

MINDFULNESS IN THE WORLD OF COUNSELING

© RICHARD WINTER

WHAT IS MINDFULNESS

- ✘ History and development
- ✘ How is it used in counseling/therapy?
- ✘ What does the research show?
- ✘ What about its Buddhist roots?
- ✘ Where do we have common ground
- ✘ What is the mind of Christ?
- ✘ How does it relate to Christian traditions of mindful or contemplative prayer?



“Transcendental Meditation Resets Brain”



Flooding Syria / Beyoncé / Steve McQueen

TIME

THE MINDFUL REVOLUTION

The science of finding focus in a
stressed-out, multitasking culture
FOR YOUR HEALTH

SPECIAL ISSUE

TIME

HOW
YOUR
MIND
CAN
HEAL
YOUR
BODY

- New ways to beat the blues
- The link between mental and physical health
- Is happiness in your genes?
- Women, men and depression



Research - Mindfulness in Medicine
Improving clinician and community health.

Mindfulness
Meditation for
Pain Relief

JON KABAT-ZINN

Guided Practices for
Reclaiming
Your Body
and Your Life

FOREWORD BY JON KABAT-ZINN

"This volume focuses on the essential of the healing relationship and explores the evidence and all other work, within a the wisdom and power of an insight." — JON KABAT-ZINN

Heal Thy Self

Lessons on
Mindfulness in Medicine



Saki Santorelli



*A Proven Program from Leading Scientists
Including a CD of guided meditations by Jon Kabat-Zinn*

The Mindful Way through Depression

FREEING YOURSELF
FROM CHRONIC
UNHAPPINESS



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



ARIZONA CENTER FOR Integrative Medicine

DR. ANDREW WEIL'S
**GUIDE to
OPTIMUM
HEALTH**

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

THE ART AND SCIENCE OF
Mindfulness

INTEGRATING MINDFULNESS
INTO PSYCHOLOGY AND THE
HELPING PROFESSIONS

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Ron Kabat-Zinn, Ph.D.

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**The Neuroscience of Well-Being,
Mindfulness & Love**
With Jack Kornfield and Dan Siegel

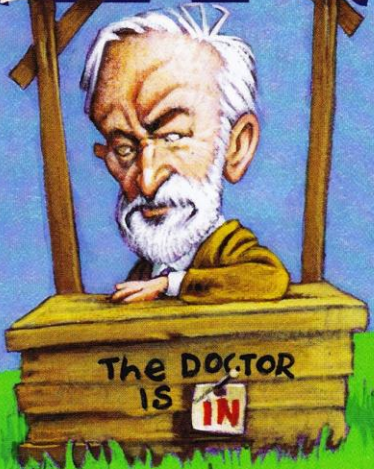


Sharon C.
With a Fore...

PSYCHOTHERAPY NETWORKER

PSYCHOTHERAPY

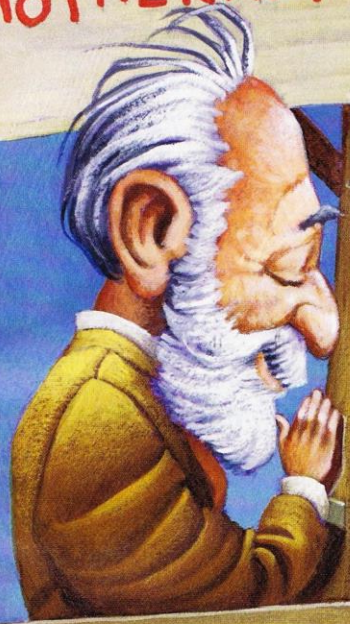
ENLIGHTENMENT



The Mindfulness Movement

Do we even **need** psychotherapy anymore?

PSYCHOTHERAPY



The Doctor
is
IN

ENLIGHTENMENT



3/1/00



Explosion

Jon Kabat-Zinn

the Self

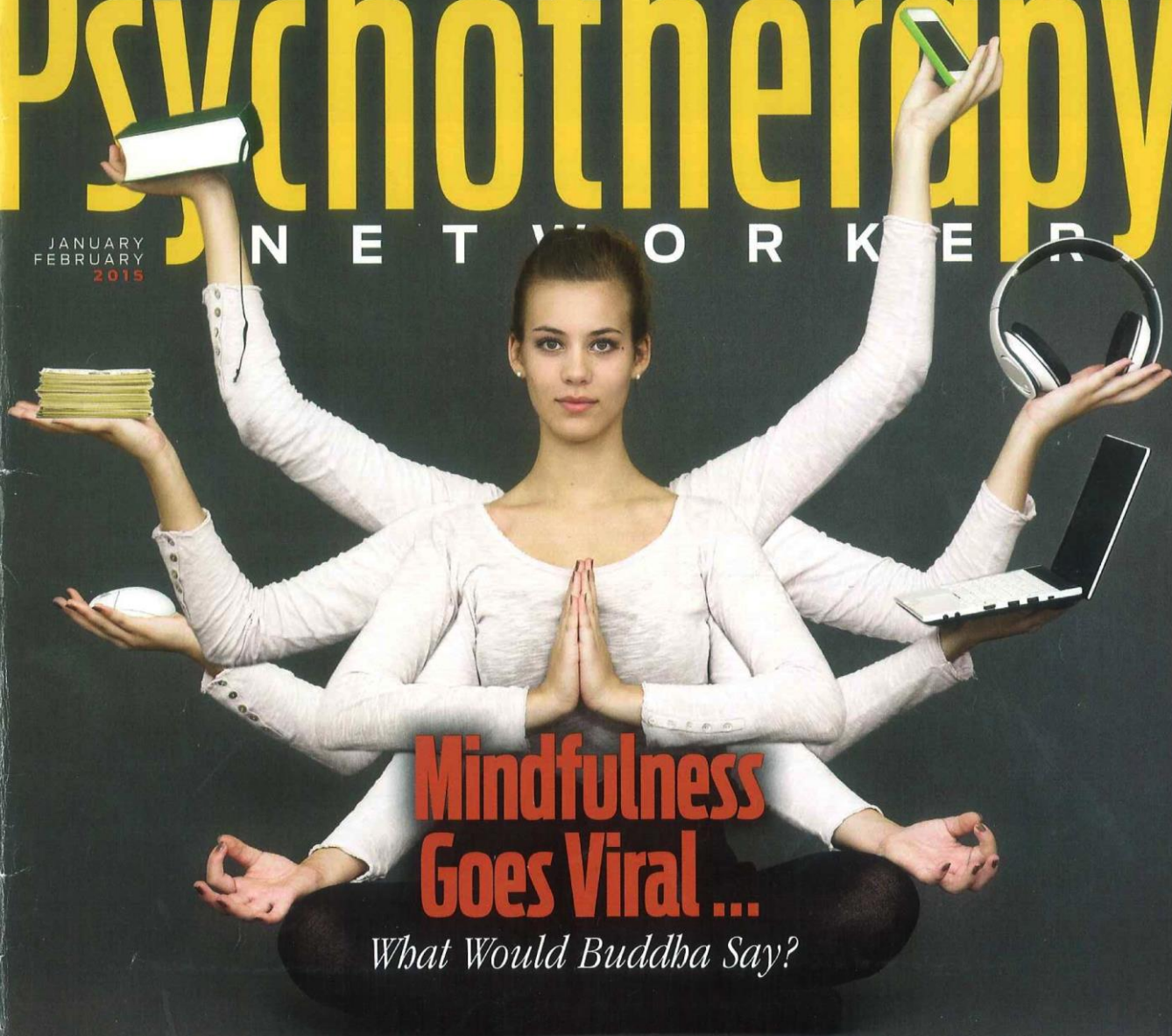
Human Age

Psychotherapy

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NETWORKER

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2015



Mindfulness Goes Viral ...

