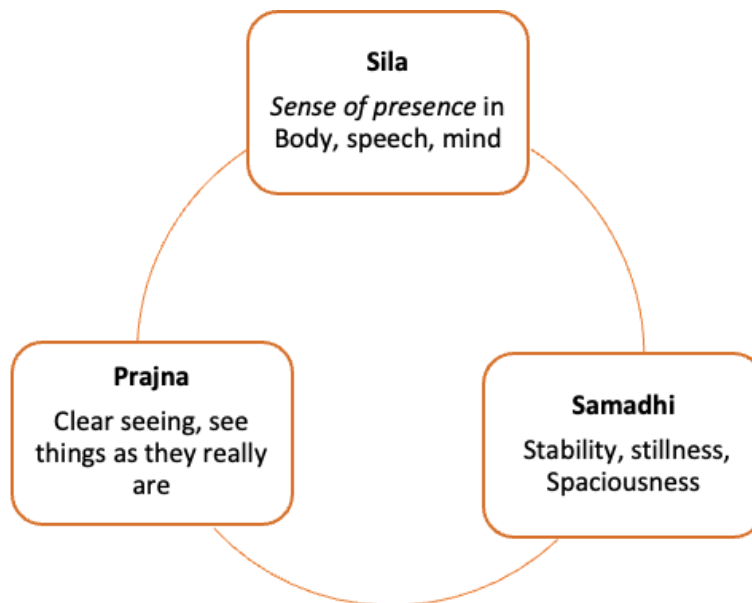


NourishED Research Foundation (NRFi)

Sila, Samadhi, Prajna (SSP) Course (Mindfulness, Stability, Clarity)



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NourishED Research Foundation, Inc. (NRFi)
NOURISHING KNOWLEDGE, EMPOWERING HOPE

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About the Sila-Samadhi-Prajna (SSP) Course

The Sila-Samadhi-Prajna course is a 12-week program rooted in Buddhist principles and informed by modern psychology and psychoanalysis. It is designed to guide participants through the foundational practices of mindfulness, emotional stability, and insight. [For course schedule, click here](#) (Tables 1 - 4 below).

What are Sila, Samadhi, and Prajna?

- **Sila (Mindfulness, Presence):** Cultivating a *sense of presence* in the body, speech, emotions, and mind. The presence in action and intentions can create a foundation for inner peace and bring thoughts, emotions, and actions into alignment with our true self (cultivating integrity and authenticity).
- **Samadhi (Stability):** Developing *stability, stillness, and spaciousness* of the body, emotions, thoughts, and actions. This can enable us to have clarity, wisdom, and insight (Prajna). This can enable non-reactivity and supports emotional regulation.
- **Prajna (Clarity):** With Sila (presence), and Samadhi (stability), we can gain *clarity, clear seeing* (Prajna), that can enable us to see the true nature of how things really are. This can enable acceptance of reality *as it is*, letting go of attachments to “how things should be” or “how things should have been.”

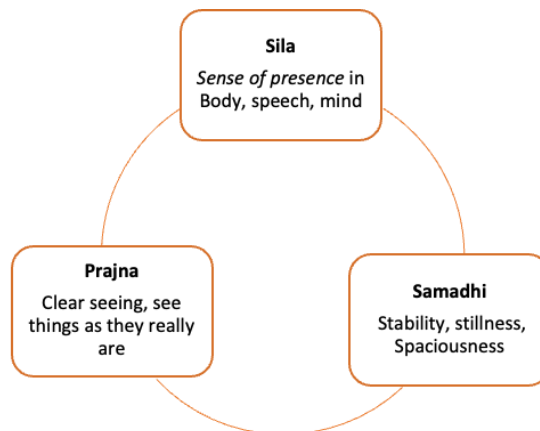


Figure 1: The Sila-Samadhi-Prajna Model



How Does SSP Differ from Other Mindfulness-Based Interventions?

Unlike other mindfulness-based interventions, this course integrates Buddhist teachings directly into therapeutic practices. It emphasizes the interconnectedness of body, feelings, mental formations, and phenomena, offering a holistic approach to healing and self-discovery.

