



Loch Kelly

Effortless Mindfulness Now

Awakening Our Natural
Capacity for Focus,
Freedom, and Joy

SESSION ONE

1. Introduction to Session One
2. The awareness that's already effortlessly mindful
3. From thought-based knowing to awareness-based knowing
4. What is mindfulness?
5. First encounters with mindfulness
6. The importance of meditation for humanity
7. Basic Mindfulness Practice: Focus on the Breath
8. Exploring basic mindfulness and effortless mindfulness
9. The wisdom of effortless mindfulness
10. Guided Practice: From Basic Mindfulness to Effortless Mindfulness

SESSION TWO

11. Introduction to Session Two
12. Why haven't we discovered effortless mindfulness before?
13. Guided Practice: Embodied Awareness
14. About glimpse practices
15. The new operating system of heart mindfulness
16. Guided Practice: The Distinction Between Attention and Local Awareness
17. Stepping out of the self center into awareness-based knowing
18. Glimpse Practice: Unhooking Awareness from Thought

SESSION THREE

19. Introduction to Session Three
20. Mindfulness in contemporary culture
21. The maps of basic mindfulness and effortless mindfulness
22. The five foundations of effortless mindfulness
23. Exploring the first four foundations of effortless mindfulness
24. The fifth foundation: effortless heart mindfulness
25. Glimpse practices for navigating effortless mindfulness
26. Glimpse Practice: Unhooking Awareness
27. Who or what are experiences arising to?
28. Glimpse Practice: Exploring the Third and Fourth Foundations

SESSION FOUR

29. Introduction to Session Four
30. Heart mindfulness and the constellation of sub-personalities
31. Coming home to open-hearted awareness
32. Reviewing the five foundations
33. Living from heart mind
34. Guided Practice: Five Foundations of Effortless Mindfulness
35. Awakening as a natural stage of our development
36. Shifting out of the mini-me inside your head
37. Guided Practice: Relaxing into Awareness-Based Knowing