What Would Buddha Say?

2015 SYMPOSIUM



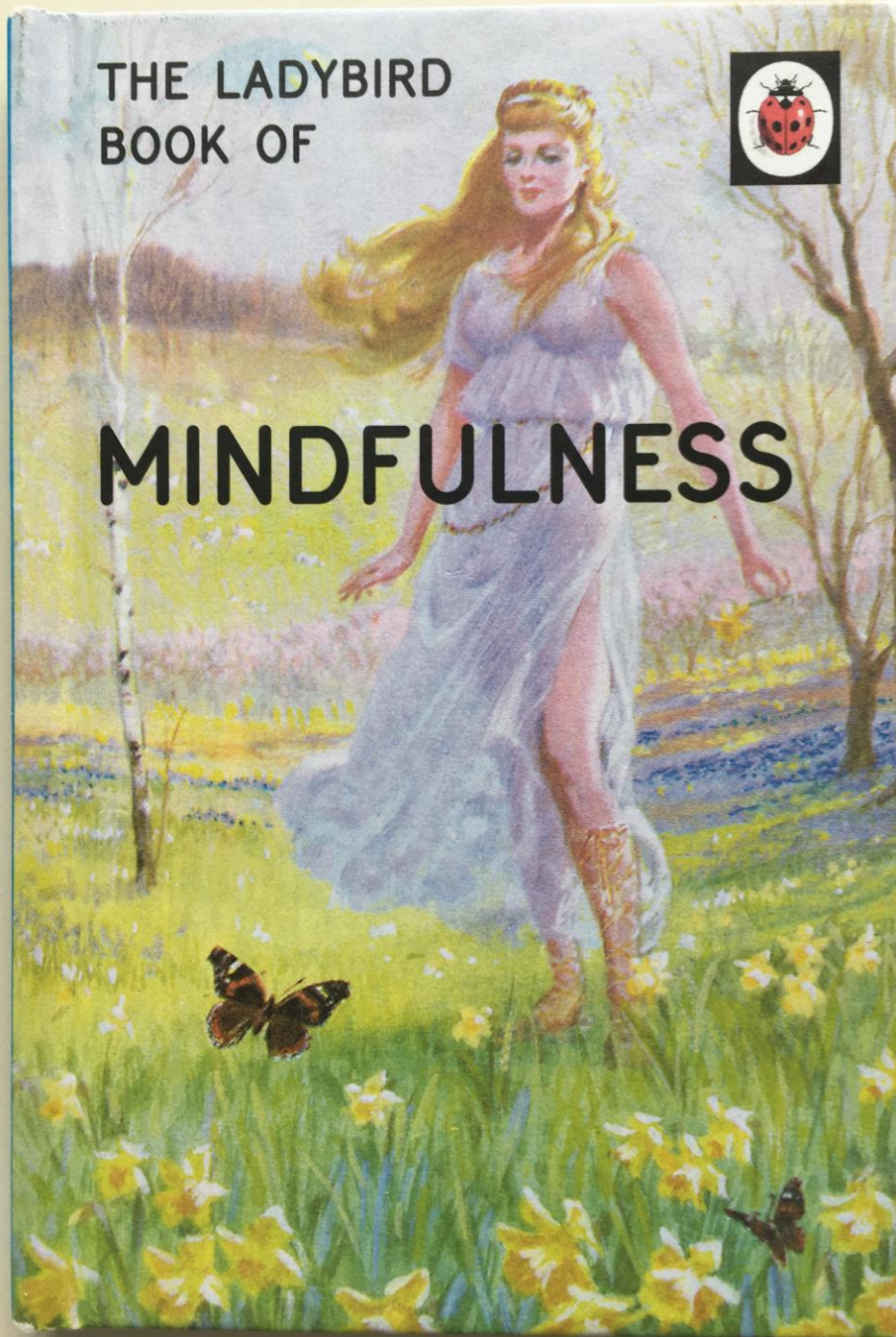
Mindfulness would be good for you. If it weren't so selfish.

Washington Post Aug 25, 2017 Thomas Joiner

THE LADYBIRD
BOOK OF



MINDFULNESS



TIPS TO RESIST YOUR TEMPTATIONS *page 45*

SCIENTIFIC AMERICAN

MIND

BEHAVIOR • BRAIN SCIENCE • INSIGHTS

March/April 2013
www.ScientificAmerican.com/Mind

Stress
and the
City
page 58

Sharpen your FOCUS

How the science of mindfulness can improve
attention and lift your mood

PLUS

Giving Addicts
the Power to Quit

Learn to Master
Your Brain Waves

Why Placebos
Work So Well

TIME
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MINDFULNESS

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Mindfulness



Strive to focus on the present

MINDFULNESS?

- ✘ Stop
- ✘ Look
- ✘ Listen
- ✘ Taste
- ✘ Feel
- ✘ Smell



- ✘ “Awareness”





MINDFULNESS

- ✘ Center down – focus on breathing
- ✘ 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 minutes/day and more!

MINDFULNESS

- ✘ Awareness of internal and external stimuli
- ✘ Without prejudice, opinion, evaluation, past experiences, and old emotional responses
- ✘ Staying with experience - acceptance
- ✘ Without changing, escaping or fixing it
- ✘ “Without “Mad Monkey Mind”

MINDLESSNESS

- ✘ Rushing through activities
- ✘ Multitasking
- ✘ Failing to notice feelings
- ✘ Not being aware of body
- ✘ Preoccupied with future or past
- ✘ Not being present



MINDFULNESS

- ✘ Focus attention
- ✘ Not in past or future
- ✘ Present awareness

- ✘ Self regulation of attention
- ✘ Curiosity, openness and acceptance
- ✘ Nonjudgment, loving-kindness and compassion

- ✘ “Awareness of present experience with acceptance”
(M & P)

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

THE PROMISE OF MINDFULNESS

- ✘ Quiet the mind
- ✘ Regulate oneself better
- ✘ Approach situations with a greater sense of equilibrium

- ✘ Headspace, Smiling Mind, Buddhify...

