

## PRELIMINARY TO 'SETTING UP'

Traditional dharma teaching declares mindfulness the vehicle of responsible freedom and compassionate peace. Our current understandings and efforts are the present enlightenment. It involves personal life and also the entire ecosystem of earth. In mindfulness, these are two aspects of practice that integrate through experience.

The Setting Up of Mindfulness is an exercise to support the main practice of trying to live in accord with this enlightenment in all we do.

One aspect, is the development of calm and the other is insight that calm allows.

The exercise can be understood through seven aspects.

**CONTEXT:** Supporting the present enlightenment for oneself and others.

**RESPECT:** for this context; the care, insight and effort involved; the guiding principles.

**POSTURE:** experience as mind/body; posture a vessel of memory.

SCAN AND CALM: integration of mindful awareness through out the complex body; calming the bodily formations.

WHOLE BODY/BARE ATTENTION: whole body awareness with undistracted, steady mindfulness can still be aware of details. Attention is bare of distraction, just keeping the thread of attention unbroken.

BREATH: just notice, with Bare Attention; allow to flow freely.

DEDICATION: future intent and goodwill, ongoing, lifelong.