

# Mindful Meditation

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## The Expert



# Agenda

*Would you tell me, please, which way I ought to go from here?*

'That depends a good deal on where you want to get to,' said the Cat.

*'I don't much care where—' said Alice.*

'Then it doesn't matter which way you go,' said the Cat.

*'—so long as I get SOMEWHERE,' Alice added as an explanation.*

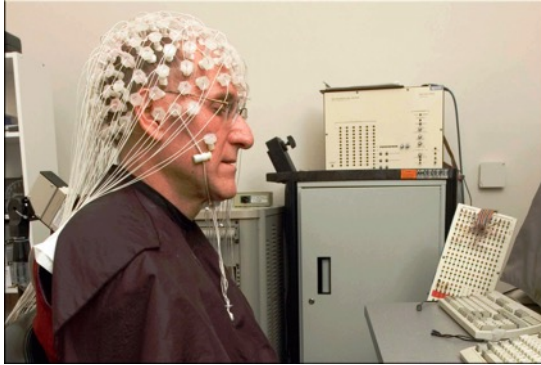
'Oh, you're sure to do that,' said the Cat, 'if you only walk long enough.'

# Where did it all begin?





# Science





# Evidence of Effects on the Body



# What happens in meditation?





# FAQ's







# What are Different Kinds of Meditation?

- MBSR (the granddaddy of modern approaches in our culture)  
Body Scan meditation (also part of MBSR)
- Tai chi and qigong are moving forms of meditation that combine physical exercise with
- Breathing and focus.
- Transcendental meditation
- Walking meditation turns your focus to both body and mind as you breathe in time with your footsteps.
- **Loving-Kindness Meditation (LKM)**
- **Hugging** Meditation
- **Laughing** Meditation
- **Mandala** Meditation



# Different Kinds of Meditations

- **Samatha** (and Vipassana) meditation are styles that come from Theravada and mostly the Burmese lineage holders). Samatha is translated as “taming the mind” The specific types of meditation practices that are involved in these contemporary settings include 1. Focused Attention (and Open monitoring meditation - see below)
  - Focused Attention Meditation
    - Focused attention can be trained on any object (e.g., a mantra, a deity, or a flame), but in the case of samatha, the focus is on the breath. Focus on the breath and nothing else helps to stabilize the mind (bring it to stillness). Similarly to a mantra meditation, focusing on one object is thought to be helpful – mostly because it does not allow many other distractions to arise.
- **Vipassana** - the Buddhist meditation technique on which the now wildly popular Westernized concept of “mindfulness” is based. The word *Vipassana* roughly translates from the ancient Pali language of Buddhist scriptures to “seeing things as they really are” or “insight”
  - Open monitoring Meditation
    - Open monitoring (OM) typically builds upon the stability of attention you have cultivated in Focused Attention practice. It directs your attention to any object that arises and allows you take inventory, without reacting or intentionally following any one train of thought – just let it rise and pass.
- **...and as many more as there are meditators !**

# Let me ask again...

- What do you actually *do*?





# I thought you'd never ask...

- Meditation and RLS







# Do-Be-Do-Be-Do-Be-Do





# RESOURCES – Books & Articles

## BOOKS

- *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story* , Dan Harris
- *The How of Happiness*, Sonia Lyubomirsky
- *Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering*, Vidyamala Burch
- *Mindfulness for Beginners*, Dalida Turkovic
- *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*, Thich Nhat Hanh



## RESOURCES - Books & Articles, continues

- *Qigong for Staying Young*, Shoshanna Katzman
- *Wherever You Go, There You Are: Mindfulness meditation for everyday life*, Jon Kabat-Zin
- Scientific American, “Neuroscientists and the Dalai Lama Swap Insights on Meditation” <http://bit.ly/2cevlxr>
- “Mindfulness-Meditation-Based Pain Relief Is Not Mediated by Endogenous Opioids,” March 15, 2106. mindfulness meditation does not employ the endogenous opioid system to reduce pain. This is a groundbreaking discovery. <http://www.jneurosci.org/content/36/11/3391.short>