MINDFULNESS PRACTICES

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



- + “Mindfulness can save and grace and transform and heal our lives and has repercussions far beyond us as individuals”



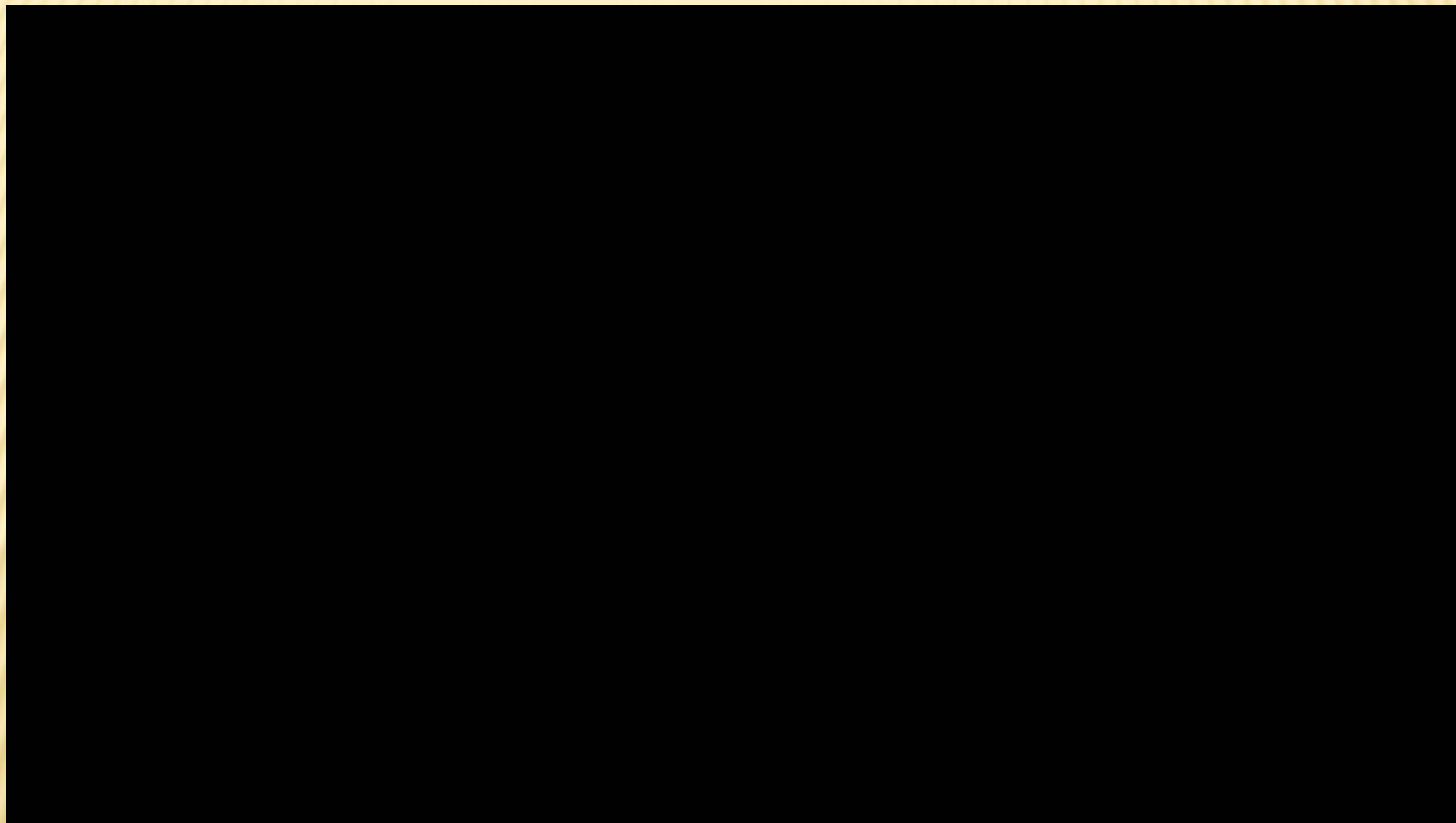
Jon Kabat-Zinn

<http://www.youtube.com/watch?v=xoLQ3qkh0w0>



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”**



-
- ✘ MBCT
 - ✘ Dialectical Behavior Therapy (DBT)
 - ✘ Acceptance and Commitment Therapy (ACT)

MINDFULNESS IN DAILY LIFE (TERRY FRALICH)

- ✘ 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?
 - + Not fight or flight...

NEUROPLASTICITY AND RETRAINING THE BRAIN

- ✘ Core negative beliefs
- ✘ Focused attention and repetition
- ✘ Reintegration

MINDFULNESS IN DAILY LIFE (TERRY FRALICH)

- ✘ 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



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.”

THERAPIES ABSORB MINDFULNESS

- ✘ Mindfulness Based CBT
- ✘ Mindfulness Stress Reduction
- ✘ DBT and Mindfulness
- ✘ Acceptance and Commitment Therapy (ACT)
- ✘ See Stephen Hayes TED talk on ACT
“Psychological Flexibility”

MINDSIGHT (DANIEL SIEGEL)

- ✘ 5 senses
- ✘ 6th sense – ability to perceive internal states
- ✘ 7th sense – Mindsight – look within and reflect
- ✘ Focused attention to see the internal working of our own mind
- ✘ Name and tame – (soothes limbic firing)
- ✘ Re-sculpt our neural pathways



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.”
- ✘ “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.”
- ✘ “Where attention goes, neurons fire. And where neurons fire, they can rewire.”
- ✘ Dan Siegel, *The Mindful Brain*

COAL (DAN SIEGEL)

- ✘ Curiosity
- ✘ Openness
- ✘ Acceptance
- ✘ Love

ATTACHMENT (DAN SIEGEL)

- × Seen
- × Safe
- × Soothed
- × Secure
- × Presence
- × Attunement
- × Trust
- × Resonance

