid it. Practice compassion instead - understand the other person is suffering in some way, just as you do sometimes
- Try replacing the unhelpful emotions associated with judging, with the objective, calm approach of noticing, which takes the heat out of things.

## **'SPEAK TRUTH'**

'Speak truth, be trustworthy and reliable...do not repeat elsewhere what is heard, reunite those who are divided... promote friendships, speak words that promote concord... speak gentle words, words as go to the heart, courteous words, desired by many and agreeable to many... speak at the right time what is fact, on what is good ... reasonable, moderate and beneficial.'

- the Buddha

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 5 – 5 BASIC VALUES

PURPOSE	Provide a trusted framework for living a wholesome life. Enable things to work well in your life
METHOD	Remember the precepts / guidelines; monitor and guide your thoughts, speech and actions accordingly  We undertake the training to refrain from <ul style="list-style-type: none"><li>• harming living beings</li><li>• taking what is not given</li><li>• untrue or harsh speech</li><li>• sexual misconduct</li><li>• intoxicating drink or other substances.</li></ul> These 5 can be expressed as undertaking the training to <ul style="list-style-type: none"><li>• be gentle and kind, compassionate towards all living beings</li><li>• be generous</li><li>• be truthful and helpful in our speech</li><li>• support and encourage our partner and friends; and</li><li>• feed body and mind to optimize our health.</li></ul>
KEYS	<ul style="list-style-type: none"><li>• We're training ourselves to live by these values</li><li>• It's not about being 'good' or 'bad'. It's about practicing, discovering what works and gaining skills</li><li>• Being aware of what's important to us and living by that reduces confusion and static and simplifies daily decisions.</li></ul>
NOTES	<ul style="list-style-type: none"><li>• These values help us to live with the comfort and ease of integrity: the life we lead is integrated.</li></ul>

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 6 – 6 ROOTS OF BEHAVIOUR

PURPOSE Train the mind/heart to recognize the 6 basic roots of behavior

METHOD Check constantly

The 6 basic roots are traditionally summarised as

- greed,
- hate
- delusion; and their opposites
- non-greed
- non-hate
- non-delusion

These headings incorporate everything down to even the smallest desires, irritations and cloudy thinking; and the smallest generousities, loving-kindnesses and insights.

An alternative way to express these 6 roots is

- wanting
- not-wanting
- lost-in-self
- generosity
- loving-kindness (unconditional love)
- free-of-self.

KEYS

- How does experiencing each root make us feel?
- Is it worthwhile making an effort to change from the 3 unwholesome roots to the 3 wholesome ones in our thinking, speaking and acting?

NOTES

- Becoming aware is the first stage of changing.

## **THE ONLY MENTAL STATES WORTH HAVING**

The Buddha spoke about 4 divine abodes, which are the only mental states worth having.

All others can be usefully discarded or replaced with one of the four'.

- Venerable Ayya Khema



## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 7 – 4 DIVINE ABODES

**PURPOSE** Train the mind/heart to practice the basic 4 helpful mind-states

**METHOD** Mindfully check constantly which of the 12 options below you're expressing in thinking, speaking and acting.

There are some states of mind that, if practiced, tend to make things work better. They tend to generate 'wholesomeness' rather than 'unwholesomeness' in our lives. The 4 key wholesome mind states, with their opposites ('far enemy') and states we can confuse with them ('near enemy'), are –

WHOLESOME MIND-STATE	'FAR ENEMY'	'NEAR ENEMY'
Unconditional love	Hate	'Attachment love'
Compassion	Cruelty	Pity
Joy-with-others	Envy	Hypocrisy
Equanimity / even-mindedness	Anxiety	Indifference

Another wholesome mind-state is gratitude, a helpful starter – we can always find things in our lives to be grateful for.

**KEYS** Wholesome mind-states lead to wholesome thought, action and speech

We can practice loving-kindness meditation using each of the 4 divine abodes

**NOTES**

- Attachment love - love with conditions
- Pity is condescending and disempowering
- Hypocrisy - saying things you don't mean
- Indifference - self-protection, fearful, not connecting.

# THE 30 TOOLS – Purpose, Method, Keys

## TOOL 8 – 4 SUPREME EFFORTS

PURPOSE Train the mind/heart to persevere

METHOD Prevent the arising or continuing of unwholesome thoughts; stimulate and develop wholesome thoughts

Now you know what is in your mind, and the helpful mind-states, how do you bring them about? You can choose to decide –

1. not to allow an unwholesome thought or feeling to arise
2. not to allow an unwholesome thought or feeling to continue if it has already arisen
3. to make a wholesome thought or feeling arise; and
4. to make a wholesome thought or feeling continue if it has already arisen.

This is your choice. It puts you in charge of your life.

