Mindfulness

Today me will live in the moment unless it's unpleasant, in which case me will eat a cookie. Cookie Monster

Mindfulness: paying attention to the present moment with intention, while letting go of judgment, as if your life depends on it.
~Dr. Jon Kabat-Zinn
Mindfulness

A Buddhist meditation practice

Now recognized a form of cognitive therapy

Focuses on one’s current physical, psychological and emotional state

Non-Attachment and Decentering; Letting go of the Ego – that sense of I’ness

Intention and Motivation

Extinction and reconsolidation: Changing attitudes and behaviors

Helps with PTSD, Anxiety, Depression

Improves Academic Performance

Attention Regulation

Pro Social Behaviors

Emotion Regulation

Memory Loss

Regulate emotions

Four Noble Truths

The Problem

Suffering (Dukkha) is Real

The Cause

Wanting, grasping because of Mind fall into clinging or A different possible result

The cessation of suffering

The Solution

The Eight Fold Path

Correct/right view

Correct/right intention

Correct/right speech

Correct/right action

Correct/right livelihood

Correct/right effort

Correct/right mindfulness

concentration

Correct/right changes

Essence of our experience

Incessant Gradual transition, it is never the same life flows by Moment by moment within through and through Meditation softens him on the outside.

Civilization changes man
Ancient Buddhist

What you are now is the result of what you were.
What will you be tomorrow is the result of what you are today.
No one can do more for you than your own purified mind.
A well-disciplined mind brings happiness.

Four Noble Truths

The Problem
Suffering (Dukkha) is Real

The Cause
Mind fall into clinging or grasping because of wanting
A different possible result

The cessation of suffering

The Solution
The Eight Fold Path

Correct/right view
Correct/right intention
Correct/right speech
Correct/right action
Correct/right livelihood
Correct/right effort
Correct/right mindfulness
Correct/right concentration

Change

Essence of our experience
Gradual transition, incessant
Moment by moment life flows by it is never the same
Everything changes without change there is no hope

Civilization changes man on the outside. Meditation soften him within through and through.
Meditation

Develops your character

- By becoming deeply aware of your thoughts
- By becoming deeply aware of your emotions
- By becoming deeply aware of your likes/dislikes
- By becoming deeply aware of your words
- By becoming deeply aware of your actions

Arrogance diminishes
Generosity increases
Antagonism less reactive
Mind becomes still and calm, your life smooths out

Prepares one to meet the ups and downs of life

Concentration

- Sharpens one
- Innulates

The purpose of meditation

- Gain awareness
- Intense
- Concentrated
- Pierce the reality of consciousness
- Your implicit motives and mechanisms become clear to you
- Come to direct knowledge of things as they are
- Without prejudice and illusion

Personal transformation

Two Major Types of Meditation

Samatha/Samadhi

- Translated as concentration, tranquility
- Mind brought to rest
- Focuses on only one item
- Continually renewed

Vipassana

- Translated as insight
- Moment to moment clear nonjudgmental awareness

Different mental skills, modes of reasoning, qualities of consciousness
What Meditation Isn’t

Meditation is just a relaxation technique.
Meditation means going into a trance.
Meditation is a mysterious practice that can not be understood.
The purpose of meditation is to become a psychic.
Meditation is dangerous, and a prudent person should avoid it.
Meditation is for saint an sadhus, not for regular people.
Meditation is running away from reality.
Meditation is selfish.
When you meditate, you sit around thinking lofty thoughts.
A couple of weeks of meditation and all of your troubles will go away.

Mindful Meditation is not what you think

Rumination, being lost in thought or fantasy
Suppression of emotion experience or behavior
Not necessarily relaxing
Distraction
Avoidance
Not some some altered state
Cognitive reappraisal/restructuring of emotion
Mindfulness is:

- Moment to Moment
- Non-Judgmental
- Awareness

NIH Reporter 2012 funded research

2012 Peer Reviewed Studies, PubMed
A little over an hour of meditation training can dramatically reduce both the experience of pain and pain-related brain activation. (Zeidan, Journal of Neuroscience)

Increases in mindfulness correlated with reductions in burnout and total mood disturbance, as well as increased stress resilience. (Krasner, JAMA)

Participants who received mindfulness training showed a 42% decrease in the frequency and severity of primary IBS symptoms. (G. Anderson, Behavior Research and Therapy)