- Mindfulness brain state
- Integration
- In good relationships

ATTACHMENT AND MINDFULNESS

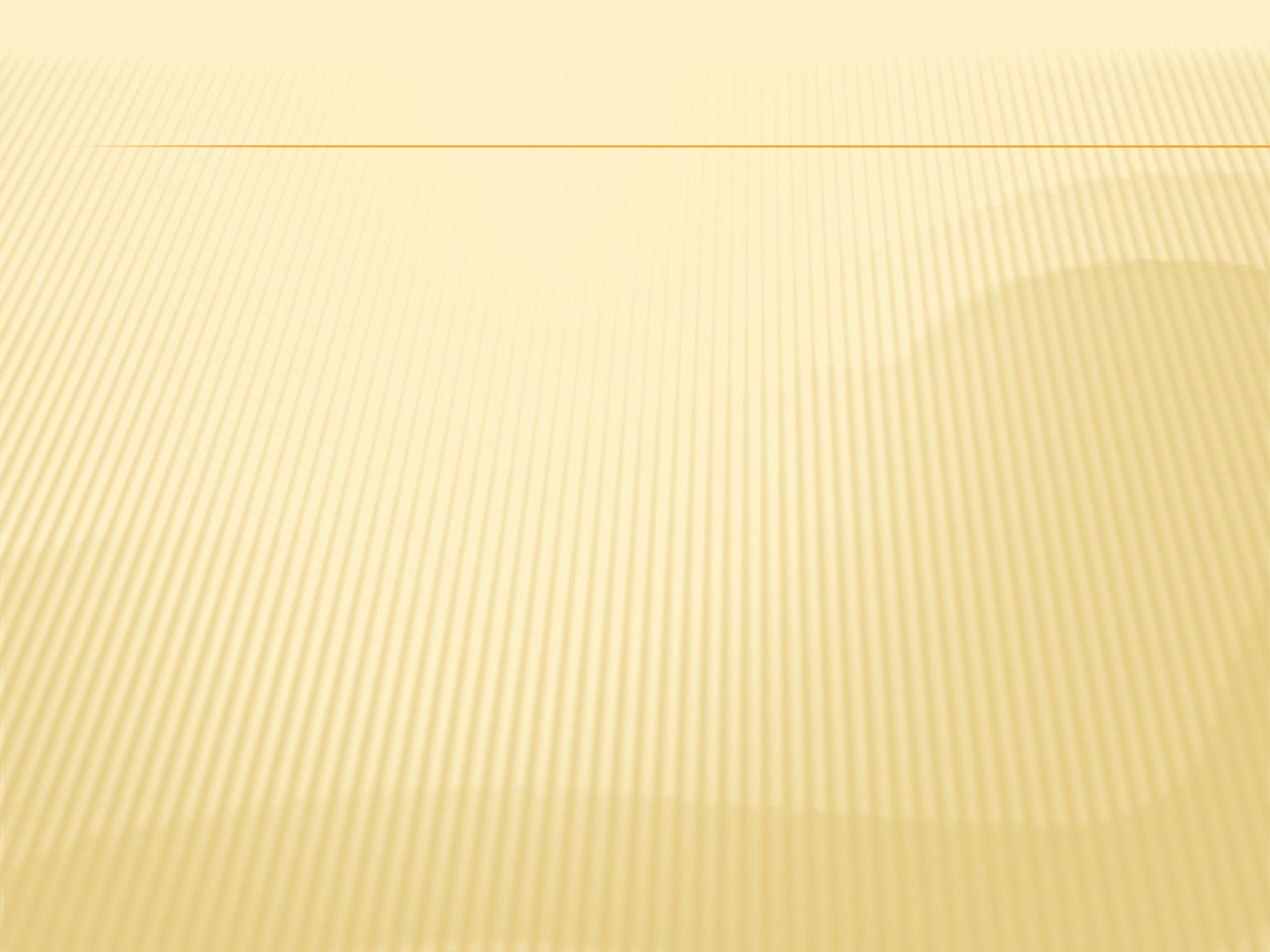
- ✘ Anxious – avoid curiosity, mastery and autonomy
- ✘ Avoidant – avoid needing safety or closeness
- ✘ Little emotional regulation
- ✘ Training in tolerating discomfort and anxiety
- ✘ Mindful of God's character and care

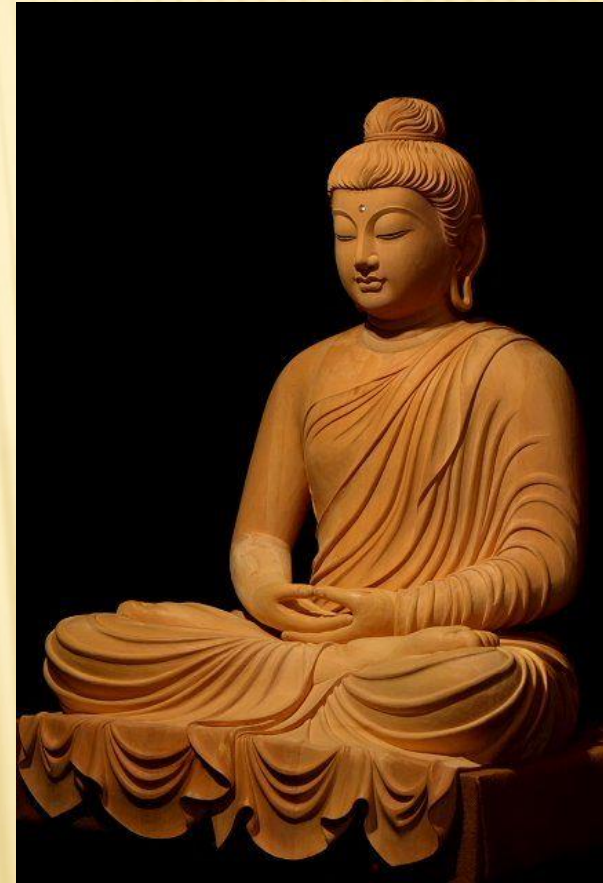
USES

- ✘ Improve health
- ✘ Relieve pain
- ✘ Improve sports performance
- ✘ Manage intrusive thoughts
- ✘ Counter anxiety and depression
- ✘ Deal with anger...

PRACTICAL REALITIES AND CAUTIONS

- ✘ Care with people with breathing problems, trauma and anxiety when following breath
- ✘ May find listening to sounds easier
- ✘ Design friendly practice that is pleasant and not burdensome
- ✘ Frame as “Time for you”
- ✘ Technique for reconnecting with body safely without arousing intense emotions (Tara Brach) - Mindfulness of hands
 - + Dan Siegel’s “Wheel of Awareness” exercise
- ✘ **Don’t use** with psychosis, severe depression, dissociative disorder, mania, suicidal thoughts...





**HOW IS MINDFULNESS USED IN
COUNSELING? DOES IT WORK? WHAT IS
BIBLICAL M? AND IS M. BUDDHIST OR
CHRISTIAN? RICHARD WINTER**

BIBLICAL MEDITATION

- ✘ Slow down – focus
 - + No multitasking here!
- ✘ *Be still and know...* Psalm 46:10
 - + Relational context with God and indwelling Spirit
- ✘ 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*

MINDFULNESS

- ✘ *Attention all! See the marvels of God!*
- ✘ *He plants flowers and trees all over the earth...*
- ✘ *Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything.*

Psalm 46. The Message

MINDFULNESS

- ✘ Center down – focus on breathing
- ✘ Open up – Aware of sounds, sensations, ideas going on inside you
- ✘ Observe – Watch what comes and goes
- ✘ Don't judge, evaluate or interpret
- ✘ Stay with it – Live in the moment

MINDFULNESS IN DAILY LIFE (TERRY FRALICH)

- ✘ Stop
 - + Pay attention to negative reaction
- ✘ Breathe
 - + Release tension, allow negative to soften
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 - + What pattern? What lies?
 - + What happening inside other?
- ✘ Choose
 - + What is loving, respectful, skillful response?
 - + Not fight or flight...