KEYS

- Use mindfulness to observe your thoughts
- Start with 2. and 4. below

NOTES

- Practising this is empowering: it discourages any tendency toward feeling a victim
- It will happen for us naturally as we practice mindfulness of thoughts, compassion and unconditional love
- This is not suppression. It is about choice, we have the ability to choose through the use of these tools, we can decide mindfully what we're going to do.
- We adapt our thoughts because we know wholesome thoughts make things work better
- We can love the unwholesome thought, it can be a learning for us, love is like putting water on a fire
- The thought you struggle with the most often teaches us the greatest lessons.

# THE 30 TOOLS – Purpose, Method, Keys

## TOOL 9 – 5 WAYS OF SUBSTITUTING THOUGHTS

**PURPOSE** Train the mind/heart to substitute wholesome for unwholesome thoughts

**METHOD** Simply substitute; encourage; avoid; take small steps; do whatever it takes

How can you change unhelpful thoughts to helpful ones? By swapping thoughts in one of 5 ways. You can –

- Simply remove the unhelpful thought and replace it with a helpful one. Eg say to yourself 'Don't think that!' and bring the attention to the current posture or movement – opening the door, lifting the cup...
- Recognise you can do better, which can give you energy to change from an unhappy-making thought. Identify strengths and recall successful actions which have been helpful in similar circumstances. Empower yourself!
- Avoid the thought by shifting the focus of your attention - put your attention on something helpful, joyful, productive. Focus on the present moment. Eg "I'm not going to give that thought any more energy! May I be well and happy!"
- If you can't change the thought in one step, you can move in stages from unhappy-making to neutral to happy-making thinking
- If necessary, do whatever it takes to move the thought on - anything is better than unhappy-making thoughts. "I will do this!"

**KEYS**

- Build a stock of wholesome thoughts eg. gratitude
- Persevere with substituting habitual unhelpful thoughts

**NOTES**

- If necessary use Tool 10 – 'Recognition, no blame, change'
- Can use visualization, eg. make a hurt into a stone and throw it away.

# THE 30 TOOLS – Purpose, Method, Keys

## TOOL 10 – 2 WAYS OF EVALUATING BEHAVIOUR

PURPOSE Learn from unwholesome thoughts, speech, action and improve next time

METHOD

1. Recognition, no blame, change
2. Check purpose / intent and means

When we forget to think, speak or act in ways that make us feel at ease, we can remind ourselves to 'Recognise – Not blame – Change'. Give yourself a pat on the back for recognising!

Then we can check...

Was my purpose/intent wholesome?

Were my means – how I thought, spoke and acted - skilful?

Either way, we know we can practice, check our intent, become more skilful, and change for next time.

KEYS

- Use Method 1. as often as necessary
- Separate intent and means

NOTES

- This is a good tool if you get stuck in self-criticism. Think to yourself 'next time I will do things differently'. For example, 'I won't approach that when I'm tired'.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 11 – LOVING-KINDNESS MEDITATION

**PURPOSE** Train the heart centre to expand to embrace self and others; encourage acceptance and understanding rather than judging self and others

**METHOD** Bring the attention to the heart centre, allow it to fill and expand with unconditional love (loving-kindness), and share it with all living beings

Sit attentively. Be relaxed and alert, with your spine held easily upright. In order to start, bring your awareness to the breath for a few moments.

Select a symbol, image, metaphor for loving-kindness, or simply imagine a time when you felt real loving-kindness or unconditional love, recently or in the past ... It might have been for a child, an animal friend or a place ... Allow that feeling to arise in your heart centre again ... Feel it growing as you continue to focus on it...

Now allow that beautiful feeling / that orange-pink glow of unconditional love to fill the whole of your body, nurturing and encouraging and warming every cell...

Now, allow the feeling of unconditional love to reach out to your nearest and dearest people, sharing that beautiful warmth and support with each one in turn...

Now, think of your parents, whether they are still alive or not, be thankful for the gift of life that they gave you ... allow the feeling ... etc

Now, think of your friends ... your acquaintances ... allow the feeling ... etc

Now, think of someone you've found it difficult to communicate with, recently or in the past. Allow that feeling ... etc

Notice how the feeling of unconditional love grows stronger every time you share it. Now, send it to all the people nearby ... in the whole city ... the whole country ... and all around the world, to everyone, everywhere, no matter what their appearance or their situation ... Send that beautiful, warm feeling to all beings everywhere ... to Mother Earth ... the sun, moon and stars in their constellations ... and the whole universe...Now gently return your focus to your body, and once more sit, filled with that beautiful glow. Give yourself unconditional love...

Now, take the essence of that unconditional love and plant it into the heart centre in the middle of the chest. Gently close the heart centre over it, so you know it's there whenever you want to draw on it to give unconditional love to yourself, or to others...

...and when you're ready, gently move fingers and toes, and open your eyes.

#### KEYS

- Start with those it's easy to give unconditional love to
- Give yourself unconditional love (loving-kindness)

#### NOTES

- Practicing this just before sleeping brings a sweet sleep.

