



Introduction to Mindfulness-Based Stress Reduction (MBSR)

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Preface

Application of mindfulness practice in modern medicine and psychotherapy

- In the emerging trend of medical research, the physical and the psychological are no longer regarded as two separate, unrelated entities.
- Holistic, integrative health involves not only the physiological factors, but also the psychological and social factors.
- Moreover, people are convinced that the inner psychological force for the overall health of body and mind has great influence.
- Mindfulness-Based Stress Reduction as a result came into play.

Mindfulness Meditation, or Insight Meditation, has gradually become the focal point of psychotherapy and many types of medical research, especially stress-reducing related research.



Mindfulness-Based Stress Reduction (MBSR)

- Definition:** Mindfulness-Based Stress Reduction is a stress reduction method based on mindfulness meditation.

- Mindfulness :**

- Awareness of body and mind processes at each moment as they occur; totally in the present.
- Right attitude in meditation
- Clarity, softness, flexible mental state

- Treatment :**

- Understand mindfulness as ‘pure awareness’ experiences of one's own body and mind in each present moment. Patients should be taught right attitude to practice mindfulness.

MBSR is intended to assist (not replace) general medical practices. Its objective is to teach the patient to use their inherent physical and mental strength, actively doing something that others cannot substitute for their own health - cultivation of mindfulness.



Evolution of MBSR (1)

MBSR founder : Dr. John Kabat Zinn

- Born in 1944 Ph.D. Massachusetts Institute of Molecular Biology, Honorary Doctor of Medicine, Massachusetts Medical School, also a meditation instructor.
- In 1979 Dr. King opened Stress Reduction Clinic for University of Massachusetts Medical Center, and designed Mindfulness-Based Stress Reduction , using mindfulness meditation to help patients deal with stress, pain and disease, which had been affirmed by many.
- In 1995, he expanded Stress Reduction Clinic to **Center for Mindfulness in Medicine, Health Care, and Society, referred to as CFM)** ◦



Evolution of MBSR (2)

- April 2005 CFM held its third annual symposium, actively studying the healing power of mindfulness meditation, integrating Mindfulness-Based techniques into medicine, health care and education.
- Stress Reduction Clinic not only treats outpatients, but also engages in related medical research, open courses for medical students, providing health care workers, therapists and educators with various related courses in job training. Now it has developed into a way to certify teachers, and grant MBSR teacher certifications.



Evolution of MBSR (3)

- For over thirty years, MBSR, created by Dr. Zinn, has been widely practiced by health care professionals, schools, businesses, prisons and other institutions. Currently there are around three hundred hospitals and related institutions in USA, Canada, and other countries using MBSR to treat patients.
- **Dr. Zinn's contributions to spiritual healing are numerous, receiving many awards. He is also one of the directors of the Mind and Life Institute, which helps promote dialogue and exchanges between the leaders of the Buddhist community and Western scientists, in order to more deeply explore human mentality, emotion and disease.**



Content of MBSR method and Course

- MBSR Method
 - Right Attitude
 - Skill of mental training in mental exercise
 - Additional exercises
- MBSR Program
 - - Group training courses in eight weeks duration
 - Attend 2.5 hour's lecture per week
 - Practice MBSR Daily at least 30 to 45 minutes to apply knowledge learned in the classroom.
 - Include 1 day (usually in the sixth week) of **silent intensive meditation retreat.**



RIGHT ATTITUDE

- 1. No Judgment** Do not make judgments of one's own emotions, thoughts, pain and other physical and mental phenomena; just be aware of them.
- 2. Being Patient** Be patient with various physical and mental conditions at present moment, patiently go along with them in a peaceful manner.
- 3. With a Beginner's Mind** Always keep a beginner's mind, willing to face every physical and mental event with the innocent heart of a child.
- 4. Trust** Trust and let go of oneself. Trust one's wisdom and ability.
- 5. Non-Doing** Just be effortlessly aware of all the physical and mental phenomena occurring at present moment ; **(Non-Striving)** not to Disturb oneself by wanting to see the result.
- 6. Acceptance** Willing to see and accept physical and mental phenomena at present moment as it is.
- 7. Letting go, Detachment** Change mental habit of untrained mind, just be aware the present physical and mental events moment to moment.



Three kinds of Formal Meditation Methods

(1) Sitting Meditation: Observe the up and down movement of the abdomen generated by breath, or keep the mind at the nose tip and observe feelings of contact of the breath. When any wandering thought or emotion appears, the meditator just perceives it, and then brings attention back to the abdomen movements or nose tip. When pain occurs, patients are encouraged to observe the physical pain.

(2) Body Scan: Patient lying flat or to adopt an astronaut lying posture, guide attention sequentially observing feeling of different parts of the body, starting from the left toe, and finally to the top of the head. Use the same tactics when faced with wandering thoughts and pains as in sitting meditation. With pain occasionally, one can use with visualization techniques (visualizing the pain leaving the body with the breath).

(3) Mindful Yoga: MBSR combines "mindfulness practice" with Hatha Yoga. Teaches patients to observe the present physical and mental phenomena while practicing Hatha Yoga .



