

Key Aspects of the Teaching

- ❖ Everything changes.
- ❖ All things are interdependent.
- ❖ Our trying to hold onto changing phenomena causes suffering.
- ❖ All that we actually experience is the present moment.
- ❖ Our thoughts, however much they occupy our attention, are not reality.
- ❖ The entire teaching is contained in the breath.
- ❖ Mindfulness meditation enables us to understand the truth in our bodies and in our hearts.