# THE PATH OF CALM

# THE 30 TOOLS – Purpose, Method, Keys

## MINDFULNESS

### TOOL 12 – MINDFULNESS OF SOUND

**PURPOSE** Bring the attention into the present experience instead of automatic pilot. Notice the sense of hearing operating

**METHOD** Notice whatever sounds are arising and ceasing in the environment, without judging or wanting them to be different

Sit, stand, walk or lie attentively. Bring your awareness to whatever you hear, outside the body, and inside the body. Simply notice each sound arising and ceasing, without judgment or commentary. Ask yourself 'What sound is happening now?' Practice this for 5 minutes.

If you find your mind is wandering, you may wish to label the sound, then move to the next sound.

Now, take a deep breath and when you're ready, open your eyes.

**KEYS**

- Recognise automatic pilot
- Notice how simple and pleasant it is to be aware of sound

**NOTES**

- Mindfulness is about being in the here and now. Not thinking about the future or the past, but being in the present moment. It's doing the dishes while doing the dishes, brushing your teeth while brushing your teeth
- Mindfulness of sound is a technique you can use anytime you want to take your mind off autopilot, eg if you're feeling stressed about something that's happened in the past or is happening in the future. You can use this mindfulness of sound technique to help bring your full awareness into the present moment.



## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 13 – MINDFULNESS OF EATING

**PURPOSE** Bring the attention into the present experience instead of automatic pilot while eating. Notice how the sense of taste operates

**METHOD** Notice the colour, texture, smell, flavour, feeling of the food in the mouth, without judging or wanting them to be different. Focus on what's happening now

Take a small piece of food and say to yourself 'I'm going to be mindful of food.' Sit, stand, or walk attentively. Bring your awareness to the food. Notice how it feels. How heavy is it? Notice what it looks like ... Sounds like ... Smells like ... Now carefully put it on your tongue ... Ask yourself 'What is happening now?' ... Simply notice whatever is arising and ceasing, without judgment or commentary. Practice this for 5 minutes.

Now, take a deep breath and when you're ready, open your eyes.

**KEYS**

- After you're introduced to this Tool it doesn't take long
- Be mindful every time you eat or drink

**NOTES**

- Can you remember a time when you sat on the sofa with a bag of chips, and all of a sudden it's empty – where did they go?
- Mindfulness is about noticing, being aware.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 14 – CLEAR AWARENESS

**PURPOSE** Bring the attention into the present experience instead of automatic pilot in every daily activity. Notice how the mind directs the body

**METHOD** Notice whatever is arising and ceasing, without judging or wanting it to be different

This form of mindfulness takes the practice into everything we do, and it will greatly increase your skill in mindfulness if you practice it whenever you can remember, whatever you're doing; looking forward or back, bending or stretching, carrying things, walking, standing, sitting, lying, speaking or staying silent.

Right now, practice some of the activities with mindfulness. Start by sitting attentively. Bring your awareness to the weight of your body on the chair, your feet on the floor, ... now gently and quietly, stand up. What happens as you stand? Now, just where you are, bend forward a little...and to the side, carefully...and the other side. Stretch your arms above your head, noticing how it feels. Now gently sit down in your seat again. Notice if you feel like saying something, but stay silent...

Now, just take a deep breath.

**KEYS**

- Use this all the time!
- Simply increase your awareness of the present

**NOTES**

- This is a simple practice that can have profound effects.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 15 – MINDFULNESS OF BODILY SENSATIONS

**PURPOSE** Bring the attention into the present experience instead of automatic pilot. Notice how the sense of touch operates throughout your body. Notice the arising and ceasing of bodily sensations

**METHOD** Notice whatever sensations are in the body, without judging or wanting them to be different

Sit, stand, walk or lie attentively. Bring your awareness to whatever is happening in the body. Simply notice each sensation arising and ceasing, without judgment or commentary. Ask yourself 'What sensation is happening now?' Practice this for 5 minutes.

Now, take a deep breath and when you're ready, open your eyes.

**KEYS**

- Appreciate and support your body
- Practice investigating unpleasant sensations instead of judging them as 'bad – I don't want this'
- Accepting and allow unpleasant sensations just as you do pleasant sensations

**NOTES**

- We're training the mind not to be pushed around by circumstances
- What is the relationship between our body and our senses? Is there anything else in the body apart from senses or sensing?
- What happens after one of our sense organs makes contact with a 'sense object'?

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 16 – MINDFULNESS OF FEELING

**PURPOSE** Understand and experience step 1 of how the mind operates – feeling – and begin to train ourselves to respond rather than react to feeling

**METHOD** Bring the attention to the pleasant or unpleasant nature of physical and mental feelings, without judging or clinging

Sit, stand, walk or lie attentively. Bring your awareness to whatever you feel, physical feelings and emotions (mental feelings). Simply notice each feeling arising and ceasing, without judgment or commentary. Ask yourself 'What feeling is happening now?' Practice this for 5 minutes.

