

CU3A Mindfulness (Plus)

8th July 2019

Sarah Jones

Mindfulness

- ‘Paying attention, on purpose, in the moment’
Jon Kabat-Zinn
- ‘Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better’
Professor Mark Williams.

Mindfulness 'Basics' - Jon Kabat-Zinn

1. Non Judging.

https://youtu.be/yNICQ-x_Gek

2. Patience.

<https://youtu.be/NkW27a8m1mY>

3. Beginners Mind.

<https://youtu.be/ssqclf52ZpY>

4. Non Striving.

<https://youtu.be/5H217U5VIE8>

5. Acceptance.

<https://youtu.be/aOGsj0Aklx8>

6. Letting go.

<https://youtu.be/bBCithP9JrM>

Additions(ish)

- Gratitude and generosity
<https://youtu.be/6M-ZJLmP4b4>
- Trust
<https://youtu.be/m9HhURnnlh4>

Jon Kabbat-Zinn,
Mindfulness 'Attitudes
Full YouTube film

<https://youtu.be/2n7FOBFMvXg>

Does Mindfulness ‘work’?

John Anderson,

- I went from a suicidal severely depressed chronic pain sufferer to a fairly normal person again through my mindfulness practice. JKZ caught the attention of this skeptic with hard science. I had nothing to lose so I tried it. I cannot say that I am in eternal bliss or enlightenment, but I don't want to kill myself anymore. That seems to be a fair reward for spending 30 min a day in meditation.

Cameron Hadlow

- I've been doing this for about 2-3 years and oh my god it's changed my life big time, if I ever met Jon I'll have to say "thank you" in person.

Christina King

- owe Jon Kabat Zinn a huge debt and I am so grateful. I have been telling all my friends about mindfulness - it has been a huge help and has saved my life. Thank you, Dr Kabat Zinn

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Nein

- I think the biggest problem with mindfulness is that people often believe that the acceptance or letting go part is the same as ignoring problems that are there

Jon Kabaz-Zinn

- Mindful Living July 2017

90 Minutes

https://youtu.be/espfm5_YvBU

YOU CAN'T STOP THE WAVES BUT YOU CAN LEARN TO SURF – JON KABAT-ZINN

