

# MIDL 52 Mindfulness Meditation Trainings

## Develop Your Foundation

- 1 / 52: Grounding Your Attention
- 2 / 52: Focussing Your Awareness
- 3 / 52: Retrain Breathing Patterns
- 4 / 52: 'Softening Into' Breathing
- 5 / 52: Skill of Softening Into

## Develop Your Mindfulness

- 6 / 52: Experience Natural Breathing
- 7 / 52: Experience the Whole Breath
- 8 / 52: Develop the Whole Breath
- 9 / 52: Deepen the Whole Breath
- 10 / 52: Expand the Whole Breath
- 11 / 52: Calm the Whole Breath
- 12 / 52: Calm the Six Senses

## Train Your Perception

- 13 / 52: Experience the 4 Elements
- 14 / 52: Borders of Perception

## Train Your Attention

- 15 / 52: Observing Attention Move 1
- 16 / 52: Observing Attention Move 2
- 17 / 52: Training Attention 1: Counting
- 18 / 52: Training Attention 2: Labelling

## Observe Your Mind

- 19 / 52: Flickering of Attention
- 20 / 52: Observing Thinking
- 21 / 52: Observing Thinking Patterns
- 22 / 52: Present, Past and Future

## Settle the Five Hindrances

- 23 / 52: Calming Mental Activity
- 24 / 52: Expanding Awareness
- 25 / 52: Using Touch Points

## Mindfulness Within Movement

- 26 / 52: Meditating While Standing
- 27 / 52: Mindfully Changing Postures

## Develop Wholesome Qualities

- 28 / 52: Loving Kindness - Loved One
- 29 / 52: Loving Kindness - Difficult Person
- 30 / 52: Loving Kindness - Pervasive
- 31 / 52: Forgiveness: Healing the Heart
- 32 / 52: Daily Gratitude Practice

## Develop your Softening Skill

- 33 / 52: Abandoning Intention
- 34 / 52: Re-engaging the diaphragm
- 35 / 52: Slowing the out-breath
- 36 / 52: Relaxing the Eyelids
- 37 / 52: Relaxing the Frontal Lobes
- 38 / 52: Learning to Decondition

## Develop Your Stillness Skill

---

39 / 52: Softening into Stillness

40 / 52: Stillness within Body

41 / 52: Stillness within Mind

42 / 52: Allowing Stillness within Mind

## Develop Your Wisdom

---

43 / 52: Remembering Awareness

44 / 52: Mindfulness of Seeing

45 / 52: Mindfulness of Hearing

46 / 52: Mindfulness of Smelling

47 / 52: Mindfulness of Tasting

48 / 52: Mindfulness of Touching

49 / 52: Mindfulness of Knowing pt1

50 / 52: Mindfulness of Knowing pt2

## Decondition Your Mind

---

51 / 52: Decondition Emotional Charge

52 / 52: Calming all Mental Activity

### Some Tips for Your Mindfulness Training

When following the 52 MIDL Mindfulness Trainings you can choose the way that you do your meditation training:

#### 1. Attention Training:

Attention – Softness – Stillness

Follow the order of the 52 MIDL Mindfulness Trainings. This systematic progression follows the Satipatthana Sutta: Four Foundations of Mindfulness from the Buddha.

#### 2. Progressive Training:

Softness – Stillness – Attention

This is based on the progressive training laid out by the Buddha for lay people: Sila – Samadhi – Panna (morality – attention – wisdom). It focuses first on healing the heart before entering into attention training and is especially useful if the meditator comes to meditation with stress / anxiety.

MIDL contains 52 formal seated mindfulness trainings. Think of each training in MIDL as strengthening different mental muscles and refining specific mental skills. Each skill rests on a foundation created by the strength of the skill before it. Moving through your training quickly will ensure that your meditation practice will not develop.

Take your time with each training, take interest in and investigate the experience of each skill, this is what will take you forward. Take your time and observe whatever arises within your mind and body.

Your habitual patterns are the content of mindfulness meditation. The different trainings in MIDL are there to make your habitual defensive patterns arise, allowing you to observe and soften into them until they no longer drive you anymore.

Be curious, observe and relax the desire to move on to the next experience, something new. There is nowhere to go in this training, it is not about adding more to yourself, creating a new you, but rather about undoing the conditioning that is already there. Patterns that bind you.

Stephen Procter

[midl@optusnet.com.au](mailto:midl@optusnet.com.au)

[MIDL Mindfulness Meditation](http://www.midlmeditation.com.au)

[www.midlmeditation.com.au](http://www.midlmeditation.com.au)