In the middle of the time start noticing if the feelings are pleasant, unpleasant or neutral. Simply notice, without judgment.

Now, take a deep breath and when you're ready, open your eyes.

**KEYS**

- Bring what can seem to be a complicated mass of feelings under 3 simple headings: pleasant, unpleasant, neutral
- Keep it simple!

**NOTES**

- We feel like we have so many emotions! Remembering these three categories can help us avoid feeling overloaded by emotion
- Difference between judging and noticing: judging involves 'good' and 'bad' and may have blame and guilt associated with it. These are unhelpful emotions that don't work for us. noticing is labeling without judgement; it is objective, so it takes the heat out of things.
- Say to yourself, this feeling is pleasant and that's ok. This feeling is unpleasant and that's ok. This feeling is neutral and that's ok.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 17 – MINDFULNESS OF PERCEPTION

**PURPOSE** Understand and experience perception – step 2 of how the mind operates. Train ourselves to notice perception working, and begin to link it to the conditioning we've received

**METHOD** Bring the attention to the names or labels one gives to sense objects, without judging or clinging

Sit, stand, walk or lie attentively. Gently close the eyes. Become aware of a sense contact, eg part of a bird-song. First, without clinging, notice the feeling caused by the sense contact – pleasant, unpleasant or neutral. Second, notice the mind naming the sense contact – bird-song. Practice this for 5 minutes, selecting different specific sense contacts. When you're ready, open your eyes

**KEYS**

- Notice the constant stream of perceptions
- Consider where the labels come from
- Consider: What is conditioning?

**NOTES**

- A sense object is anything any of our senses contact
- Try seeing the mind as an extra sense, so you have 6 senses operating: seeing, hearing, tasting, touching, smelling and thinking
- Our whole interaction with our world is via the 6 sense organs making sense contact with sense objects.

SENSE ORGAN	SENSE CONTACT	SENSE OBJECT	PERCEPTION/LABEL EXAMPLE
Eye	Sees	Sight-objects	Picture
Ear	Hears	Sounds	Barking
Tongue	Tastes	Tastes	Sultana
Skin, external/ internal	Touches	Tangibles	Clothing
Nose	Smells	Smells	Flower
Brain	Thinks	Thoughts/ mental formations	"All this makes sense"

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 18 – MINDFULNESS OF THOUGHTS

**PURPOSE** Understand and experience step 3 of how the mind operates. Train ourselves to notice the arising and ceasing of thoughts so adjustment is possible.

**METHOD** Bring the attention to the current thoughts and their movement, without judging or clinging

Sit, stand, walk or lie attentively. Bring your awareness to whatever thoughts are in your mind. Simply notice each thought arising and ceasing, without judgment or commentary. Ask yourself 'What thought is happening now?' Observe and let go without following it. Practice this for 5 minutes.

Now, take a deep breath and when you're ready, open your eyes.

**KEYS**

- If we aren't aware of our thoughts how can we make a decision to change them?
- The sequence so far of how the body and mind operate together is: sense contact → feeling → perception → thoughts/mental formations

**NOTES**

- 'With our thoughts we create the world' says the Buddha. In your experience, is this so? If it is, mindfulness of our thoughts must be the basis of all our practice.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 19 – MINDFULNESS OF MIND-STATES

**PURPOSE**            Understand and experience overall states of mind, enabling a change in mind-state if helpful / useful / wholesome

**METHOD**        Bring the attention to the mind-states (wanting, not-wanting, lost-in-self, dull, restless, and in jhana or not)

Sit, stand, walk or lie attentively, bring your awareness to whatever mind-state or mood you feel. Simply notice each mind-state arising and ceasing, without judgment or commentary. Ask yourself 'What mind-state is happening now?' Practice this for 5 minutes.

Now, bring your awareness to the breath, and when you're ready, open your eyes.

**KEYS**                    • Know the mind-state 'weather'  
                                  • Monitor thoughts, speech and actions accordingly

**NOTES**                    • Gives us the possibility of recognizing and substituting  
                                  • Get to know your mind-states - see how often each one comes up  
                                  • The mind only does one thing at a time, being mindful brings calm and peace.

MIND-STATES	
Greedy	or free from greed
Hating	or free from hate
Deluded	or undeluded
Contracted, dull, slothful	Distracted, anxious, restless
In jhana (meditative absorption)	or not

## **NOTES ON SITTING**

'The first thing to do is to stop whatever else you  
are doing.

Now sit down somewhere comfortable

Anywhere is fine.

Notice your breathing.

As you breathe in,

be aware that you are breathing in.

As you breathe out,

notice that you are breathing out.