MINDFULNESS AND DEPRESSION

✘ Mindfulness

- + Helps with affect regulation and self acceptance
- + Reduces emotional reactivity
- + Reduces rumination

✘ MBCT claims to be more effective than meds in preventing relapse

MINDFULNESS AND ANXIETY

- ✘ Conditioned and cultivated anxieties and fears and reactions
- ✘ Fight, flight, freeze...
- ✘ Anything to escape or avoid
- ✘ *When we simply accept fear just as it is – without our opinions, judgments, and reactions – fear is not nearly so frightening.*
Ezra Bayda, 2005

MINDFUL RESPONSES TO ANXIETY

- ✘ Acceptance and compassion
- ✘ Education about anxiety
- ✘ Learning to notice and monitor
- ✘ Learning emotional regulation
- ✘ Inviting difficulty in and working through it
- ✘ Experiencing without avoiding (exposure)
- ✘ Context: Therapeutic relationship

PAIN

- ✘ “When touched with the feeling of pain, the uninstructed run of the mill person sorrows, grieves and laments, beats his breast, becomes distraught. So he feels two pains, physical and mental. Just as if they were to shoot him with an arrow and, right afterward, were to shoot him with another one, so that he would feel the pains of two arrows.”
(Bhikkhu, 2012c, p. 1)

BACK PAIN CYCLE

- ✘ Irrational fear
- ✘ Increased psycho-physiological arousal
- ✘ Misinterpreted symptoms
- ✘ Behavioral avoidance

RECOVERY CYCLE

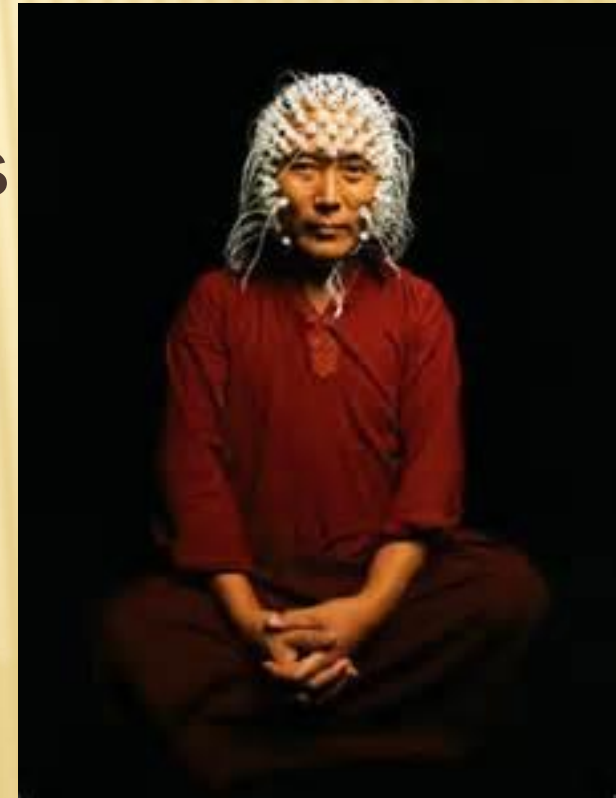
- ✘ Cognitive restructuring
- ✘ Resuming full physical activity
(structured exercise program)
- ✘ Working with negative emotions
- ✘ Acceptance more effective than control,
resistance, fear and avoidance

POSSIBILITY OF HAPPINESS

- ✘ “When our habitual, emotional reactions are held in mindful awareness and become less repetitive, a quiet joy begins to arise within us...
- ✘ Therapists who have tasted calm joy implicitly teach their patients that happiness can emerge in spite of the conditions of our lives – that we can live more fully, right here, right now, in the midst of inevitable challenges.” M&P 75

ANY EVIDENCE?

- ✘ 1. Compare longtime Buddhist meditators with novices
- ✘ 2. Before, after and at 4 months mindfulness meditation
 - + Increased activity L prefrontal
 - + Antibodies increase



“THE NEUROSCIENCE OF MINDFULNESS MEDITATION”

- ✘ Broad support of beneficial effects on physical and mental health
- ✘ More rigorous studies needed to understand neural mechanisms
- ✘ Tang YY et al (2015).. *Nat Rev Neurosci* 16: 213–225.

BRAIN CHANGES - RESEARCH CLAIMS

- ✘ Increased density and activity in Prefrontal Cortex
- ✘ Decreased size and activity in Amygdala (emotion)
- ✘ Increased connection between Amygdala and Prefrontal Cortex (emotional regulation)
- ✘ Reduced stress response (cortisol)
- ✘ Increased GABA (calming)
- ✘ Increased connection between Prefrontal and Insula Cortex (integrative)
- ✘ *Mindfulness and Psychotherapy*, Germer et al, 2016

DO OTHER 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 – prevents relapse
- ✘ Meditation Programs for Psychological Stress and Well-being. A Systematic Review and Meta-analysis. JAMA Internal Medicine March 2014

STANDARDIZED MINDFULNESS-BASED INTERVENTIONS IN HEALTHCARE: AN OVERVIEW OF SYSTEMATIC REVIEWS AND META-ANALYSES OF RCTS

- ✘ Conclusion: Although there is continued skepticism in the medical world towards MBSR and MBCT, the evidence indicates that MBSR and MBCT are associated with improvements in depressive symptoms, anxiety, stress, quality of life, and selected physical outcomes in the adjunct treatment of cancer, cardiovascular disease, chronic pain, chronic somatic diseases, depression, anxiety disorders, other mental disorders and in prevention in healthy adults and children
- ✘ Gotlink, R.A. et al (2015). *PloS One*, 10(4).

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SCIENTIFIC AMERICAN

MIND

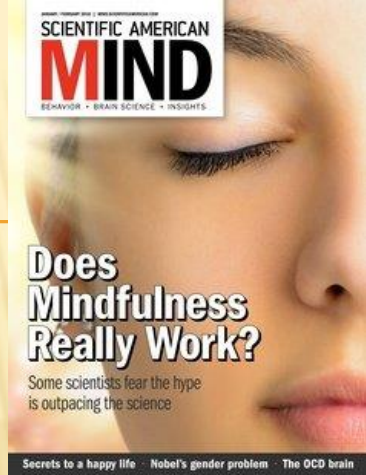
BEHAVIOR • BRAIN SCIENCE • INSIGHTS



Does Mindfulness Really Work?

Some scientists fear the hype
is outpacing the science

Secrets to a happy life · Nobel's gender problem · The OCD brain



- ✘ “In an article released in *Perspectives on Psychological Science* (2015), 15 prominent psychologists and cognitive scientists caution that despite its popularity and supposed benefits, scientific data on mindfulness is woefully lacking. Many of the studies on mindfulness and meditation, the authors wrote, are poorly designed — compromised by inconsistent definitions of what mindfulness actually is, and often void of a control group to rule out the placebo effect.”