Participants will engage in psychoeducation, guided meditations, group sharing, and home practices to deepen their understanding and apply insights to daily life.

Sila-Samadhi-Prajna (SSP) Course Schedule

Basic Format

- **Duration:** 12 sessions (suggested progression: 12 weeks)
- **Session Length:** 90 minutes
- **Format:**
 - **Background Context**
 - **Psychoeducation.**
 - Individual and small group **experiential activities.**
 - Individual and small group **reflection and sharing.**
 - **Home practices.**
- **Overall Aim:** To support mindfulness, stability, and insight using Buddhist mindfulness principles in a therapeutic frame.



Module 1 Structure (Weeks 1 – 3): The Body

Module	Module 1: The Body (Weeks 1 – 3) Reclaiming the Body as a Safe and Worthy Home		
	Week 1: Mindfulness of the Body: Coming Home to the Breath	Week 2: Stability of the Body: Grounding and Movement	Week 3: Insight into the Body: Impermanence and Self-Compassion
Objectives	Introduction to mindfulness of the body: body awareness and breath.	Deepen body awareness through mindful movement (walking and eating).	Reflect on the body's nature (aging, sickness, death, changing).
Psycho-Education	<ul style="list-style-type: none"> What is mindfulness of the body? How daily stress and distraction can cause us to disconnect from bodily awareness. Benefits of reconnecting to the body through breath and gentle attention. 	<ul style="list-style-type: none"> The body and nervous system: How grounding practices reduce stress and anxiety. Why mindful movement (stretching, walking) improves mental clarity, calm. Understanding the “Window of Tolerance” for emotional regulation. 	<ul style="list-style-type: none"> The body is always changing—exploring the truth of impermanence. How self-compassion improves physical and emotional well-being. Letting go of harsh self-judgments about the body.
Practices	<ul style="list-style-type: none"> Individual Activity: Hand on hearth breathing. Small group activity: Partnered body scan 	<ul style="list-style-type: none"> Individual Activity: Mindful walking Small group activity: Eating a mandarin 	<ul style="list-style-type: none"> Individual Activity: Loving-Kindness for the Body Small group activity: Body Story Exchange
Large Group Share	<ul style="list-style-type: none"> What did you notice about your experience when you paid attention to your breath or body? Was it easy or difficult to stay present? Why? 	<ul style="list-style-type: none"> How did movement affect your sense of emotional or physical stability? Did anything shift in your mood or energy? 	<ul style="list-style-type: none"> What feelings arose as you offered kindness to your body? How do you relate to the idea of impermanence in your physical body?



Module 2 Structure (Weeks 4 – 6): Feelings & Emotions

Module	Module 2: Feelings & Emotions (Weeks 4 – 6) Understanding Emotional Dysregulation and Cultivating Equanimity		
Week	Week 4: Mindfulness of Feelings: Naming and Noticing	Week 5: Stability of Feelings: Holding Emotions with Equanimity	Week 6: Insight into Feelings: Interdependence and Letting Go
Session Focus			
Objectives	Recognizing pleasant, unpleasant, and neutral feelings.	Building emotional resilience and non-reactivity.	Exploring how feelings arise due to causes and conditions.
Psychoeducation	<ul style="list-style-type: none">Emotions as messengers: How mindfulness can help us recognize and label emotions.Identifying emotions (pleasant, unpleasant, neutral) & why it matters.Emotional awareness as a tool for reducing reactivity.	<ul style="list-style-type: none">What is emotional resilience?Learning to be with strong emotions without being overwhelmed.The importance of breath and presence during emotional waves.	<ul style="list-style-type: none">Emotions arise based on conditions—what we think, see, remember, or feel.How letting go of control can lead to inner peace.The healing power of acceptance.
Practices	<ul style="list-style-type: none">Individual Activity: Emotion JournalSmal Group Activity: Feeling Wheel Reflection	<ul style="list-style-type: none">Individual Activity: Anchor Breath PracticeSmal group activity: Emotion Role Reversal	<ul style="list-style-type: none">Individual Activity: Trigger MappingSmal Group Activity: Emotion Story Chain
Large Group Share	<ul style="list-style-type: none">Did naming emotions help you relate differently to them?Were any surprising feelings uncovered?	<ul style="list-style-type: none">How does pausing before reacting feel in your body?What helps you stay grounded during emotional waves?	<ul style="list-style-type: none">What insights came up about where emotions come from?What does letting go mean to you in practice?