- Thich Nhat Hanh



# THE 30 TOOLS – Purpose, Method, Keys

## MEDITATION

### TOOL 20a – CALM MEDITATION 1

PURPOSE            Train the mind to be still; rest and refresh it

METHOD            Sit relaxed, alert, still; bring the attention to the in- and out-breath; gently and with intention maintain it there

When meditating, first set your timer. Then sit attentively. Be relaxed and alert, with your spine held easily upright, away from the back of the chair. Bring your awareness to the breath, at the nostrils, throat or solar plexus area. Allow the breath to flow naturally. If you notice sounds, thoughts or feelings, simply label them to yourself 'sound' 'thinking' 'unpleasant feeling' and bring your awareness back to the breath. Practice this for a timed 10-20 minutes each day.

When the timer sounds, take a deep breath, move your fingers and toes, and when you're ready, open your eyes.

KEYS                    • Timer and posture  
                              • Meditation subject  
                              • Labelling

NOTES                    • Whenever you're not practicing meditation or mindfulness, your mind is in autopilot, or 'monkey mind' mode  
                              • The mind does one thing at a time. We're training it to be where we want it to be, by gently bringing it back to the meditation subject  
                              • We're building new and helpful neural pathways, like building strong and flexible muscles in the body.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 20b – CALM MEDITATION 2

PURPOSE Train the mind to be still; rest and refresh it

METHOD Sit relaxed, alert, still; bring the attention to the breath; gently and with intention maintain it there

Sit attentively, relaxed and alert, spine easily upright. Bring your awareness to your meditation subject, the breath at your chosen spot. Label sounds, thoughts or feelings as necessary.

Now, use one of 4 support methods as necessary –

- Count 1 in and 1 out up to 10, then start again OR
- Repeat 2 syllables, eg brea- in, -thing out OR
- Visualise each in and out breath OR
- Follow each breath all the way in and out.

Practice this for a timed 10-20 minutes each day.

When the timer sounds, take a deep breath, move your fingers and toes, and when you're ready, open your eyes.

KEYS

- Timer and posture
- Meditation subject
- Labelling as necessary
- Support methods as necessary

NOTES

- Choose the support method that helps you the most and keep using it
- Use both labeling and a support method only when necessary to support your focus on the breath.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 20c – CALM MEDITATION 3

**PURPOSE**            Train the mind to be still; rest and refresh it

**METHOD**        Sit relaxed, alert, still; bring the attention to the breath; gently and with intention maintain it there.

Sit attentively, relaxed and alert, spine easily upright. Bring your awareness to your meditation subject, the breath at your chosen spot. Label sounds, thoughts or feelings and use your chosen support method as necessary.

Observe which hindrances occur and use their antidotes -

HINDRANCE	ANTIDOTE
Greed [wanting something]	One-pointed concentration (focusing only on the meditation subject)
Hate [not wanting something]	Loving-kindness, compassion
'Sloth and torpor' [laziness and drowsiness]	Initial concentration (bring a sharp new focus to the meditation subject)
Restlessness in mind / body	Joy-with-others, equanimity [even-mindedness]
Sceptical doubt	Perseverance

Practice this for 10-20 minutes each day.

**KEYS**                Timer and posture

- Meditation subject
- Labelling as necessary
- Support methods as necessary
- The 5 hindrances. Use their antidotes as necessary

**NOTES**             • We usually have one main hindrance

- These hindrances can also be observed in daily life, and the relevant antidotes applied.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 21 – WALKING MEDITATION

PURPOSE Train the mind to be still; rest and refresh it

METHOD Select a 20-pace walking 'path'; walk slowly to and fro, noticing the lifting, forward movement and placing of each foot

Stand at the beginning of your walking path. Bring your awareness to the feeling of the movement of the feet as you walk. This is your meditation subject. Notice the lifting, forward movement and placing of each foot. Finish with one foot before you lift the other, allowing each pace to shorten naturally. Look at the ground about a metre in front of you. Practice this for a timed 10-20 minutes.

Now, stop moving and when you're ready gently come back to your chair.

KEYS

- Although the meditation subject is different, this can have the same effect as 'Calm meditation'
- Deciding on a walking path before you begin is important

NOTES

- You can also do a 6-point walk, focusing on heel up, toe up, forward, forward, heel down, toe down
- This is a helpful meditation to practice if you're feeling tired or dull.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 22 – SWEEPING MEDITATION

**PURPOSE** Train the mind to focus and let go. Understand and experience body more deeply

**METHOD** While sitting, scan through the body from above the central hairline to the hands, focusing on and letting go of each area

Sit relaxed and alert, with your spine held easily upright.

Bring your awareness to a spot the size of a large coin at the middle of your hairline above your forehead. Focus there. What can you feel? Is it warm, cool ... pulsing ... tingling ... hard or soft? Is there movement...on or under the skin...let go and focus on a spot behind that. What can you feel?

Continue like this over the head and neck, using larger areas to shorten the time if necessary. Go to the back, then the front of the body, the legs, and the arms.

Now, bring your awareness to the breath. Gently move fingers and toes, and when you're ready, open your eyes.