ADDITIONAL PRACTICE

- **Walking Meditation**

- In addition to the three formal meditation methods for the integration of mindfulness practice into daily life , MBSR course also teaches "walking meditation".

- **Mindfulness in Daily Life**

- Cultivate mindfulness in everyday life, such as walking, eating, dressing, working, talking and other activities.**



Applications of MBSR and Achievement in Clinical Research(1)

- The first article about MBSR and long-term pain (chronic pain) clinical study published in 1982, Kabat-Zinn
- Up to October, 2002, more than 64 research reports were published, with MBSR or "mindfulness practice" as the subject, or directly related to. Increasingly, more studies are on going. Review reports of various explorations or 'criticals' , generally show that MBSR can effectively promote physical and mental health, as well as be an auxiliary for increasing the efficacy of treating various body and mind diseases.



Applications of MBSR and Achievement in Clinical Research(2)

- **Chronic Pain--** can effectively enhance the resilience of pain patients, reducing negative emotion induced pain (such as anxiety and anger). Can also treat or reduce the degree of pain, greatly enhancing the quality of life. Applications include treating back pain, neck pain, migraine, etc..
- **Cancer--** MBSR also can increase the patient's psychological adaptation, reduce disease induced stress, anxiety, sleep disorders and other problems. It can effectively improve the overall quality of life of patients. It can be used, for example, in treating breast cancer, prostate cancer, heart disease, and HIV (AIDS).



Applications of MBSR and Achievement in Clinical Research(3)

- **In addition, MBSR has proven to be effective in reducing high blood pressure, alleviate fibromyalgia, and multiple sclerosis.**
- In terms of mental illness, the course proved to be effective in helping anxiety, panic attacks, OCD (obsessive compulsive disorder), and bulimia (binge eating disorder).



Applications of MBSR and Achievement in Clinical Research(4)

- Increased brain activity
 - In addition, a 2003 publication by Davidson RJ and Kabat-Zinn of the University of Wisconsin, who co-led the study, reported that the employees of a biotech company, after participating in an eight week "Mindfulness practice" training, the activities in the left anterior frontal lobe of the brain (left prefrontal cortex) which symbolizes positive emotions, were quite significantly active, compared to the control group that did not participate in the training.
- Strengthen immune function
 - Antibodies generated in response to influenza vaccine of the employees who participated in mindfulness training were significantly higher than untrained staff .

The above studies indicate that MBSR, thru the training of mind, increases positive brain activity, and enhances the body's immune function



The Benefit of Mindfulness Practice

- MBSR provides a simple and powerful way to free us from problems, to nurture wisdom and vitality; to regain control of the direction and quality of life, including the relationship between ourselves and others in a family. Also, the relationship between ourselves and our work, the world, and the planet. The most important is still the relationship with ourselves.
- Meditation makes us wake up and understand that life only shows itself between moments. If we can not fully co-exist with these moments, we'll miss the most precious things in life. We cannot appreciate the rich and profound possibilities implied in growth and transformation.
- **Free from suffering:**
 - **Let's get away from the problem - understanding the physical and mental processes**
 - **Peel off the negative emotions**
 - **Do not suffer mental pains while having body pains**
- **Gain happiness:**
 - **Connect our own wisdom with vitality --- settle down mentally and physically; enhance and improve the quality of life and vitality.**
 - **Live happier, more content, and more harmonious.**



Conclusion

- Although MBSR is rooted in the early Buddhist Four Foundations of Mindfulness practice, the course does not involve Buddhist beliefs and rituals. Courses were based only on the mind-body aspects of medical science, successful cases, and clinical research in order to demonstrate mindfulness practice theory. Witnessed the benefits of gaining happiness and freedom from suffering, without reference to the Buddhist canon and theory. Mindfulness practice, by removing religious and cultural features, will more or less assist in the promotion of mindfulness practice in non-Buddhist countries, thereby helping patients of different religious and cultural backgrounds to more likely accept MBSR related philosophy and practice methods.

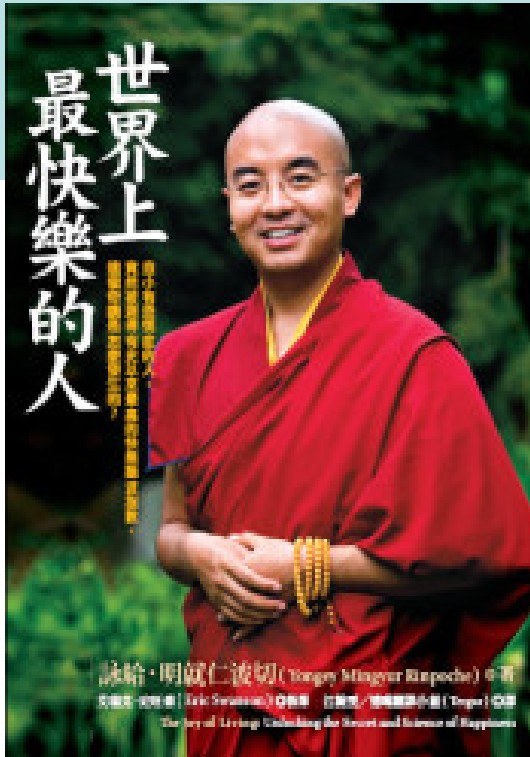


Meditation Benefits Brain



**“Meditation is good for the
brain.” BBC News (Issue of
February 5, 2003)**





**Science proves that he
is the happiest person
in the world.**

**Ode to Mingyur (詠給明就)
Rinpoche**





**Brainwave observation
shows the gradual relief from
sickness via meditation**





Leisure half a day
Washington lawyers meditate to
relieve pressure.