Module 3 Structure (Weeks 7 – 9): The Mind

Module	Module 3: Mental Formation (Weeks 7 – 9) Observing Beliefs and Mental Habits that Drive Unhelpful Behavior		
	Week	Week	Week
Session Focus	Week 7: Mindfulness of the Mind: Witnessing Inner Dialogue	Week 8: Stability of the Mind: Cultivating Wholesome States	Week 9: Insight into the Mind: Openness and Freedom
Objectives	Becoming aware of recurring thoughts and mental habits	Strengthening positive mental states (compassion, gratitude) and gently accepting non-positive mental states	Understanding thoughts as mental events, not identities
Psycho-Education	<ul style="list-style-type: none"> Becoming aware of thoughts and mental habits. Understanding how thoughts influence moods, stress, and actions. Developing curiosity and compassion toward inner dialogue. 	<ul style="list-style-type: none"> Our minds can be trained toward positivity: Introduction to neuroplasticity. The benefits of gratitude, kindness, and self-encouragement. How cultivating helpful thoughts boosts well-being. 	<ul style="list-style-type: none"> Thoughts are not facts: Learning to observe without over-identifying. Introducing the idea of “no-self/openness/emptiness”: we are more than our thoughts. Opening to freedom from negative thinking patterns.
Practices	<ul style="list-style-type: none"> Individual Activity: Thought Noting Small Group Activity: Thought Swap 	<ul style="list-style-type: none"> Individual Activity: Anchoring with a Positive Memory Small Group Activity: Resource Mapping Together 	<ul style="list-style-type: none"> Individual Activity: Observer Self Meditation Small Group Activity: Thought Identity Dialogue
Large Group Share	<ul style="list-style-type: none"> How did it feel to observe your thoughts without judgment? What did you learn from hearing others’ thought patterns? 	<ul style="list-style-type: none"> What did you notice in your body or mind as you recalled a nourishing memory or identified your personal resources? Which internal or external resources are you open to relying on more in your daily life? 	<ul style="list-style-type: none"> Did you feel more spacious or detached from your thoughts? What surprised you about the idea of “not-self”?



Module 4: External Phenomenon (Weeks 10 – 12)

Module	Module 4: External Phenomenon (Weeks 10 – 12) Integrating Insight into Daily Life and Reclaiming Peace		
Week	Week 10: Mindfulness of the Dharma: Observing Reality Clearly	Week 11: Stability of Dharma: Deepening Understanding	Week 12: Insight and Integration: Living the Path Daily
Session Focus			
Objectives	Introduce mindfulness of dharma - realize the law of all phenomena	Integrate mindfulness with clear seeing and beneficial intention	Consolidate insights and plan for daily mindfulness practice
Psycho-Education	<ul style="list-style-type: none"> • Introduction to hindrances to clarity (e.g., worry, craving, doubt). • Qualities that support mindfulness: energy, joy, focus, equanimity. • Using wisdom to relate to life's challenges with clarity. 	<ul style="list-style-type: none"> • How mindfulness leads to deeper understanding and insight. • Introducing key teachings like the Four Noble Truths (in universal terms). • Living with purpose, ethical values, and mindful intention. 	<ul style="list-style-type: none"> • How to create a daily mindfulness practice. • The importance of consistency, community, and compassion. • Reflection on personal insights and next steps for the journey.
Practices	<ul style="list-style-type: none"> • Individual Activity: Hindrance check-in • Small Group Activity: Awakening factors reflection 	<ul style="list-style-type: none"> • Individual Activity: The Noble Truth reflection • Small Group Activity: Life wisdom circle 	<ul style="list-style-type: none"> • Individual Activity: Daily intention setting • Small Group Activity: Mindful living plan
Large Group Share	<ul style="list-style-type: none"> • What internal challenges or hindrances are most common for you? • What helps you return to clarity or calm? 	<ul style="list-style-type: none"> • What wisdom emerged from reflecting on your experience? • How does understanding suffering impact your healing? 	<ul style="list-style-type: none"> • What part of this course had the greatest impact on you? • How will you carry mindfulness into your daily life?

