

The Seven Miracles of Mindfulness -Thich Nhat Hanh

This was taken from Thây's book The Path of Emancipation, which is an edited record of talks given at a 21 Day mindfulness retreat held in Burlington Vermont in the spring of 1998. The retreat focused on the Ānāpānassati instructions

Miracles or Purposes of Mindfulness	Comments
1. Mindfulness produces our true presence and makes us alive in the present moment	We come to the present moment, getting out of our absorption into thoughts and daydreams.
2. Mindfulness lets us recognize that life is already here and that we can have real contact with it	What we experience is really present for us. It's the difference between savoring our food mindfully rather than eating mindlessly
3. With Mindfulness, we <i>touch</i> and <i>embrace</i> to receive nourishment and healing	By embracing the moment with mindfulness, we can nourish the wholesome seeds of joy and peace and heal the seeds of anger, anxiety, greed, and wrong views. Discernment as to what to nourish or heal provides protection from the growth of unwholesome seeds.
4. Samadhi, stability of mind	Stability of mind grows out of our continued mindful presence of the present moment.
5. Deeply living	Living deeply represents the momentum of mindfulness that can come by remaining more present in our daily life.
6. Deeply looking, insight	Insight comes from the stability of mind + the clear seeing of mindful awareness.
7. Liberation through insight	Awareness becomes liberated from the burdens of the fetters (samyojana) and latent tendencies (anusaya) that bind us to samsara and which spring from the unwholesome roots of greed, hatred, and ignorance. This liberation is called true knowledge and release.