**KEYS**

- Focus
- Let go

**NOTES**

- The letting go and focusing is important in this meditation
- This is a good meditation to practice if you're feeling tired or distracted.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 23 – 16-STEP MEDITATION

**PURPOSE** Calm body, feelings and mind-state; train the mind to be flexible; let go specifically or in general

**METHOD** While sitting, follow the specific instructions to calm body, feelings and mind-state, expand perspective and let go

Sit attentively, relaxed and alert, with your spine held easily upright. Follow these instructions:

Mindfully, breathe in and out - a long breath; - a short breath; - aware of the whole breath-body; - calming the bodily process

'Mindfully, breathe in and out - feeling joy!; - feeling happiness; - aware of all the thoughts; - calming the thoughts

'Mindfully, breathe in and out - noticing the mind-state; - calming the mind-state; - deepening the calm; releasing the mind from the hindrances

'Mindfully, breathe in and out - considering the impermanence of things; - considering the fading-away of things; - considering letting-go; - and letting-go.'

Gently move fingers and toes, and when you're ready, open your eyes.

**KEYS** • It's worth learning these steps so you can lead yourself  
Run through it at any time of day for a refresher

**NOTES** • This is a good meditation to use if you're feeling anxious about something and want to let go of it.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 24 – THE MEDITATIVE ABSORPTIONS

**PURPOSE** Deepen the stillness experienced through the first steps of Calm meditation. Invite the mind, through experiencing bliss, joy and tranquility, to move beyond current illusion

**METHOD** Begin with the tranquility meditation and develop your focus, so the mind becomes more still

When you practice tranquility meditation, you will have noticed that the breath, which starts out normally - deeper and longer - gradually becomes calmer and shorter. This is because the movement of the breath mirrors the movement of the mind. As the mind settles, the breath shortens. We find we have a short in-breath, then a pause, then a short out-breath and a pause.

Maintain your focus on this short or fine breath, and in the same way as it just appeared in the midst of your normal breathing, you'll notice a pleasant physical sensation arise in the midst of the fine breath. It will be tingling, or warmth, lifting, lightness or a feeling of expansion / losing touch with a part of the body.

The first time this happens you'll probably be so surprised you lose focus. Just go back to the fine breath, and the pleasant physical sensation [piti, or bliss] will arise again. Gently switch your focus to it, taking it as your meditation subject instead of the breath, and enjoy sitting in the bliss of the first meditative absorption. At the end of the meditation, remember what you did to get to first jhana, so you can do it again. It's really just a matter of clear focus and an open heart.

**KEYS**

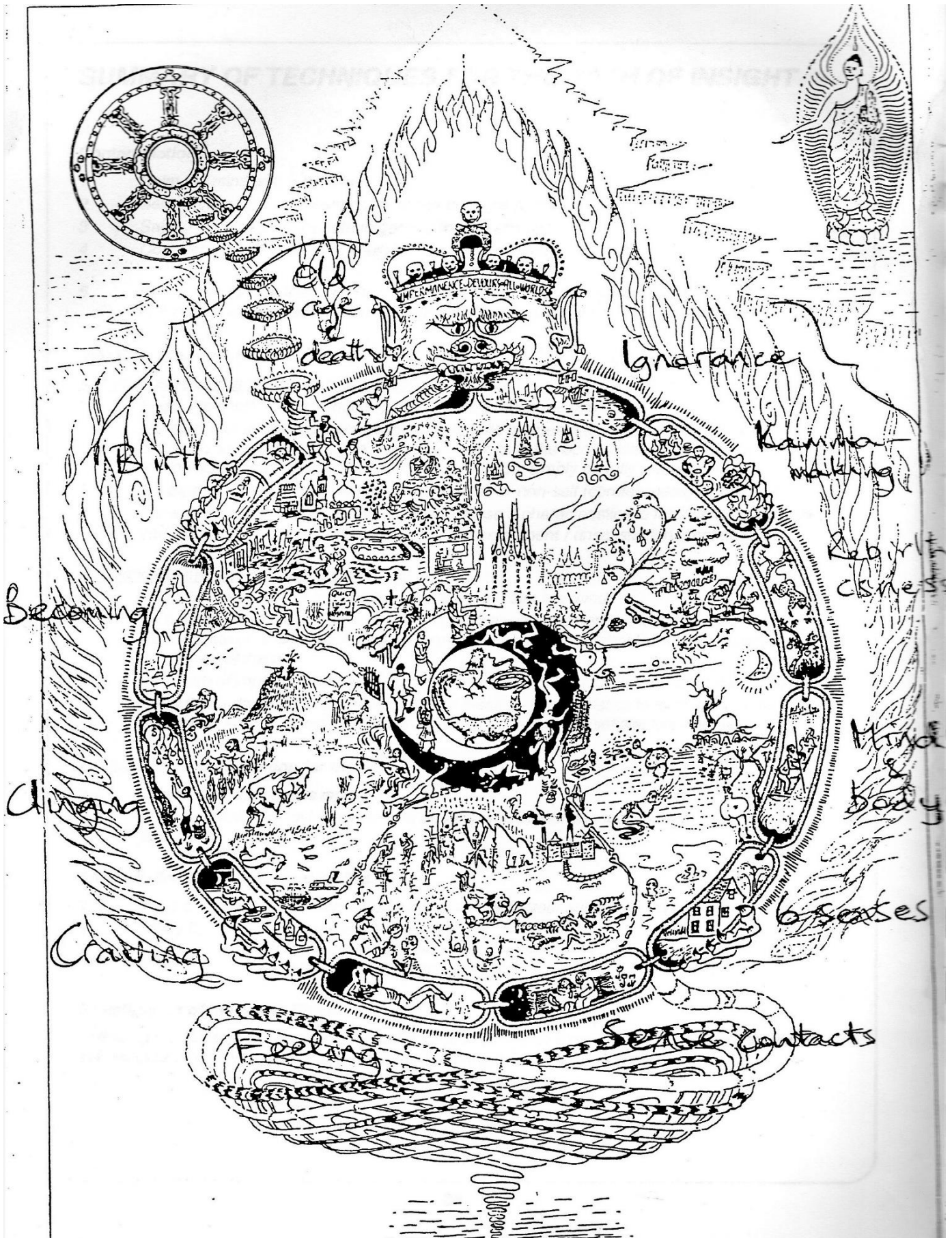
- Allow, don't expect or desire the jhanas
- They will arise automatically if you focus on the breath

