

VERBAND DER
ACHTSAMKEITSLEHRENDEN
MBSR-MBCT

Our
SELF-COMMITMENT

As mindfulness teachers, we know that personal practice is the foundation of our work. Teaching without practicing is not possible. We must live through the challenges that are present in daily practice.

But even more so, we draw from this practice and develop stability with all that life demands from us. We also need this stability to face all that our participants bring to our courses in a benevolent way. In this personal daily meditation practice we also strengthen the compassion we need for ourselves, for our participants, and for the challenges of life. For this reason practicing mindfulness in formal meditations and in everyday life is essential to teaching.

By becoming members of the MBSR-Verband, we have all made a commitment to our own practice. There is no one who can or will verify this self-commitment. With this remark we want to point out the importance of one's own practice for one's own teaching. This includes a daily meditation practice and an annual silent retreat. Reviews only take place when members apply for a level change, yet one's personal practice is the place from which teaching comes alive and becomes effective.