

THE POWER OF SLOW: WHY PRACTICE MINDFULNESS MEDITATION

“One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life” – Chinese Proverb



“You can't stop the waves but you can learn to surf”

Jon Kabat-Zinn

What is mindfulness meditation?

- Origin traced back 2,500 years to Buddha.
- Simply, moment to moment awareness.
- Mindfulness is about ‘*paying attention in a particular way: on purpose, in the present moment and non-judgementally*’ (Kabat-Zinn, 1990).

Some of the potential benefits include:

- Improved health / immune functioning
- Improvements in mood & emotional wellbeing (i.e. less depression, anxiety, stress)
- Improvements in experience of chronic pain
- Increased concentration
- Increased awareness: living more in the present & less in past or future
- Increased appreciation of life
- Increased awareness of habits in thinking and feeling, hence more able to see thoughts as thoughts and feelings as feelings and not get so caught up by them

Increased opportunity to change unconscious habits
If you want to learn more about how mindfulness meditation can be beneficial go to:

http://en.wikipedia.org/wiki/Mindfulness_meditation

<http://www.mindfulness.org.au/SOME%20OF%20THE%20BENEFITS%20OF%20MINDFULNESS.pdf>

<http://www.mindfulness.org.au/SOME%20OF%20THE%20BENEFITS%20OF%20MINDFULNESS.pdf>

[NESS.pdf](http://www.mindfulness.org.au/SOME%20OF%20THE%20BENEFITS%20OF%20MINDFULNESS.pdf)

Resources

www.freebuddhistaudio.com

Download mindfulness of breathing exercises (and many others) for free, donation encouraged!!

http://emedia.rmit.edu.au/communication/content/4_Mindfulness/00_intro.htm Podcast about using mindfulness by Julian McNally. Includes other great podcasts about ACT skills.

www.buddhanet.net

An international directory of Buddhist and mindfulness organisations and resources

<http://www.abc.net.au/rn/talks/8.30/healthrpt/stories/s555152.htm> Transcript of a talk about mindfulness meditation with Prof Mark Williams.

http://www.youtube.com/watch?v=3nwwKbM_vJc You Tube clip of Jon Kabat-Zinn talking about and doing mindfulness

<http://www.nytimes.com/2008/05/27/health/research/27budd.html> Article in NY Times about mindfulness meditation

Being in the moment – Getting started with Mindfulness

Our minds are often caught up in past mistakes or future opportunities or possible disasters! Being more mindful in the present is a skill to learn. Here are some quick ideas about how to practice this:

- Totally focus on your breathing for 10 breaths. There is no special way to breathe – just try to pay very close attention.
- Eat slowly and be completely aware of all the senses – sight, smell, touch, taste, & sounds. Just to keep your attention only on this one activity.

Walk slowly between classes – really take in your surroundings! Notice how the mind jumps to the future or past and keep coming back to just noticing yourself walking.