## NOTES

- The word for meditative absorptions in Pali, the language the Buddha taught in, is 'jhanas'
- The first 4 jhanas are pleasant physical sensations (bliss); joy; tranquility, and calm
- Don't chase them! They will arise automatically as you begin, through concentration on the breath, to settle and clear the mind.



# THE PATH OF INSIGHT



## WORLDLY DEPENDENT ARISING

Described in 'On the Way Home' by Pip Ransome, and in IBT course Session 6

# THE 30 TOOLS – Purpose, Method, Keys

## INSIGHT

### TOOL 25 – 3 CHARACTERISTICS OF THE UNIVERSE

**PURPOSE** Provide a framework for training the mind to see things as they actually are: ever-changing, not always going our way, and awesomely interconnected

**METHOD** Look closely – mindfully – into your inner & outer experience, and see if you can find change, unsatisfactoriness & inter-relatedness

Impermanence or change: Here's a challenge for you: find something that doesn't change... The fact is that everything changes all the time. But we don't take that into account in our day-to-day life. We expect relationships to stay the same, our jobs to remain available, our cars to keep on going, our bodies to stay strong and flexible, and our children not to grow up so fast – there are examples everywhere. When we expect things to stay the same, we're flying in the face of how it actually is and that causes stress.

Unsatisfactoriness or suffering: Some things are unsatisfactory right from the beginning. And when something we find pleasant changes, that's unsatisfactory.

Inter-relatedness: Can you breathe without the trees creating oxygen for you? Eat without farmers and shopkeepers? Investigate: everything is interdependent – just as our scientists are saying.

**KEYS**

- Impermanence / change
- Unsatisfactoriness / stress / suffering
- Inter-relatedness / non-self

**NOTES**

- Change – can you find something that doesn't change?
- Unsatisfactoriness – does life always go the way you want?
- Inter-relatedness – can you think of something that stands independent of anything else?
- When we accept the fact of these 3 operating in human life, our expectations release, and our understanding of how the universe works increases.

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 26 – INVESTIGATION & CONTEMPLATION

PURPOSE	Look deeply into mind, body and the environment, then compare our own experience against the 3 characteristics of the universe with the aim of seeing things as they are
METHOD	<p>Enquire about thoughts, feelings, and situations: is this permanent or not? Is this satisfying or not? Is this going the way I expected or not? Is this inter-related or is it separate? Am I separate, or awesomely interconnected?</p> <p>Constantly compare one's experience against the 3 characteristics</p> <p>Investigate / question constantly, whatever we're doing. Just use your 'magnifying glass' of mindfulness like Sherlock Holmes, or the 'Why Is It So?' professor, Julius Sumner-Miller, or any of the many naturalists and physicists on TV. Be Curious!! Try now! What happens if you magnify ...? What happens if you look into ...?</p> <p>Then, see if what you're experiencing is impermanent / unsatisfactory / or inter-related</p>
KEYS	<ul style="list-style-type: none"><li>• Be like a child – or like Sherlock Holmes with his magnifying glass</li><li>• Be mindful of one's experience: maintain awareness!</li><li>• Check against the 3 characteristics</li></ul>
NOTES	<ul style="list-style-type: none"><li>• If you investigate you'll be amazed at how true these 3 characteristics are!</li></ul>

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 27 – 4 ELEMENTS

PURPOSE Understand the components of matter more clearly

METHOD Compare your experience of matter inside and outside the body with the 4 elements - earth (solidity), fire (temperature), water (binding) and air (movement).

