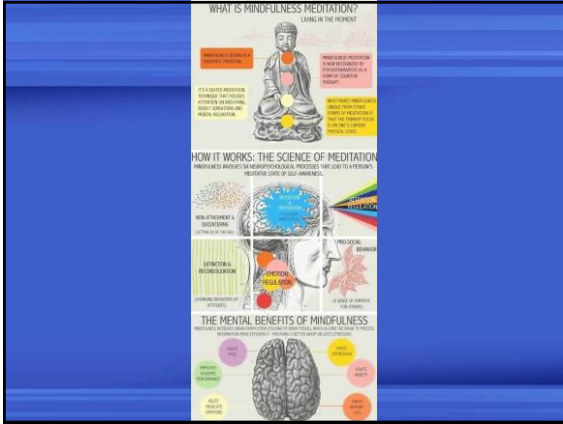


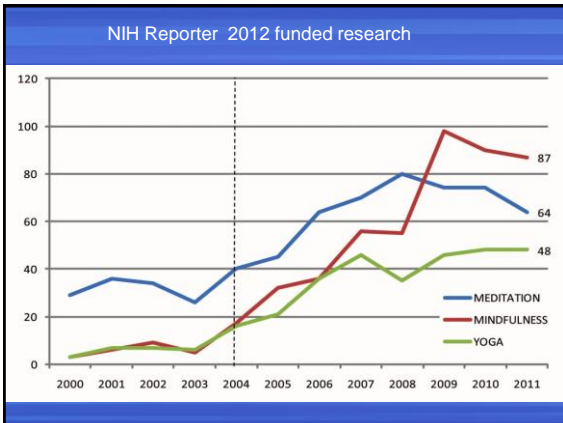
Mindful Meditation is not what you think.

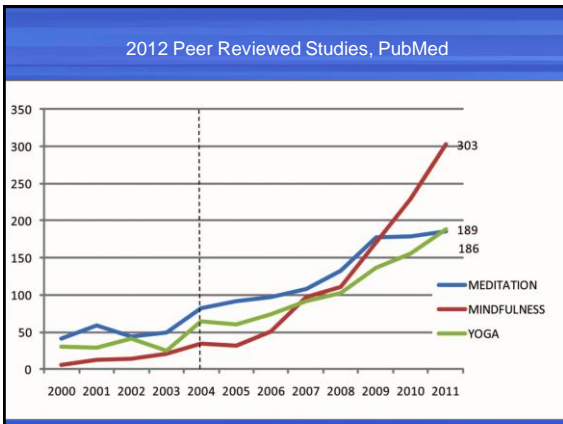
- Rumination, being lost in thought or fantasy
- Suppression of emotion experience or behavior
- Not necessarily relaxing
- Distraction
- Avoidance
- Not some some altered state
- Cognitive reappraisal/restructuring of emotion

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*)

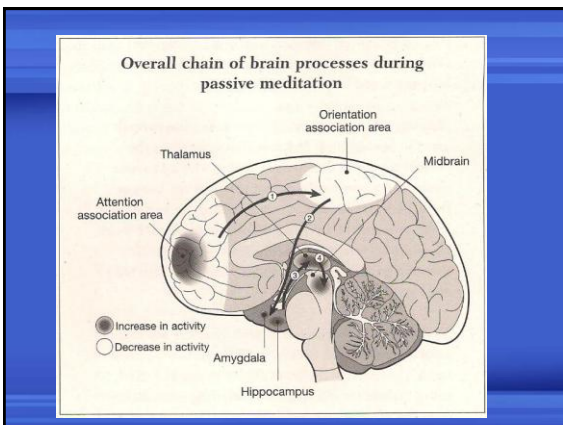
Increases in mindfulness correlated with reductions in burnout and total mood disturbance, as well as increased stress resilience. (Krasner, *JAMA*)

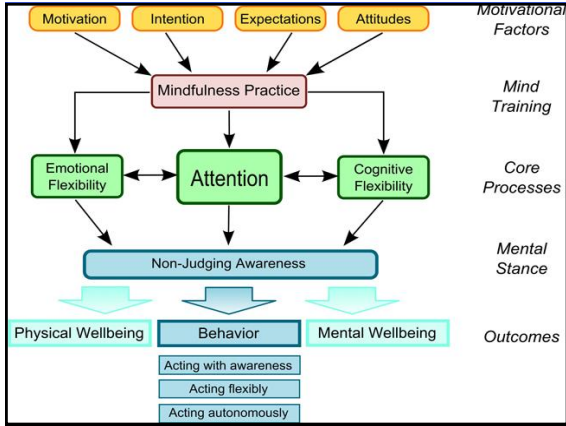
Participants who received mindfulness training showed a 42% decrease in the frequency and severity of primary IBS symptoms. (G. Anderson, *Behavior Research and Therapy*)

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 pole/superior temporal gyrus, anterior cingulate, while the amygdala 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)










DukkhaGirl


...where I think my mind should be when I sit...




breath...one...two...three... blog bills sex blog work chores OMG! I really really need to jump up right now, scream, "I'm enlightened," and leave- blog checkbook food sex... I'm a bad meditator- this is... kids husband my food... debts george clooney...uff I want sleep do I look OK... politics kids food... breath...count, one... I saw on the way here... work I need a vacation... my nose itches ch... my stomach is grow...and where it actually is.

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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 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.
-- Jhaluddin Rumi, translation by Coleman Barks





Mind Full, or Mindful?