Session Schedule

Module 1 (Weeks 1 – 3)

Reclaiming the Body as a Safe and Worthy Home

See Table 1.

Week 1: Mindfulness of the Body: Coming Home to the Breath

- **Objective:**
 - Introduction to mindfulness of the body.
 - Body awareness through breath.
- **Psychoeducation:**
 - What is mindfulness of the body?
 - How daily stress and distraction cause us to disconnect from bodily awareness.
 - Benefits of reconnecting to the body through breath and gentle attention.
- **Practices:**
 - **Individual Activity:** Hand on heart breathing.
 - **Small Group Activity:** Partnered body scan.
- **Large Group Share:**
 - What did you notice about your experience when you paid attention to your breath or body?
 - Was it easy or difficult to stay present? Why?



Week 2: Stability of the Body: Grounding and Movement

- **Objective:**
 - Deepen body awareness through mindful movement (walking and eating).
- **Psychoeducation:**
 - The body and nervous system: how grounding practices reduce stress and anxiety.
 - Why mindful movement (walking, stretching) improves mental clarity and calm.
 - Understanding the “Window of Tolerance” for emotional regulation.
- **Practices:**
 - **Individual Activity:** Mindful walking.
 - **Small Group Activity:** Eating a mandarin (orange).
- **Large Group Share:**
 - How did movement affect your sense of emotional or physical stability?
 - Did anything shift in your mood or energy?



Week 3: Insight into the Body: Impermanence and Self-Compassion

- **Objective:**
 - Reflect on the body's nature (aging, sickness, death, changing).
- **Psychoeducation:**
 - The body is always changing—exploring the truth of impermanence.
 - How self-compassion improves physical and emotional well-being.
 - Letting go of harsh self-judgments about the body.
- **Practices:**
 - **Individual Activity:** Loving-Kindness for the Body.
 - **Small Group Activity:** Body Story Exchange.
- **Large Group Share:**
 - What feelings arose as you offered kindness to your body?
 - How do you relate to the idea of impermanence in your physical body?

Module 2 (Weeks 4 – 6)

Understanding Emotional Activation & Cultivating Equanimity

Week 4: Mindfulness of Feelings: Naming and Noticing

- **Objective:**
 - Recognizing pleasant, unpleasant, and neutral feelings.
- **Psychoeducation:**
 - Emotions as messengers—how mindfulness helps us recognize and label them.
 - Why identifying emotions (pleasant, unpleasant, neutral) matters.
 - Emotional awareness as a tool for reducing reactivity.
- **Practices:**
 - **Individual Activity:** Emotion journal.
 - **Small Group Activity:** Feeling Wheel Reflection.
- **Large Group Share:**
 - Did naming emotions help you relate differently to them?
 - Were any surprising feelings uncovered?

Week 5: Stability of Feelings: Holding Emotions with Equanimity

- **Objective:**
 - Building emotional resilience and non-reactivity.
- **Psychoeducation:**
 - What is emotional resilience?
 - Learning to be with strong emotions without being overwhelmed.



- The importance of breath and presence during emotional waves.
- **Practices:**
 - **Individual Activity:** Anchor Breath Practice.
 - **Small Group Activity:** Emotion Role Reversal.
- **Large Group Share:**
 - How does pausing before reacting feel in your body?
 - What helps you stay grounded during emotional waves?

Week 6: Insight into Feelings: Interdependence and Letting Go

- **Objective:**
 - Explore how feelings arise due to causes and conditions.
- **Psychoeducation:**
 - Emotions arise based on conditions—what we think, see, remember, or feel.
 - How letting go of control can lead to inner peace.
 - The healing power of acceptance.
- **Practices:**
 - **Individual Activity:** Trigger Mapping.
 - **Small Group Activity:** Emotion Story Chain.
- **Large Group Share:**
 - What insights came up about where emotions come from?
 - What does letting go mean to you in practice?