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

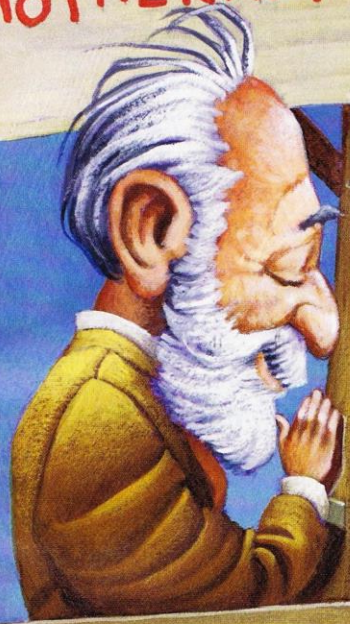
DEEPER, MORE COMPLEX...

- ✘ *“While meditation has been acclaimed and sold as a quick, no-risk, easily mastered technique to achieve just about any conceivable desired goal – health, happiness, freedom from physical or mental pain, relaxation, self confidence, career success, sexual success, inner peace, world peace! – it’s in fact a far deeper, more complex, and less well understood process than most people realize.”* p.44 Mary S Wylie Psychotherapy Networker Jan/Feb 2015

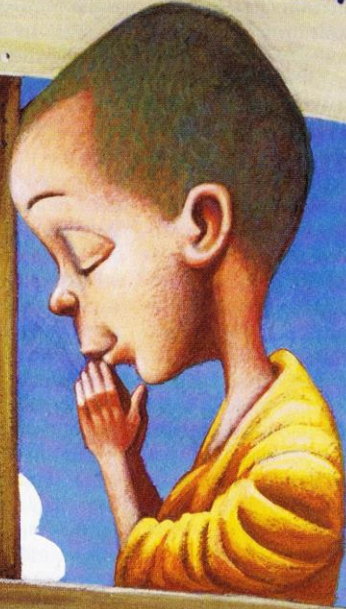
MINDFULNESS – SOME COMMON GRACE WISDOM?

- ✘ 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?
- ✘ BUT something good may lead us in the wrong direction – towards another “reality”

PSYCHOTHERAPY

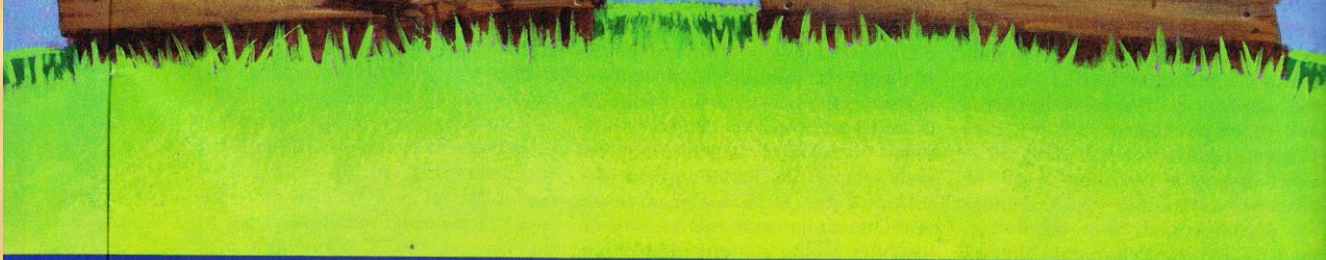


ENLIGHTENMENT



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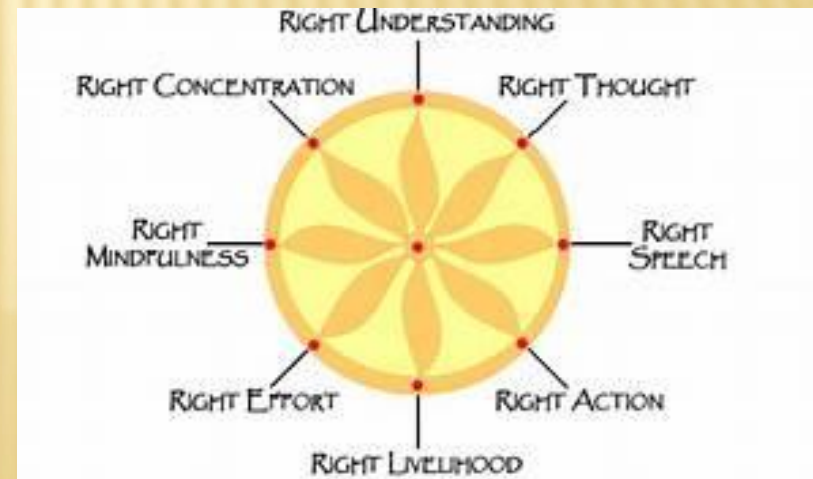
BUDDHIST OR CHRISTIAN?

- ✘ What is our true nature?
- ✘ Why do we suffer?
- ✘ What is reality
- ✘ Who am I?
- ✘ Why have compassion?
- ✘ Gratitude – to whom, or what?
- ✘ Does God exist?
- ✘ Who or what is God?



BUDDHIST MINDFULNESS

- ✘ Meditation technique introduced by Buddha 2600 years ago
- ✘ Vipassana (Insight meditation)
- ✘ Right mindfulness: 7th Noble Path
- ✘ Mental disciplines aimed at achieving uninterrupted mindfulness
- ✘ “for the purpose of reaching a heightened level of spiritual awareness”



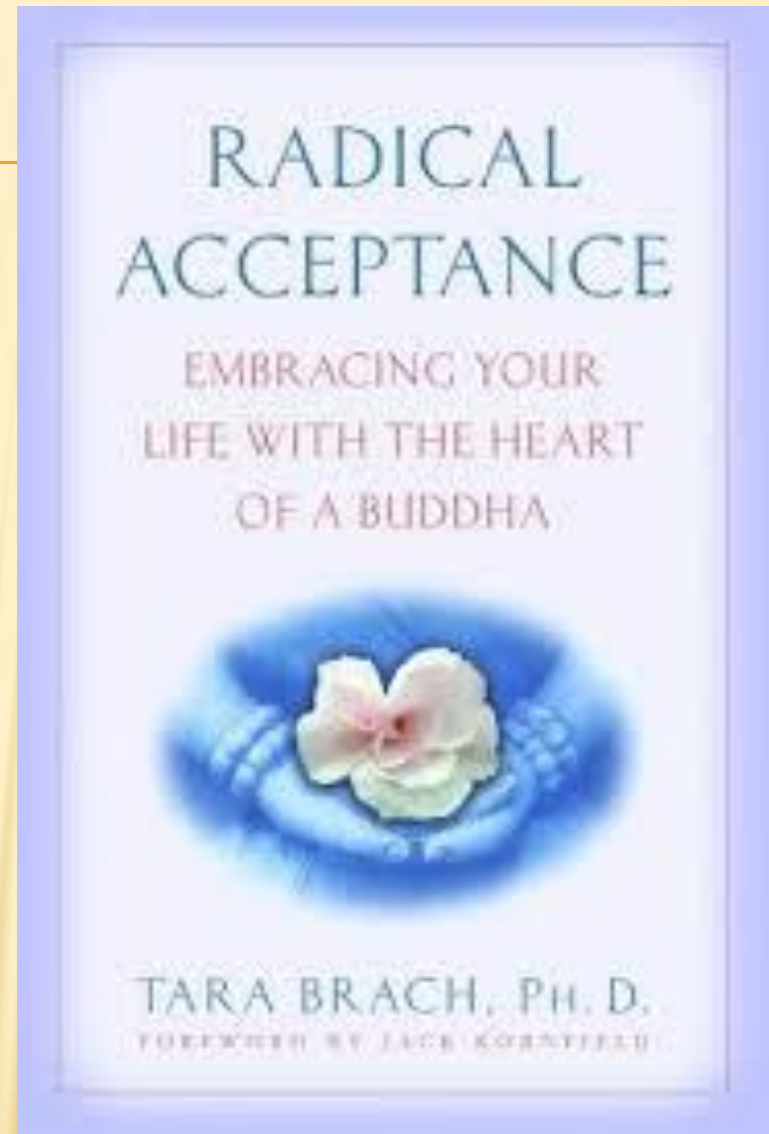
PURPOSE OF MINDFULNESS

- ✘ Buddha's questions:
- ✘ Why do we suffer?
- ✘ How can we relieve suffering?