Maharishi college students of
Iowa
start their courses of the day
with meditation.





Detroit high school students
use time between classes to
meditate.





A primary school of Oakland, California, renowned for ethnic conflict, violence and noise , found that meditation prompted students to improve concentration and behave more calm and relaxed after five weeks of the meditation experiment.



AIDS Viruses Slow Down



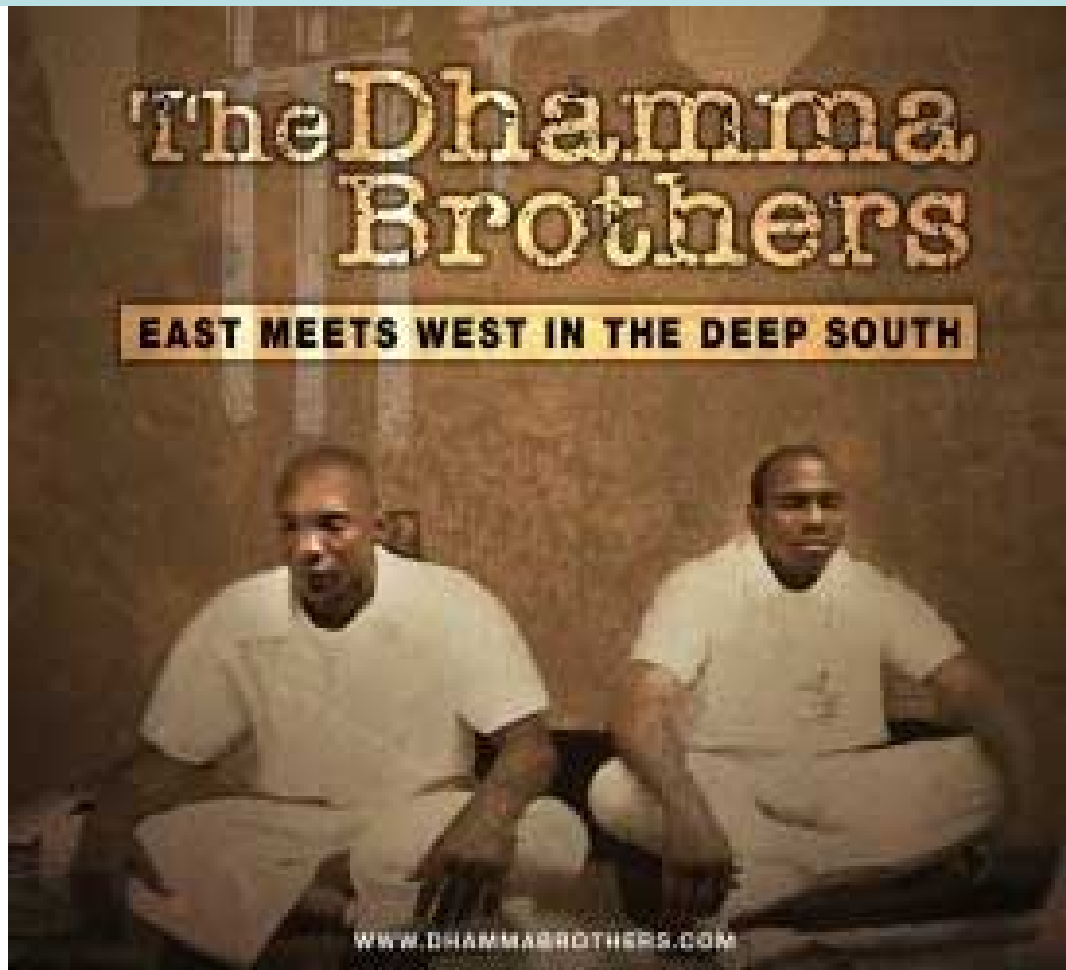
UCLA Newsroom

**Health Sciences Tuesday, 29
July '08**

UCLA researchers found that meditation reduced the number of CD4 T cells of AIDS patients, which slowed down the progress of HIV.



Mindfulness Meditation Becomes a Transformational Force in American Jails



**Seattle
Times**
(5/9/2008)



Prayer and Transfer Merits

- May I be without bodily pains
- May I be without mental pains
- May I be peaceful and happy
- May my parents, teachers, relatives and friends be without bodily pains
- May my parents, teachers, relatives and friends be without mental pains
- May they be peaceful and happy
- May all sentient beings be without bodily and mental pains
- May they be peaceful and happy