Module 3 (Weeks 7 – 9):

Observing Beliefs and Mental Habits that Drive Unhelpful Behavior

Week 7: Mindfulness of Mental Formations: Witnessing Inner Dialogue

- **Objective:**
 - Become aware of recurring thoughts and mental habits.
- **Psychoeducation:**
 - Becoming aware of thoughts and mental habits.
 - Understanding how thoughts influence moods, stress, and actions.
 - Developing curiosity and compassion toward inner dialogue.
- **Practices:**
 - **Individual Activity:** Thought Noting.
 - **Small Group Activity:** Thought Swap.
- **Large Group Share:**
 - How did it feel to observe your thoughts without judgment?
 - What did you learn from hearing others' thought patterns?

Week 8: Stability of Mental Formations: Cultivating Wholesome States

- **Objective:**
 - Strengthen positive mental states (compassion, gratitude) and gently accept non-positive mental states.
- **Psychoeducation:**
 - Our minds can be trained toward positivity—introduction to neuroplasticity.
 - The benefits of gratitude, kindness, and self-encouragement.



- How cultivating helpful thoughts boosts well-being.
- **Practices:**
 - **Individual Activity:** Anchoring with a positive memory.
 - **Small Group Activity:** Resource Mapping Together.
- **Large Group Share:**
 - What did you notice in your body or mind as you recalled a nourishing memory or identified your personal resources?
 - Which internal or external resources are you open to relying on more in your daily life?

Week 9: Insight into Mental Formations: Openness and Freedom

- **Objective:**
 - Understand thoughts as mental events not identities.
- **Psychoeducation:**
 - Thoughts are not facts—learning to observe without over-identifying.
 - Introducing the idea of “no-self/openness/emptiness”: we are more than our thoughts.
 - Opening to freedom from negative thinking patterns.
- **Practices:**
 - **Individual Activity:** Observer Self Meditation.
 - **Small Group Activity:** Self Identity Dialogue.
- **Large Group Share:**
 - Did you feel more spacious or detached from your thoughts?
 - What surprised you about the idea of “not-self”?

Module 4 (Weeks 10 – 12):

Integrating Insight into Daily Life and Reclaiming Peace

Week 10: Mindfulness of the Dharma: Observing Reality Clearly

- **Objective:**
 - Introduce mindfulness of dharma - realize the law of all phenomena
- **Psychoeducation:**
 - Introduction to hindrances to clarity (e.g., worry, craving, doubt).
 - Qualities that support mindfulness: energy, joy, focus, equanimity.
 - Using wisdom to relate to life's challenges with clarity.
- **Practices:**
 - **Individual Activity:** Hindrance Check In
 - **Small Group Activity:** Awakening Factors Reflection
- Large Group Share:
 - What internal challenges or hindrances are most common for you?
 - What helps you return to clarity or calm?

Week 11: Stability of Dharma: Deepening Understanding

- **Objective:**
 - Integrate mindfulness with clear seeing and beneficial intention
- **Psychoeducation:**
 - How mindfulness leads to deeper understanding and insight.
 - Introducing key teachings like the Four Noble Truths (in universal terms).
 - Living with purpose, ethical values, and mindful intention.



- **Practices:**
 - **Individual Activity:** The Noble Truth
 - **Small Group Activity:** Life Wisdom Circle
- **Large Group Share:**
 - What wisdom emerged from reflecting on your experience?
 - How does understanding suffering impact your healing?

Week 12: Insight and Integration: Living the Path Daily

- **Objective:**
 - consolidate insights and plan for daily mindfulness practice
- **Psychoeducation:**
 - How to create a daily mindfulness practice.
 - The importance of consistency, community, and compassion.
 - Reflection on personal insights and next steps for the journey
- **Practices:**
 - **Individual Activity:** Daily intention setting
 - **Small Group Activity:** Mindful living plan
- **Large Group Share:**
 - What part of this course had the greatest impact on you?
 - How will you carry mindfulness into your daily life?



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