

# MINDFULNESS MEDITATION



## An introduction to mindfulness based approaches to caring for ourselves and others

Mindfulness is paying attention in a particular way: on purpose, in the present moment and non-judgementally.  
**Jon Kabat-Zinn (1994)**

*Mindfulness Meditation for Everyday Life (Wherever You Go, There you are:....)* Kabat-Zinn, Jon Piatkus 1994

*Full Catastrophe Living* Kabat-Zinn, Jon Piatkus 1996

*Mindfulness-Based Cognitive Therapy for Depression - A New Approach to Preventing Relapse.* Segal, Williams & Teasdale The Guilford Press 2002


<http://www.bangor.ac.uk/mindfulness>

*Mindfulness training as a clinical intervention: A conceptual and empirical review* Baer, Ruth Clinical psychology: science and practice; May 2003; 10,2 ProQuest Psychology Journals

*Mechanisms of Mindfulness* Shapiro et al. Journal of Clinical Psychology D01 10.1002/jclp 2006

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## The Three Minute Breathing Space – some basic instructions

### 1. Awareness

Bring yourself into the present moment by adopting an upright and dignified posture. If you are comfortable doing so, close your eyes.

Now ask yourself:

“What am I experiencing right now?....in my thoughts?....in my feelings?...in my bodily, physical sensations?”

Acknowledge and register your experience, even if it is unwanted.

### 2. Gathering

Now gently invite yourself to redirect all your attention to your breathing. Just notice each in-breath and each out-breath as they follow one another.

Your breath can function as an anchor to bring you into the present and to help you to become more still and more fully aware.

### 3. Expanding

Allow your field of awareness to expand around your breathing so that it includes a sense of your body as a whole, including posture and facial expression.

The breathing space provides a way to step out of *Automatic Pilot* mode and to reconnect with the present moment.

The key skill is to maintain awareness from moment to moment, nothing else!

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**Cultivating a helpful attitude to practice: “7 pillars of Mindfulness”**

1. Non-judging
2. Patience
3. Beginner’s Mind
4. Trust
5. Non-striving
6. Acceptance
7. Letting go



### “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’re a crowd of sorrows,  
who violently sweep your house  
empty of its furniture;

still, treat each guest honourably.  
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 whoever comes,  
because each has been sent  
as a guide from beyond.