

Mensch sein

Retreat mit italienischen Freunden Juni 2025

3. Vortrag am 1.07.2025

Chapter 1: Three Foundational Practices for Mindfulness

The speaker welcomes participants to the third day and recap three foundational mindfulness practices: singing in silence to reconnect with oneself, focusing on the breath as a stabilizing mental frame, and expanding awareness to embrace freedom and openness. Emphasis is placed on remembering and regularly practicing these techniques, underlining their simplicity and transformative effects in daily life.

Chapter 2: Embracing Responsibility and the Art of Living

This chapter stresses the importance of personal responsibility for one's mind and actions, referencing teachings from Bhagwan Shree Rajneesh. The role of mindful silence in maintaining sanity is discussed, contrasting superficial mindfulness routines with a deeper, more ethical and conscious art of living as taught by the Buddha.

Chapter 3: Relating, Feeling, and the Roots of Stuckness

The speaker delves into the Buddha's insights on mindfulness and perception, emphasizing how our emotional reactions to what we perceive can entrap us. This "relating" mind leads to judgments and actions that can injure the mind and create repetitive cycles, especially in complex societal contexts.

Chapter 4: The Sequence of Action—From Thought to Behavior

This section unpacks the process from initial observation to final action: a perceived form leads to thoughts, which give rise to emotions, before resulting in action. The Buddha's advice to his son Rahul about evaluating potential suffering from actions is cited, and the importance of catching oneself before acting is discussed, highlighting the difference between mere social correctness and true ethical living.

Chapter 5: Intention Versus Action—Clarifying Karma and Mindful Response

Focusing on the Buddhist idea that karma is rooted in intention rather than action, the speaker explains how mindfulness—when stable and firm—prevents one from being caught up emotionally, allowing conscious and free responses. The difference between acting automatically and responding with awareness is underlined.

Chapter 6: The Essence of Mindful Living

Here, mindfulness is reframed not just as a practiced technique, but as the defining quality of humanness: to act from presence instead of automatic, animalistic impulses. The body is likened to a vessel supporting the mind—the true driver of wise and pleasant living. The chapter closes by lamenting how many neglect the basics of self-care, which undermines mindful living.

Chapter 7: The Necessity of Self-Care and Community

This section highlights the importance of caring for both body and mind, as well as the value of supportive environments and communities. The speaker reflects on how good company, nourishment, and mindful living create "proper living" rather than mere longevity. The center is described as a place for regeneration and mindful practice, in contrast to the distractions of everyday life.

Chapter 8: Awareness as Human's Defining Trait and the Simplicity of Practice

The qualities that define true humanity—awareness and presence—are emphasized again. The speaker contrasts these with superficial rituals or religious practice, instead focusing on simple, accessible practices and the power of the mind as a "supercomputer" requiring energy and care.

Chapter 9: The Two Minds—Survival and Executive Function

A simple framework is introduced, distinguishing the "emotional" survival mind from the "executive" conscious mind. The speaker explains how, under stress, energy shifts to survival instincts, limiting the capacity for mindful, rational action, and that regaining balance requires time and patience.

Chapter 10: Restoring Equilibrium and Training the Mind

Here, the process of returning to mindful clarity after being stuck in survival mode is described. The speaker reiterates that genuine change or reflection is impossible when overwhelmed; only after emotional energy subsides can presence and wise action resume. The contrast between the two mental "modes" is presented as central to understanding and training the mind.

Chapter 11: Reverence, Connection, and Everyday Rituals

The speaker shares a personal anecdote involving a girl from Ladakh to illustrate simple rituals of greeting and reverence. Such acts, infused with intention and respect, are positioned as small but powerful ways to cultivate mindfulness and connection outside digital technologies.

Chapter 12: Closing Reflections and Looking Ahead

In the concluding remarks, the fragility and complexity of the mind are reiterated. The coming day's practices are previewed, emphasizing the need for energy and self-care. Participants are encouraged to rest and reflect, exploring nature or solitude before regrouping for further training, closing with an invitation to settle and integrate the day's teachings.