

Finding Mindfulness Classes

Buddhist centres are usually the most economical places to learn mindfulness. They usually respect your own spiritual belief system, or lack thereof. Other places can be found by typing "meditation classes" or "mindfulness classes" into a search engine on the internet. However be aware that not all meditation is mindfulness. Some can even encourage mindlessness! If you want teaching that is totally free from a particular spiritual system MBSR & MBCT are very good courses or any of the classes under the heading **Secular Mindfulness Classes** later in this article.

Assessing Organisations That Teach Mindfulness Classes

Buddha Siddhartha gave good advice [1] on how to select a teacher and then how to relate to that teacher once selected. I have adapted these points to this situation. First we need to assess if the teacher's motivations are good. We can tell if teachers are motivated by greed, hate and confusion, by carefully examining their deeds, words and thoughts.

- Is the teacher overly pushy in getting people to come to his/her classes or workshops? (especially repeat workshops)
- Does the practitioner work to make participants stronger to face life or do they create unnecessary dependence?
- Does the practitioner promote an attitude of compassion and understanding of all or do they denigrate certain groups? (e.g. males or females, perpetrators or victims, various religious or political groupings.)
- Once we place trust in a good person we do not need to accept everything they say merely on the basis of faith. We must verify for ourselves whether what we have accepted on good faith is true or false. We can do this by a careful examination of how things have come to be.
- One of the most important things is to look find teachers who emphasize that mindfulness/meditation is a technique of awareness rather than a way of controlling the world and our minds.

[1] Kalupahana David J & Indriani (1982) pp 199-201
The Way of Siddhartha; A Life of The Buddha
Shambhala, Boulder & London

Classes Anywhere in the World

Buddhist Centres www.buddhanet.net/wbd/

Vipassana (Goenka) as researched by Alan Marlatt: www.dhamma.org

Classes in Australia:

Buddhist Centres www.buddhanet.net/wbd/region.php?region_id=8

Vipassana (Goenka) as researched by Alan Marlatt:

www.dhamma.org/ausnz.htm

Secular Mindfulness Classes in Australia

Sydney, Canberra, Southern Highlands, Alice Springs, Perth

Open Ground (Australia) does MBSR

www.openground.com.au Phone 1300 720 322

Mindfulness Centre MBCT in Adelaide, Perth, Sunshine Coast, Canberra,
Darwin, Alice Springs, Sydney

PO Box 306, Goodwood, SA Australia, 5034

Phone: 08 8272 0046 Australia, +61 8 8272 0046 from outside Australia

E-mail:  mbct@mindfulnesscentre.com

Brisbane

Alison Keane MBSR

Ph: 617 3311 2678 Mob: 0402 795 796

info@alisonkeane.com.au

Adelaide

Centre for the Treatment of Anxiety and Depression – CTAD does
MBCT

Contact Dr. Maura Kenny ph: 08 8222 8100 email:

maura.kenny@nwahs.sa.gov.au

Hobart

Mindfulness-based Cognitive Behaviour Therapy (MCBT)

Bruno Cayoun bruno.cayoun@mindfulness.net.au

Mindfulness Training by Chris Walsh MBBS DPM FChAM,
Psychiatrist to Turning Point, Ph: 61 (0)3 9347 4300 email: chris@cwash.com.au web: www.cwash.com.au

Melbourne

Ian Gawler: 55 Rayner Court Yarra Junction, Ph: 5967 1730
email: info@gawler.org

John Julian Ph: 9754 3638 jjulian2@bigpond.net.au
MBSR in Balwyn
Mindful Compassionate Communication in Belgrave/Wantirna

Michael Anderson Mobile: 0419 370 338
Email: admin@mindfulnesstherapy.com.au
www.mindfulnesstherapy.com.au

Path out of Pain (Rosemary McIndoe) rmcindoe@bigpond.com
www.pathoutofpain.com.au/hakomi/html/psycho.html

Steve Brown (Clifton Hill) ph 0417 169 662 or 8470 1188

Tranquillizer Recovery And New Existence (TRANX)
www.tranx.org.au ph: (03) 886 0955

Panic Anxiety & Depression Assistance (PADA) www.pada.org.au
ph: (03) 9886 9400

Northern NSW

Malcom Huxter www.malhuxter.com