

And Health Streas and Infortility Bethinking Hypnosis Clues to Heart Disease

NUM DEFENSION SHOP

Strive to focus on the present

Mindfulness

MINDFULNESS: IS IT CHRISTIAN, BUDDHIST, OR BOTH? AND DOES IT MATTER? © Richard Winter







"Transcendental Meditation Resets Brain"







MINDFUL REVOLUTION

Fleeing Syria Statut, / Payton Power / Steve McQueen

stressed-out, multitasking culture





Research - Mindfulness in Medicine Improving clinician and community health.

FOREWORD BY JON KABAT-ZINN

"bits evolute for an the second sy of the booling solution lay and sections for modeline and all where work, colding is the working and provide of an layout?" A SOCIE SAMON ROOM WITH

Heal Thy Self

Lessons on Mindfulness in Medicine



A Prove Program Row Landing Scienting Including a CD of president and the state and th



Mark Williams, John Teasdale Zindel Segal, and Jon Kabat-Zinn

Mindfulness Meditation for Pain Relief

JON KABAT-ZINN

Guided Practices for Reclaiming Your Body and Your Ufe



Shaona C. With a fore

DR. ANDREW WEIL'S GUIDE ⊉ OPTIMUM HEALTH Mindfulness

INTO PSYCHOLOGY AND THE HELPING PROFESSIONS AUDIO COLLECTION AUDIO COLLECTION 4-CD Set Justice BREATHING: THE MASTER KEY

TO SELF HEALING

MEDITATION

OPTIMUM

HEALTH

Son Kahat-Zinn, Ph.D.

THE SELF HEALING SERIES

A COMPLETE COURSE ON HOW TO FEEL BETTER, LIVE LONGER, AND ENHANCE YOUR HEALTH – NATURALLY OMEGA NYC

The Neuroscience of Well-Being, Mindfulness & Love

The Part of the P



SYCHOTHERAP PSYCHOTHERAPY ENLIGHTENMENT The DOCTOR The Indfulness ement Do we even need psychotherapy anymore?

September/October 2011





7015 CVND0CIIIM





WHAT IS MINDFULNESS?

- × Stop
- × Look
- × Listen
- × Taste
- × Feel
- × Smell

Mindfulness means paying-attention in a particular way: On_purpose, in the present moment, and nonjudgmentally.

nnerFlowWellness.com

× "Awareness"



MINDFULNESS

- Center down focus on breathing
- x Open up Aware of sounds, sensations, ideas going on inside you
- × Observe Watch what comes and goes
- > Don't judge or interpret
- Stay with it Live in the moment paying attention to the "Garden of Now"
- × 20-45 minutes/day and more!

SELF-AWARENESS

- × Cultivating intimacy with self
 - + Body
 - + Emotions
 - + Thoughts
 - + Noticing how self focused we are and feel connection with all
 - + Compassion, kindness and gratitude to self and others
 - + Mindful listening to others

MINDFULNESS PRACTICES

Mindfulness Based Stress Reduction (MBSR) + Jon Kabat-Zinn (U. of Mass Medical School)



EVOLUTION OF COGNITIVE BEHAVIORAL THERAPY TO MINDFULNESS BASED COGNITIVE THERAPY

- × Change behavior
- × Change thinking
- × Observe and accept thoughts and feelings
- × "Allowing them to exist takes away their power"
- Studies show effectiveness for many disorders
- × NIH funded 50+ studies



DO THE CURATIVE CLAIMS HOLD UP?

- × 2014 review and meta-analysis
- × 18,743 trials winnowed to 47
- * "Moderately strong evidence" that mindfulness/ meditation had a "small but consistent benefit in relieving anxiety, depression, and pain".
- × Depression relieved 10-20%
- × As good as antidepressants in chronic depression
- Meditation Programs for Psychological Stress and Well-being. A Systematic Review and Meta-analysis. JAMA Internal Medicine March 2014

- × West views it as quick fix tool
- East views it as life-long practice in a "rich spiritual, ethical and social framework".

MINDFULNESS IN DAILY LIFE

- × Stop
 - + Pay attention to negative reaction
- × Breathe
 - + Release tension, allow negative to soften
- × Reflect
 - + What pattern? What lies?
 - + What happening inside other?
- × Choose
 - + What is loving, respectful, skillful response?

MINDFULNESS IN DAILY LIFE

× Watch and Weed

- + Focus awareness
- + Turn down alarm
- + Letting go old patterns
- + Ignoring old paths
- × Pause and Plan
- × Plant and Feed
 - + Lies countered, truth believed
 - + Allow love and compassion
 - + Walking new paths



NEUROPLASTICITY - SHAPING THE BRAIN

- * "The power to direct our attention has within it the power to shape our brain's firing patterns, as well as the power to shape the architecture of the brain itself."
- * "Mental activity stimulates brain firing as much as brain firing creates mental activity."
- * "What fires together, wires together."
- Exercising "brain muscles"

MINDFULNESS

* "Learning mindfulness techniques can strengthen the hub of the mind so that internal sensations, such as bodily signals or waves of emotion, can be experienced with more clarity and calmness."

