



# MINDFUL INVESTIGATION

## The Basic Engine Of A Sound, Resilient & Renewing Practice

### An Initial, Brief Overview

Investigation – the developmental process of mindfully exploring and deeply seeing into the Foundational nature of all experience – is the basic engine of sound practice. If we understand and apply this part of practice skillfully, it acts as a footing for everything else. If we don't understand and apply this part of practice skillfully, our entire practice will be deficient.

Learning and applying this Investigative, exploratory process is developmental. We begin with a sound conceptual understanding of its purpose and how it works. We then begin to experiment with the process and go through a stage associated with most learning that feels mechanical and awkward. These initial efforts gradually grow into a skill which is refined, reinforced and matured. Over time, skill becomes habit, second-nature and eventually a way of seeing, understanding and being in relationship with the world and everything in it.

One of the beauties of Mindful Investigation is that it is the source of true resilience and is internally renewing – it sustains and supports itself and every other part of practice.

Here is one view of how it works:

