



MINDFULNESS

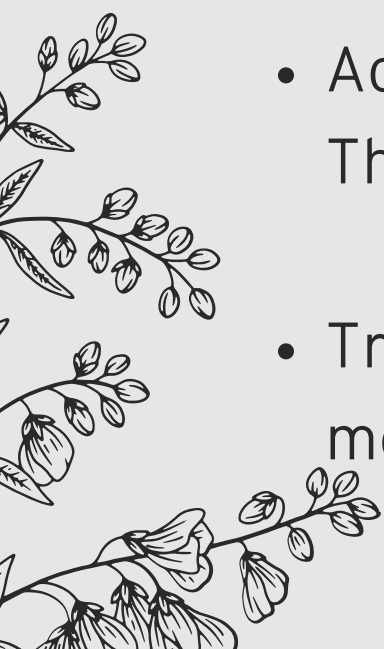
Mgr. Kristýna Dvořáčková



Mindfulness and buddhism

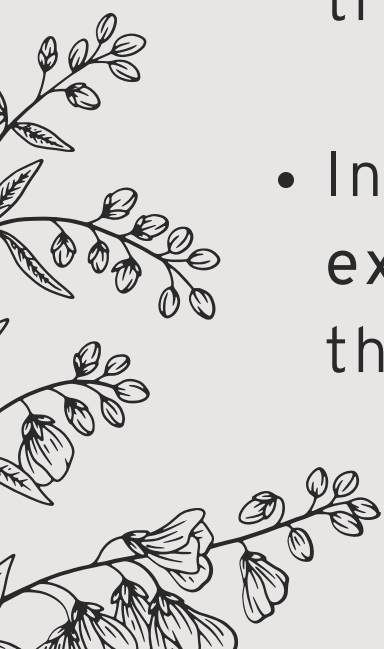
- Mindfulness originally comes from a buddhist tradition called “sati” in the Pali language, “všímvavost” or “bdělá přítomnost” in the Czech language.
- Mindfulness is a key concept of buddhism, it is presented as "the way of living that frees people and enables them to live their best possible lives."
- This is Buddha's quote about the importance of mindfulness:

“This is the direct path for the purification of beings,
for overcoming sorrow and lamentation, for the disappearance of distress and grief,
for the attainment of the practice, for the realization of Nibbāna
– namely, the four foundations of mindfulness.”
- According to Buddhism, the Four Foundations of mindfulness are the key things we should practice being mindful of. These are: our bodies, our feelings, our minds themselves, and phenomena or the world around us.
- Training the four foundations of mindfulness is training seeing reality with more clarity and equanimity. And what's more, we have these four things everywhere with us, accessible at any time.



Mindfulness in the western psychology

- Buddhist thoughts started to invade Europe during the 19th century and came into western psychology around the end of the 20th century.
- Sigmund Freud was aware of some of the aspects of buddhist psychology - psychoanalysis uses a technique called “free floating awareness”, which is very similar to mindfulness.
- However, the first western psychologist who was thoroughly interested in the study of Buddhism was Carl Gustav Jung.
- After WWII, buddhist thoughts spread fast, because of the development of humanistic and transpersonal psychology and the postwar freedom to travel.
- In the 70´s the uncritical excitement died down and meditation became the subject of scientific examination. Because of its overwhelming results, meditation was thereafter integrated into therapies.



Jon Kabat-Zinn



*“Mindfulness is
the awareness that arises from paying attention,
on purpose,
in the present moment
and non-judgmentally”*



- Jon Kabat-Zinn, 2003

Mindfulness in the western psychology

- The first programs based on mindfulness cultivation started emerging:

the most famous worldwide program is the Mindfulness Based Stress Reduction program (MBSR) by American scientist Jon Kabat-Zinn.

It was originally made for patients with chronic pain, but now it is used for various groups of people in various social settings (prisons, schools, hospital, etc...).

Now we will try one exercise from this program!



Positive effects of mindfulness



- Numerous psychological studies have shown that people who meditate regularly are happier and more content than average.
- Anxiety, depression and irritability all decrease, memory also improves, and reaction times become faster.
- Regular meditators enjoy better and more fulfilling relationships.
- Studies worldwide have found that meditation reduces the key indicators of chronic stress, including hypertension.
- Meditation has also been found to be effective in reducing the impact of serious conditions, such as chronic pain and cancer, and can even help to relieve drug and alcohol dependence.
- Studies have now shown that meditation bolsters the immune system.

Neurobiology of mindfulness



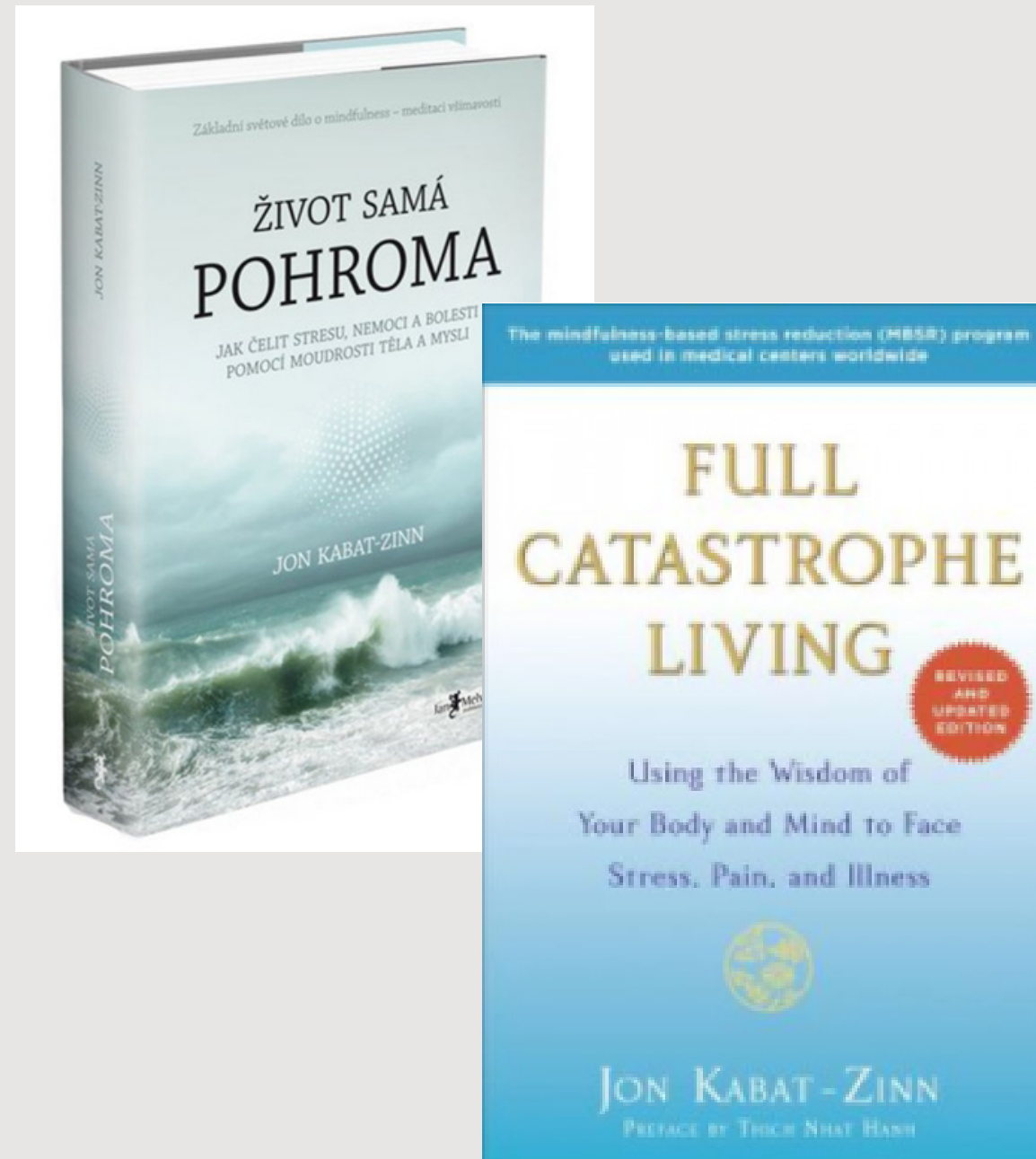
Just like meditation in general, mindfulness meditation also has the effect of irreversible and long term structural and functional changes

on the human brain,

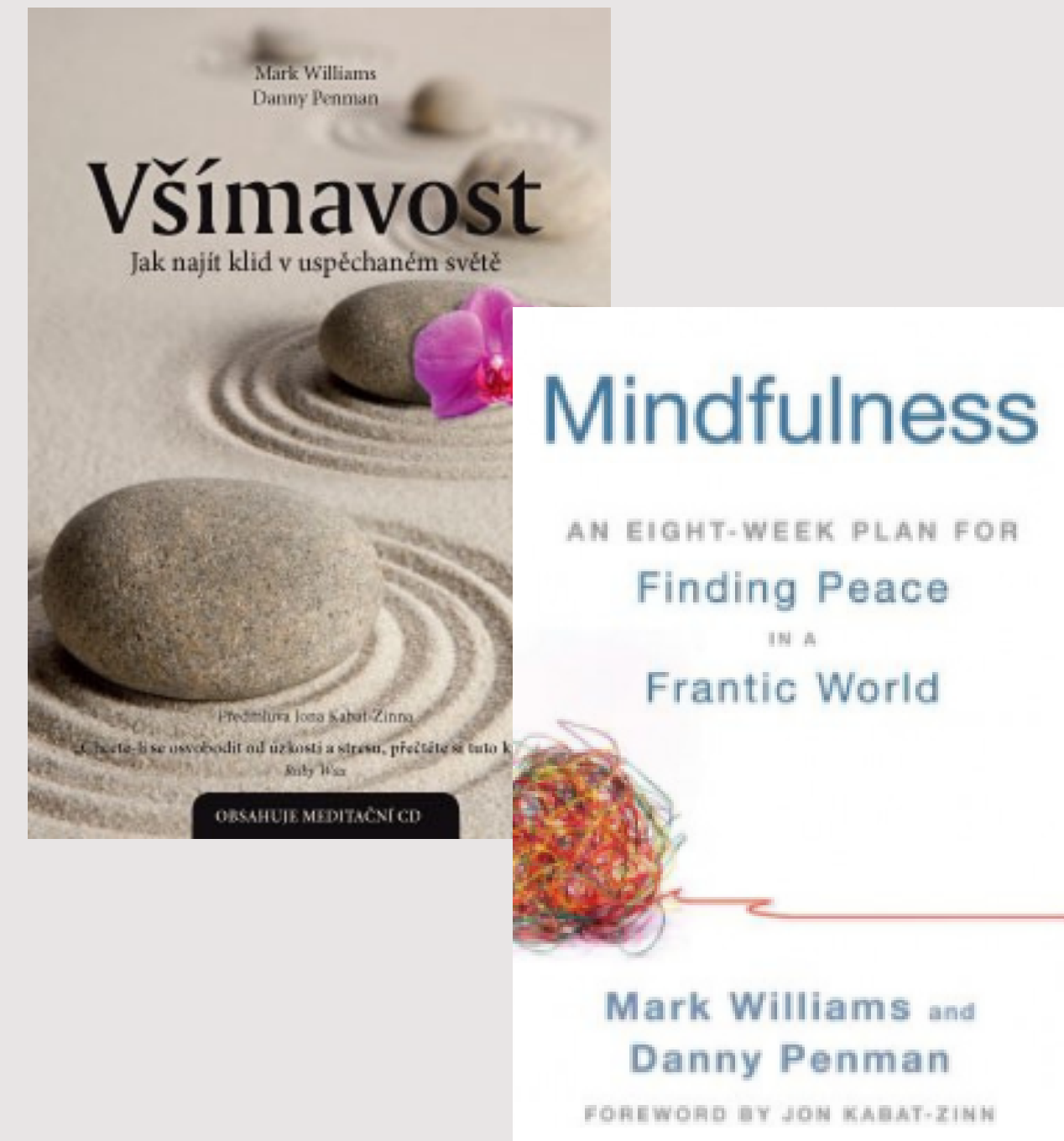
especially in parts which are responsible for:

- attention,
- executive functions
- and emotional regulation.

If you are interested more:

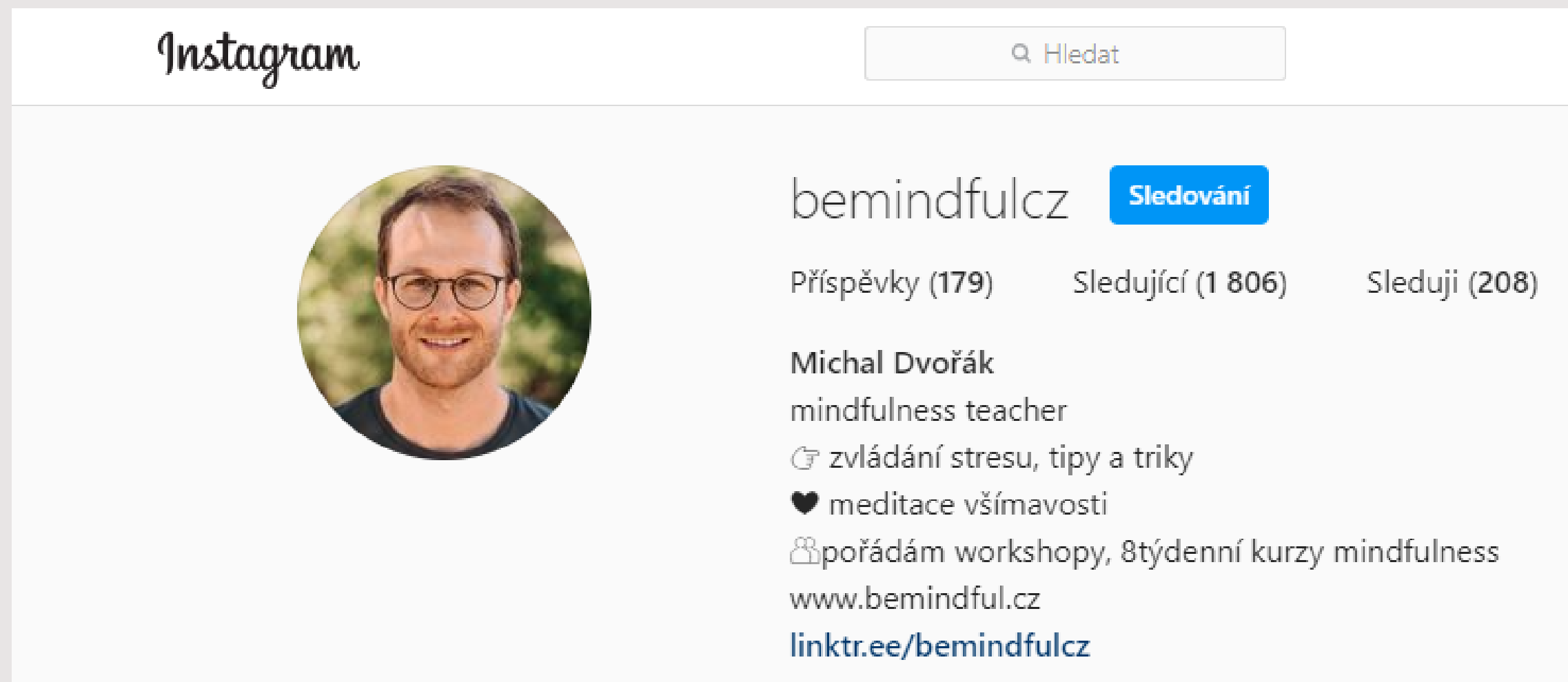


- + complex, more expert and detailed
- harder to read, very long



- + more understandable, "for anyone", includes CD with guided meditations
- not so complex


If you are interested more:



The image shows a screenshot of an Instagram profile page. At the top left is the Instagram logo. To the right is a search bar with the text "Hledat". Below the search bar is the profile picture of a man with glasses and a beard. To the right of the profile picture is the username "bemindfulcz" and a blue button labeled "Sledování". Below the username are three statistics: "Příspěvky (179)", "Sledujících (1 806)", and "Sleduji (208)". Below the statistics is the name "Michal Dvořák" and the bio "mindfulness teacher". The bio includes three lines of text: "zvládání stresu, tipy a triky", "meditace všímavosti", and "pořádám workshopy, 8týdenní kurzy mindfulness". At the bottom of the bio are the website "www.bemindful.cz" and a link "linktr.ee/bemindfulcz".

Instagram

Hledat

 bemindfulcz **Sledování**

Příspěvky (179) Sledujících (1 806) Sleduji (208)

Michal Dvořák
mindfulness teacher

☞ zvládání stresu, tipy a triky

♥ meditace všímavosti

👤 pořádám workshopy, 8týdenní kurzy mindfulness

www.bemindful.cz

linktr.ee/bemindfulcz

Thank you!

Questions?



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