THE BACK STORY

- ✘ “We discover the wholeness, wisdom and love that are our deepest nature”



TRUE NATURE

× CHRISTIAN

- × Dignity
- × Depravity
- × Old nature
- × New nature
- × United with Christ
- × Christ nature

× BUDDHIST

- × False and ignorant nature
- × Deepest and true nature

- × Buddha nature

TRUE NATURE

- ✘ “Purity means that our true nature is already perfect and complete. None of our confusion and fear can change this inner purity. It doesn’t get worse when we suffer or improve when we become enlightened like the Buddha. We don’t need to add anything to it or take anything away, nor do we have to do something to get it. Its here with us each and every moment like a diamond in the palm of one’s hand.”
Buddhist teacher

THE MIRACLE OF MINDFULNESS

- ✘ Our true home is in the present moment
 - ✘ To live in the present moment is a miracle
 - ✘ The miracle is not to walk on water
 - ✘ The miracle is to walk on the green earth in the present
 - ✘ Moment , to appreciate the peace and beauty that are
 - ✘ Available now.
 - ✘ Peace is all around us and within us-
 - ✘ In the world and in nature-
 - ✘ And within us – in our bodies and our spirits.
 - ✘ Once we learn to touch this peace
 - ✘ We will be healed and transformed.
 - ✘ It is not a matter of faith.
 - ✘ It is a matter of practice.
- Thich Nhat Hanh



Buddhism CGW Christianity

MINDFULNESS AT THE HEART OF BUDDHIST PSYCHOLOGY

✘ Four Noble Truths

- ✘ Human condition involves suffering (**all suffer**)
- ✘ **The cause of suffering** (dukkha) is craving because **we get attached** - greed, hatred and delusion. But all is a passing show (anicca). Cant control life. Accept what is
- ✘ **Suffering can be reduced** or eliminated by changing our attitude – **no attachment**, no craving...
- ✘ There is a **road out of suffering** – gradual awareness and having **one's mind renewed!**

- ✘ We are training to become more mindful and aware so that we suffer less.
- ✘ We are also trying to **cultivate virtue**. We want to have basic gentleness. We want to tame our minds and learn how to **manage our suffering and transcend our selfishness**.
- ✘ **Reduced Desire**: This is reducing our desire to be comfortable all the time, cultivating an ability to **accept things as they are**. We want to notice our feelings like boredom and frustration, but to avoid attaching to them.
- ✘ **Contentment**: This is also called equanimity. This is our sense of accepting things as they are. We want to be content and appreciate what we have. Simplicity is something we can be happy about.

SUFFERING

× CHRISTIAN

- × Creation
- × Fall
- × Redemption/Rescue
- × Glory

× BUDDHIST

- × Perfection
- × Ignorance
- × Delusion
- × Attachment
- × Craving
- × Right mindedness
- × Enlightened

BUDDHIST REALITY

✘ Attachment

- + Need to hang on to, rely upon, or overly invest in things and people that, ultimately, are impermanent

✘ Impermanence

- + All things are in a state of flux. No thing or event or person lasts forever. We are to go with the flow and not be attached or react.
- + No core self. Sense of self and mind is a distortion of reality.

BUDDHIST MINDFULNESS AND THE SELF

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
- + “Why are you unhappy? Because 99.9 percent of everything you think, and everything you do, is for your self. And there isn’t one.” Wei Wu Wei

-
- ✘ “These differences are a fundamental point of departure between the two traditions. Because Western psychotherapy rests on the notion of a stable and cohesive self it regards development and healing as processes of becoming – becoming well, less flawed, individuated, becoming someone. By contrast Buddhist practice is about stopping our incessant efforts to firm up our sense of permanence and to rest in the uncertainty that we observe. It is to enable us to put to rest this need to become.” Mindfulness and Psychotherapy p. 48

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.”
- ✘ “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.”

-
- ✘ “In the Buddhist traditions from which many contemporary mindfulness practices derive, mindfulness techniques evolved as tools for deconstructing our usual view of ourselves and the world, for waking up from conventional, socially reinforced fictions about who we are and how to find happiness. This awakening occurs to the degree that we no longer believe in the self. It involves realizing... anatta or non-self.” Ron Siegel

IDENTITY/SELF

× CHRISTIAN

- × Created and Named by personal God
- × Unique
- × Valuable
- × Loved
- × Eternal

× BUDDHIST

- × Arises from attachment and delusion
- × Arises from dualistic thinking
- × No permanent self

INSIGHT INTO OUR DISTORTED CORE BELIEFS

- ✘ Seeing the true essence of reality
- ✘ “Reality”- a mental construction. We suffer because we hold on to it.
- ✘ Thinking interferes with direct experience and perception
- ✘ “Direct attention unmediated by language”
- ✘ “Mindfulness meditation has a quality of deep certainty and insistence that it is beyond refutation”

Mindfulness and Psychotherapy 43-5

GOAL OF BUDDHIST MINDFULNESS

- ✘ Mindfulness leads to insight
- ✘ Insight leads to wisdom
- ✘ Awakening
- ✘ Greed, hatred and delusion eliminated
- ✘ Content with all circumstances, free of involuntary conditioning, and in no way driven into action by compulsion
- ✘ Generosity, kindness, compassion and understanding emerge
- ✘ Discover true nature
- ✘ *Mindfulness and Psychotherapy* M&P 281