# AUDIO RESOURCE & WEBSITES

- **Breathworks** - based on the experience of Vidyamala Burch who sustained a severe spinal injury in 1976 when she was sixteen leading surgeries and partial paraplegia. Over 27 years ago she began exploring mindfulness and meditation to manage pain <http://www.breathworks-mindfulness.org.uk/aboutbreathworks>
- **Center for Mindfulness** in Medicine, Health Care, and Society, . U Mass, <http://www.umassmed.edu/cfm/>
- **Coping with RLS and what Sleep Deprivation Does to You**, Jeffrey Durmer. M.D., Ph.D <https://www.youtube.com/watch?v=KJp5nrCVYmY>





# AUDIO RESOURCE & WEBSITES, continued

**Insight Timer** – *Home to more than 1,000,000 meditators. Free or paid (\$2.99). Set beginning, ending and interval chimes.*

*Vast array of guided meditations, one minute to ninety minutes in length. Keep track of sessions. 3,000 discussion groups run by users from 210 countries, ranging from community support to mindful eating to stress relief, Rumi poetry and even meditation humor. [www.insighttimer.com](http://www.insighttimer.com)*

- **Headspace** - engaging animations and simple explanations  
<https://www.headspace.com>
- *See also* Headspace FAQ's About Your Practice.  
<https://www.headspace.com/faqs/category/about-your-practice>



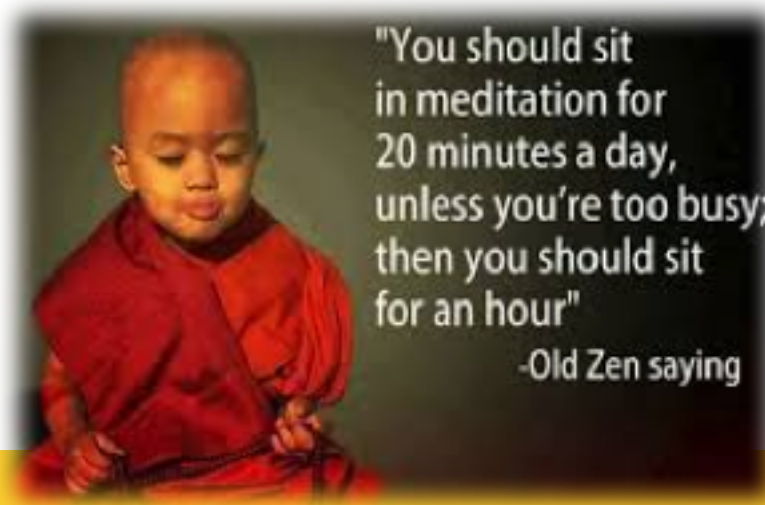
# AUDIO RESOURCE & WEBSITES, continued

- Free Guided Meditations, UCLA Mindful Awareness Research Center.  
<http://marc.ucla.edu/body.cfm?id=22>
- Guided Audio Files to Practice Mindfulness Based Stress Reduction, UC San Diego Center for Mindfulness. <http://bit.ly/2c8gqSp>
- Guided Practices, Center for Contemplative Mind in Society.  
<http://www.contemplativemind.org/practices/recordings>



# AUDIO RESOURCE & WEBSITES, continued

- Guided Practices, Insight Meditation Society. .  
<http://www.dharma.org/resources/audio#guided>
- Mind and Life Institute <https://www.mindandlife.org/>
- Qigong for Staying Young- DVD
- Sharon Salzberg – an animated tale of two wolves fighting in our hearts shows how mindfulness lets us see our thoughts and feelings as they are.  
<http://www.sharonsalzberg.com/animation/>
- Vidyamala Burch. <http://www.vidyamala-burch.com>



## Questions & Answers

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