Mindfulness meditation is affecting brain activity. Brain waves associated with integration increase during compassion meditation. When meditating, brain scans found increased activity in the following areas of the brain: insula, temporal pole, superior temporal gyrus, anterior cingulate, while the amygdala is less active. Overall, this is correlated with decreased arousal and an increased sense of well-being. (S. Lazar)

Meditation improves attention. (Jha et al., 2007), (Slagter 2007), (Pagnoni & CACC 2007), (Valentine & Sweet, 1999)

You don't have to be a seasoned mediator to see positive changes in your brain. New meditators who went through an 8-week meditation program saw changes in gray matter concentration in brain regions involved with learning and memory processes, emotion regulation, self-referral processing, and perspective taking. (Lazar, Psychiatry Research, 2011)
Mindfulness

John Kabat-Zinn (MBSR)

Paying attention in a particular way

On Purpose

In the present moment

Non-judmentally

Be aware of NOW

Non-judgmental attention

With intention

Non-evaluative awareness of one's environment

Inner

Outer

Mindfulness Applications

Emotional problems

Stress reduction

Anxiety

Behavioral problems

Eating

Parenting/Childbirth

Addiction

Disorders

Depression

Bipolar disorder

Borderline personality disorders

Somatic problems

Psoriasis

Fibromyalgia

Chronic Pain

Mindfulness Based Cognitive Therapy Program

Format

8x2 Hour weekly sessions

Monthly maintenance

Daily meditation

Groups of 6-14

Mindfulness of

Breath

Body

Sound

Thoughts

Feelings

Emotions

Informal Practice

Mindfulness of daily activities

3 minute breathing spaces

Mindfulness of negative/positive thoughts

MBCT teaches

Mental events are not Facts

Thoughts

Feelings (like/dislike)

Emotions

Our Mind

Not always on our side

A thought generator

Metacognition

not facts

Recognize thoughts as thoughts; Respond skillfully; not reactively

Mindfulness with depression

Focus on

Here

Now

Runinate

Think deeply

Rumination

Driver of depression

What did I do wrong?

Why did this happen?

Not problem solving

Leads to worsening of depression

Distance from

Thoughts

Feelings

Emotions

Enhanced self-compassion

Become gentler with yourself

Meditation

aware of wandering attention

Becoming

refocusing attention

Letting go of thought;

Most people experience

throughout the day

Popping thoughts

experience negative thoughts

Some people

Anxiety (upcoming catastrophe)

Depression (past disaster)
MBCT teaches that mental events are not facts. Thoughts, feelings (like/dislike), and emotions are not always on our side. Recognize thoughts as thoughts, not facts, and respond skillfully, not reactively.

Mindfulness with depression focuses on being here, now. Rumination is a driver of depression, leading to beliefs or depression. To distance from thoughts, feelings, and emotions, meditation becomes gentler with yourself and enhances self-compassion.

Some people experience negative thoughts and depression (past disorder). Others may experience anxiety (upcoming catastrophe) and stress. Letting go of thought wandering attention through meditation can become aware of wandering attention.
Mindfulness

Be aware of NOW
Non-judgmental attention
With intention
Non-evaluative awareness of one’s environment

Mindfulness Applications

Emotional problems
Stress reduction
Anxiety

Behavioral problems
Addiction

Disorders
Depression
Mood disorders
Borderline personality disorders

Somatoform problems

Mindfulness Based Cognitive Therapy Program

Weekly sessions
Group of 6-14

Format

Mindfulness of Breath
Mindfulness of Body
Mindfulness of Sound
Mindfulness of Thoughts
Mindfulness of Daily Activities

Informal Practice

3-minute breathing exercises
Mindfulness of内 thoughts

Therapy Modules:

Stress reduction
Anxiety
Addiction
Depression
Mood disorders
Borderline personality disorders
Somatoform problems

Mindfulness of Daily Activities
Informal Practice

Mindfulness of Breath
Mindfulness of Body
Mindfulness of Sound
Mindfulness of Thoughts
THE GUEST HOUSE
This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crow of sorrows, who violently sweep your house empty of its furniture, still treat each guest honorably.
He may be clearing you out for some new delight.
The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.
Be grateful for whatever comes.
because each has been sent as a guide from beyond.
— Jelaluddin Rumi,
Translation by Coleman Barks