BEYOND MINDFULNESS

* "Amazing realization: I can feel this change- my thoughts and feelings come up, sometimes big, sometimes bad – but they used to feel like who I was and now they're becoming more like an experience I am having, not who I am, they don't define who I am."

THE BACK STORY

 "We discover the wholeness, wisdom and love that are our deepest nature" RADICAL ACCEPTANCE

EMBRACING YOUR LIFE WITH THE HEART OF A BUDDHA



TARA BRACH, PH.D.

BUDDHIST MINDFULNESS

- Meditation technique introduced by Buddha 2500 years ago
- × Vipassana (Insight)
- × Right mindfulness: 7th Noble Truth



- Mental disciplines aimed at achieving uninterrupted mindfulness
- * "for the purpose of reaching a heightened level of spiritual awareness"

BUDDHIST MINDFULNESS

- × Awareness of things as they really are
- × Path to liberation- see true reality
- 1. "All life is suffering" (dukkha)
- 2. Transitory nature of all things (anicca) riding the waves of experience
- **3**. No "I" to be found, just unfolding moment by moment experience (anatta)
 - + Trying to construct coherent self is source of suffering
 - + Many "selves", thoughts and feelings versus Western individualism/personal identity

4. Compassion (karuna) – open to suffering and willing to help others in their pain

SELFLESSNESS (RON SIEGEL)

- * "When we relate to each moment as the impersonal unfolding of changing experience in the field of awareness, rather than "my joy" or "my sorrow" we can face our adversity with less resistance."
- × "Accepting what is"
- * "Liberation comes from realizing it's all a passing show."
- * "Its only my desire to be significant that's causing suffering... If I can embrace my insignificance it's all okay."
- So as one of seven billion people alive here today, on one tiny planet in a vast universe, we really are pretty darn insignificant."

THE NATURE OF MYSTICAL EXPERIENCE

× "There was a feeling of energy centered within me... going out to infinite space and returning...There was a relaxing of the dualistic mind, and an intense feeling of love. I felt a profound letting go of the boundaries around me, and a connection with some kind of energy and state of being that had the quality of clarity, transparency and joy. I felt a deep and profound sense of connection to everything, recognizing that there never was a true separation at all."

Michael Baime in Tibetan Buddhist meditation.

A Brief History of Everything

KEN WILBER

31 Intelligent name equilibrials of eclements and operating and encounting of the ferming conditions.² (1997) INTELECTION INTELECTION × "The ultimate metaphysical secret, if we dare to state it so simply, is that there are no boundaries in the universe. Boundaries are illusions, products not of reality but of the way we map and edit reality. And while it is fine to map out the territory, it is fatal to confuse the two."

× All is one

THE ANSWER TO SUFFERING – TRUE REALITY!

× Creation

- + Personal God and Universe
- + Significant eternal identity
- + Boundaries are real

× Fall

- + Rebellion not ignorance
- + Dignity and depravity
- + Suffering

× Redemption

- + A God who suffers with and for us
- + Union with Christ and new identity
- × Future Glory
 - + Relationship, love, identity

MINDFULNESS – SOME COMMON GRACE WISDOM?

- Something good may lead us in the wrong direction
- An aspect of God's good creation that has been adopted within a false framework of reality
- × Finding healing without God?
 - + Common grace gift of healing
 - + Deeper healing in the Gospel in relation to God
- Can we reclaim and use within a Christian framework of reality?

BIBLICAL MEDITATION

× "Be still and know..." Psalm 46:10

- + Relational context with God and indwelling Spirit
- + Centering prayer (Keating, Meninger, Pennington)
- + Contemplative prayer
- + The Jesus Prayer (Desert Fathers)
- × Slow down focus
 - + No multitasking here!
- Contemplation of truth and reality shaped by Scripture
 - + "This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do all that is written in it." Joshua 1:8

BIBLICAL MEDITATION

- * "Blessed is the person.. His/her delight is in the law of the Lord, and on his law he/she meditates day and night." Psalm 1:1-2
- * "I will meditate on all your wondrous works... your statutes... your precepts... your law... your promise. Psalm 119
- My soul will be satisfied... my mouth will praise you... when I remember you upon my bed, and meditate on you in the watches of the night. Psalm 63:5-6

THE MIND OF CHRIST

- Romans 12:2 "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."
- * Hebrews 10:16 "This is the covenant that I will make with them after those days, declares the Lord: I will put my laws on their hearts, and write them on their minds."

THE MIND OF CHRIST

- * "For who has understood the mind of the Lord so as to instruct him? But we have the mind of Christ." 1 Cor 2:16
- Mindfulness and Heartfulness

FATHER HEART OF GOD







The Son of God while on a rescue mission of love, was Misunderstood Insulted Betrayed Denied Mocked Spit on Cursed Abandoned Stripped Crucified

(Ed Welch, Shame Interrupted, p.178)

FATHER HEART OF GOD

- God's acceptance of who I am both good and bad – Grace
- God's delight in us and his promise to work in us against all the causes and consequences of sin
- × Isaiah 61-66
- × Relationship at the heart of reality



And Health Stress and Infortility Bethinking Hypnesis Class to Heart Disease

Strive to focus on the present

Mindfulness

MINDFULNESS: IS IT CHRISTIAN, BUDDHIST, OR BOTH? AND DOES IT MATTER? © Richard Winter