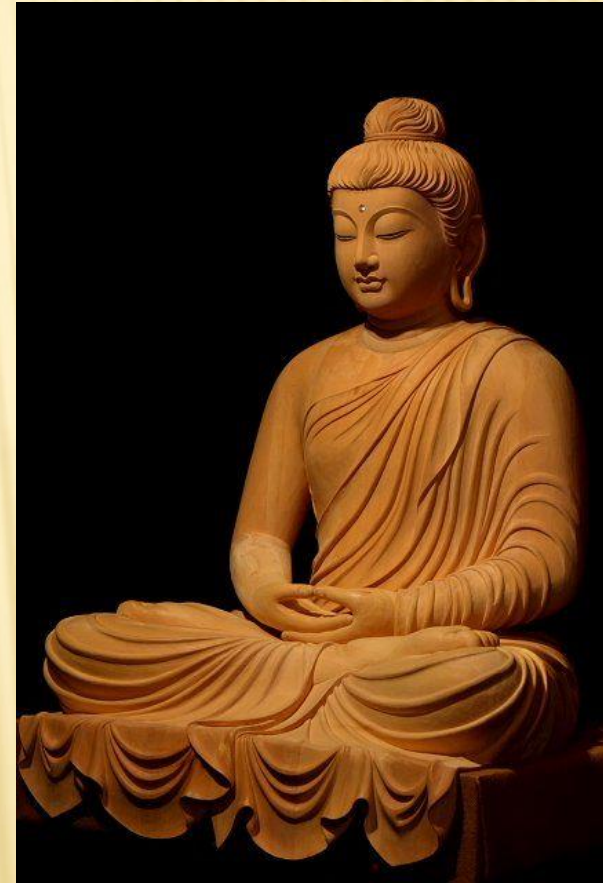
GRATITUDE

- ✘ Gratitude – a deep instinct
- ✘ Gratitude very good for you
- ✘ “Thank **who** very much?”
- ✘ *O give thanks to the Lord, for he is good....*
Ps 106:1
- ✘ *Give thanks in all circumstances... 1 Thess 5:18*
- ✘ *Don't be anxious... by prayer... thanksgiving... let your requests be known to God. Phil 4:6*



Impersonal

Personal



**MINDFULNESS, COMPASSION, MEDITATION,
AND THE CHRISTIAN TRADITION OF
CONTEMPLATIVE PRAYER RICHARD WINTER**

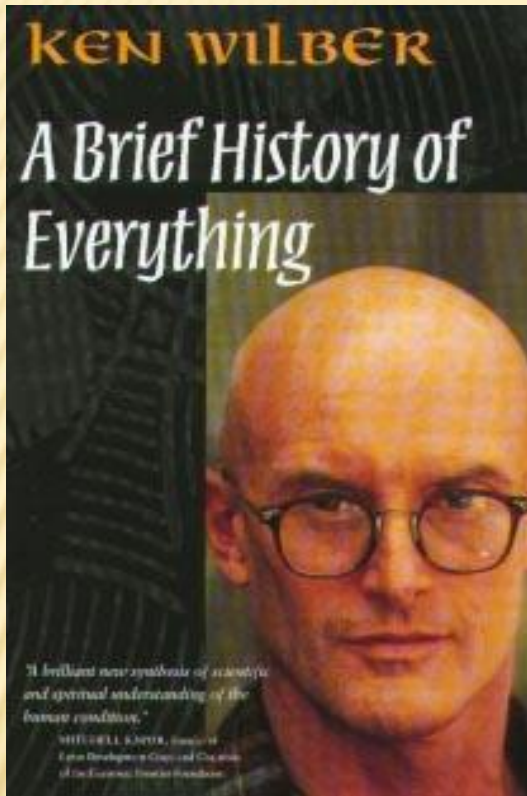
TRANSPERSONAL PSYCHOLOGY AND PSYCHOTHERAPY



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.



- ✘ “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

- ✘ J Edwards: Once... anno 1737... [in] divine contemplation and prayer, I had a view that for me was **extraordinary**, of the glory of the Son of God, as Mediator between God and man, and his wonderful, great, full, pure and sweet grace and love, and meek and gentle condescension... The person of Christ appeared ineffably excellent with an excellency great enough to swallow up all thought and conception... which continued as near as I can judge, about an hour; which kept me the greater part of the time in a flood of tears, and weeping aloud. I felt an ardency of soul to be, what I know not otherwise how to express, emptied and annihilated; to lie in the dust, and to be full of Christ alone; to love him with a holy and pure love; to trust in him; to live upon him; to serve and follow him; and to be perfectly sanctified and made pure, with a divine and heavenly purity.” Personal Narrative JE quoted by Tim Keller, Prayer. P 41-2

SELF COMPASSION

- ✘ Kindness to self in difficult times
- ✘ Paying attention to suffering in mindful, non-obsessive way
- ✘ Suffering is part of experience of humanity

- ✘ Mindful Self Compassion (MSC) 8 week course.
(Neff and Germer)

LOW SELF COMPASSION STATEMENTS

- ✘ When I fail at something important to me, I become consumed by feelings of inadequacy
- ✘ When I am feeling down, I tend to feel like most other people are probably happier than I am
- ✘ I am disapproving and judgmental about my own flaws and inadequacies

HIGH SELF COMPASSION STATEMENTS

- ✘ I try to see my failings as part of the human condition
- ✘ When I am going through a very hard time, I try to keep my emotions in balance
- ✘ I try to be understanding and patient toward those aspects of my personality that I don't like

COMPASSION

SELF COMPASSION

- ✘ Rooted in God's compassion and grace towards us
- ✘ Accepts us as we are
- ✘ *He led me to a place of safety; he rescued me because **he delights in me.** Psalm 18:19 (NLT)*
- ✘ *The LORD your God is in your midst,
a mighty one who will save;
He will rejoice over you with gladness;
he will quiet you by his love Zeph 3:17 (ESV)*
- ✘ Love your neighbor as you love yourself

COMPASSION AND LOVING KINDNESS

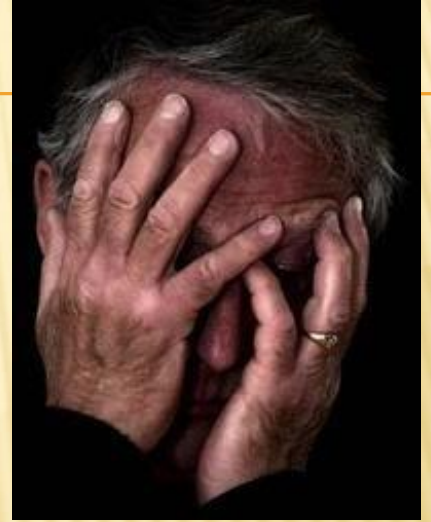
- ✘ Compassion (karuna) – open to suffering and willing to help others in their pain



Monism

Trinitarianism

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
- ✘ “Be still.... and know that I am God.”

GO TO MINDFULNESS, CONTEMPLATIVE PRAYER, AND MEDITATION PPT AFTER THIS...

- ✘ *Mindfulness and Psychotherapy* Edited by Christopher Germer, Ronald Siegel and Paul Fulton, Guilford, 2016
- ✘ *Being Mindful, Being Christian: A Guide to Mindful Discipleship*, Roger Bretherton, Joanna Collicutt, Jennifer Brickman, Monarch Books, 2016
- ✘ *The Miracle of Mindfulness*, Thich Nhat Hanh
- ✘ <http://christianmindfulness.co.uk/>
- ✘ <http://www.mindfulnet.org/>
- ✘ <https://goamra.org/>
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