

Mindfulness – and the preparation for Insight

It is sometimes said that the aim of Buddhist practice is to attain insight into the true nature of things, and that is fair enough, in a way. But the nature of that insight is not a general, abstract understanding, and it will not come about by chance. A great deal of preparation is needed - first to clarify one's consciousness and then to develop a state of receptivity into which the essential truths of the Buddha's teaching can be introduced. And according to tradition, much of this preparation is best done through the vigorous and creative practice of meditation. It has become a commonplace of contemporary Buddhist teaching that we can learn to be mindful while eating, doing the washing up, and so on - and we certainly can, indeed must. We can be mindful - that is, we can be preparing ourselves for the attainment of insight - in all the circumstances of our lives,

Sangharakshita, *Living With Awareness*, p. 7

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