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

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Mindfulness in Plan

Meditation

Develops your character

By becoming deeply aware of your thoughts, emotions, likes/dislikes, words, and 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.

Sharpens one’s concentration, thinking, intuition.

The purpose of meditation: gain awareness, intense, concentrated perception of reality of consciousness. Your implicit motives and mechanisms become clear to you. Come to direct knowledge of things as they are.

Without prejudice, illusion.

Personal transformation.

Two Major Types of Meditation:

Samatha—translated as concentration, thought to rest.

Vipassana—translated as insight, moment to moment clear, nonjudgmental awareness.

Dancing with Life

The Dhammapada

Ancient Buddhist

What you are now is the result of what you were.

What you will be tomorrow is the result of what your are today.

The Dhammapada

No one can do more for you than your own purified mind.

A well-disciplined mind brings happiness.

We seek to end suffering.

The Four Noble Truths

The Problem: suffering (Dukkha) is real.

The Cause: wanting, grasping because of wanting.

Mind falls into clinging or grasping because of wanting.

A different possible root.

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 and concentration.

Change.

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.
Mindfulness Applications

Emotional Problems
- Stress reduction
- Anxiety

Behavioral Problems
- Eating
- Parenting/Childbirth
- Addiction
- 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
- Recognize thoughts as thoughts;
- Respond skillfully; not reactively

Mindfulness with depression
- Focus on Here and 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
- Awareness 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)
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
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 poles/superior temporal gyrus, anterior cingulate, while the amygdale is less active. Overall, this is consistent with decreased arousal and an increased sense of well-being. (S. Lazar).

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

You don't have to be a seasoned mediator to see positive changes to 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-referential processing, and perspective taking. (Lazar, *Psychiatry Research*, 2011).
THE GUEST HOUSE
This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness
of being alive is a surprise, a gift, even aFavorites
welcome and entertain them all!

Even if it is a crowd 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

Mind Full, or Mindful?