Gently close your eyes. Become aware of the 4 elements – earth (solidity), fire (temperature), water (binding) and air (movement) in your own body... now become aware of them in the chair or cushion you're sitting on ... and the floor beneath ... the walls of the building ... the earth beyond the walls ... the nearby tree trunk, branches, leaves ... the air beyond ... the clouds in the sky.

And now, flow your attention back, through the clouds, the air ... the chair and your own body, noticing the 4 elements in each object. Ask yourself 'What has this shown me?'

Gently move your fingers and toes, gently stretch, and when you're ready, open your eyes.

KEYS

- Do this as a formal sitting contemplation, or as while standing or walking

NOTES

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 28 – 6 SENSE BASES

**PURPOSE** Understand and experience our senses more clearly; investigate thinking as a sense

**METHOD** A sense base comprises sense organ, sense objects and the contact between them, including the brain and thoughts. Follow closely – mindfully – the workings of all 6 senses. Does it make sense to you, to include thinking as a sense?

Investigate: is the following true? The senses bring in information. They make sense contact with sense objects. The eye, ear, nose, tongue and body operate only in the present. All contact with past and future is provided by the mind. At any moment we can choose to live - aware, free and independent - in the present as it is. Or we can, through thinking, dwell in past or future, thus slipping back into default mode and allowing wanting or not wanting (greed or hate) to arise and with them the clinging that causes our sense of dissatisfaction and suffering.

**KEYS**

- Test the idea of the brain and thoughts as a sense base
- 'Guarding the sense doors' is an important part of our practice. Be aware of what you're allowing into the mind!

**NOTES**

- We spend so much time in the past and future, and our thinking is often inaccurate or imaginary
- We have the choice to live in the present moment, for example:

SENSE ORGAN	SENSE CONTACT	SENSE OBJECT	PERCEPTION/LABEL EXAMPLE
Eye	Sees	Sight-objects	Picture
Ear	Hears	Sounds	Barking
Tongue	Tastes	Tastes	Sultana
Skin, external/ internal	Touches	Tangibles	Clothing
Nose	Smells	Smells	Flower
Brain	Thinks	Thoughts	"This makes sense"

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 29 – 5 AGGREGATES

**PURPOSE** See ourselves in a different way, as more similar to other living beings

**METHOD** Follow closely – mindfully - the workings of mind and body, and test to see if the 5 aggregates account for all of it

The 5 aggregates are the basis of Buddhist psychology, explaining what mind and body consist of and how the two work together to produce the process we call 'me'.

Body is made up of the 4 elements – earth (having the characteristic of solidity), fire (temperature or its lack), air (movement, change) and water (binding), and is the first aggregate. The senses constituting the body bring in information, which triggers feeling – pleasant, unpleasant or neutral. While we're often not aware of this step, if you're mindful, especially on retreat when the mind is settled, you'll notice it.

Feeling is the second aggregate. The feeling triggers perception in which we name the sense object based on previous experience. This is the third aggregate. Perception triggers mental formations/fabrications – the stories, memories, comments, expectations, judgments etc...which, unless we're mindful, make up our mental default position.

These 5 can be divided into body (the first aggregate) and mind (aggregates 2-5). Or form and consciousness.

Our practice is to test this view of the human mind and body.

**KEYS**

- Body, which provides sense contacts
- Feeling (pleasant, unpleasant, neutral)
- Perception
- Mental formations/fabrications
- Consciousness

NOTES

## THE 30 TOOLS – Purpose, Method, Keys

### TOOL 30 – LETTING GO

PURPOSE Train the senses not to cling

METHOD Whenever you hurt, check what you're holding on to!

Letting go is probably the most helpful attitude we can learn for ourselves. Try something: any time you see, hear, taste, smell, touch or think something that makes you feel unhappy, disappointed, let down, anxious, confused; any time you feel life, or a situation, is unsatisfactory – any time you hurt – have a look and see if one of your senses is holding on to something. If you find you want more of something, or less of something, experiment: try letting go of the wanting/not wanting. And see if, in that moment of letting go, you feel better, happier free-er.

KEYS Clinging is the cause of suffering

NOTES

- Letting go is the culmination of this course. Looking back over the Tools, we can see that it is necessary for effective practice of each one. We're practising letting go of -
  - tension, and relaxing each day
  - unwholesome thinking, speech and behavior, and feeling open and free in the heart centre
  - autopilot, and being mindful of each moment
  - distractions, and resting the mind in the meditation subject
  - conditioned illusions, and seeing things as they really are.
- More letting go -> less clinging -> less suffering
- If you wish to continue your letting go practice, either repeat this course, or come on to our Buddha's Teachings Ongoing Insight Group.

May you be well and happy!



