Mindfulness Definitions

Relaxed, embodied awareness

Phillip Moffitt, Insight Meditation Teacher

Paying attention, on purpose, in the present moment, non-judgmentally (as if your life depended on it)
Jon Kabat-Zinn PhD,
Founder of Mindfulness Based Stress Reduction (MBSR)
University of Massachusetts Medical Center, Worcester MA

A non-elaborative, non-judgmental, present-centered awareness in which each thought, feeling or sensation that arises in the attentional field is acknowledged and accepted as it is

Jon Kabat-Zinn PhD

We propose a two-component model of mindfulness. The first component involves the self-regulation of attention so that it is maintained on immediate experience, thereby allowing for increased recognition of mental events in the present moment. The second component involves adopting a particular orientation toward one’s experiences in the present moment, an orientation that is characterized by curiosity, openness and acceptance

Bishop SR, et al,
Mindfulness: A Proposed Operational Definition

A naturally occurring human experience that can be approached in many ways including a variety of meditation traditions, sports and physical activity, educational methods and music
Mindful Practice Curriculum, University of Rochester School of Medicine and Dentistry*

Moment-to-moment purposeful attentiveness to one’s own mental processes during everyday work, with the goal of practicing with clarity and compassion *

The capacity for lowering one’s own reactivity (paying attention to experiences without reacting to them) *

The ability to notice and observe sensations, thoughts and feelings even though they may be unpleasant *

Acting with awareness and intention (not being on automatic pilot) *

Focusing on experience, not the labels or judgments we apply to them *

Feeling an emotion rather than wondering if it is OK to feel that emotion *

Learners are encouraged to find their own methods for cultivating mindfulness in their daily lives *

*The Mindful Practice Curriculum, University of Rochester School of Medicine and Dentistry is focused on cultivating mindfulness during clinical work settings with 2 interrelated goals-
- To improve the quality of care
- To improve health professional well-being
THE ATTITUDINAL FOUNDATIONS OF MINDFULNESS PRACTICE

(Adapted from Full Catastrophe Living by Jon Kabat-Zinn)

1. Non-Judging
   - Taking the stance of an impartial witness to your own experience.
   - Noticing the stream of judging mind .. good / bad / neutral… not trying to stop it but just being aware of it.

2. Patience
   - Letting things unfold in their own time
   - A child may try to help a butterfly emerge by breaking open a chrysalis but chances are the butterfly won’t benefit from this help.
   - Practising patience with ourselves. “Why rush through some moments in order to get to other ‘better’ ones? Each one is your life in that moment.”
   - Being completely open to each moment, accepting its fullness, knowing that like the butterfly, things will emerge in their own time.

3. Beginner’s Mind
   - Too often we let our thinking and our beliefs about what we ‘know’ stop us from seeing things as they really are.
   - Cultivating a mind that is willing to see everything as if for the first time.
   - Being receptive to new possibilities… not getting stuck in a rut of our own expertise.
   - Each moment is unique and contains unique possibilities.
   - Try it with someone you know – next time, ask yourself if you are seeing this person with fresh eyes, as he/she really is? Try it with problems… with the sky… with the dog… with the man in the corner shop.

4. Trust
   - Developing a basic trust in yourself and your feelings.
   - Trusting in your own authority and intuition, even if you make some ‘mistakes’ along the way.
   - Honour your feelings. Taking responsibility for yourself and your own well-being.

5. Non-Striving
   - Meditation has no goal other than for you to be yourself. The irony is you already are.
   - Paying attention to how you are right now – however that it is. Just watch.
   - The best way to achieve your own goals is to back off from striving and instead start to really focus on carefully seeing and accepting things as they are, moment by moment. With patience and regular practice, movement towards your goals will take place by itself.

6. Acceptance
   - Seeing things as they actually are in the present. If you have a headache, accept you have a headache.
• We often waste a lot of time and energy denying what is fact. We are trying to force situations to how we would like them to be. This creates more tension and prevents positive change occurring.
• Now is the only time we have for anything. You have to accept yourself as you are before you can really change.
• Acceptance is not passive; it does not mean you have to like everything and abandon your principles and values. It does not mean you have to be resigned to tolerating things. It does not mean that you should stop trying to break free of your own self-destructive habits or give up your desire to change and grow.
• Acceptance is a willingness to see things as they are. You are much more likely to know what to do and have an inner conviction to act when you have a clear picture of what is actually happening.

7. Letting Go
• Letting go is a way of letting things be, of accepting things as they are.
• We let things go and we just watch…
• If we find it particularly difficult to let go of something because it has such a strong hold on our mind, we can direct our attention to what ‘holding’ feels like. Holding on is the opposite of letting go. Being willing to look at the ways we hold on shows a lot about its opposite.
• You already know how to let go… Every night when we go to sleep we let go.
26 WAYS:
MINDFULNESS AND STRESS REDUCTION ON THE GO

Modified and expanded from Saki Santorelli’s 21 ways to reduce stress during the workday for the
Mindful Living Program. José Calderón-Abbo, M.D.

The following ways are simply a road map. Allow your curiosity and sense of possibility to unfold as you explore “your own ways”

1. Place a reminder to bring awareness to your breath or do a brief meditation from 3 to 30 minutes in the morning before your mind embarks on rushing or planning for the day

2. Daily routine: Use common activities to ground yourself. For example, while washing dishes, be mindful of the sensations of the water and soap, the movements of your hands…when thoughts come, letting them come and letting them go, and gently bringing your awareness to the washing of dishes. This same mindfulness can be brought to folding clothes, cleaning, walking, taking a shower, brushing teeth – any activity

3. As you enter the car and before you turn on the ignition, take a few deep breaths, and mindfully and kindly inquire- “How am I?”- noticing what is present (thoughts, emotions, body sensations)

4. While driving or working, bring awareness to any body tension present, e.g. hands wrapped tightly around the steering wheel, shoulders raised, stomach tight. Bring awareness to the breath dissolving the tension with each outbreath

5. While driving decide not to play the radio or talk on the cellphone. Sense the car moving, its speed and the position of your body sitting, the noises and temperature. How does it feel to drive “mindfully”?

6. Red lights and stop signs are natural reminders to stop and just be, bringing awareness to your breath, the sky or the trees, do a mini mindful exercise. (Keep your eyes open!!)

7. On the interstate, experiment with riding in the right lane, going 5 miles below the speed limit

8. Take a moment to orient yourself to your workday once you park your car at work. Use the walk across the parking lot to step into your life, to know where you are, and where you are going instead of what you need to do

9. While booting the computer, do a mini mindfulness exercise or bring awareness to your breath. Notice any tension in the body and let it dissolve. You can do mindful stretches at your desk
10. Use a computer screensaver, or cell-phone wallpaper with words or phrases to remind you to breath, regroup and recoup, i.e. “breathing in I relax” or “breathe”.

11. Use breaks to truly relax rather than simple “pausing”. For instance, instead of having coffee or a cigarette or reading or surfing the net, try taking a short walk, or sitting at your desk. Use it to collect yourself focusing on the breath or do a mini mindfulness exercise

12. At lunch, changing your environment can be helpful

13. Try closing the door, take your shoes off and take time to consciously relax

14. Decide to “STOP” for 1-3 minutes every couple of hours during the workday. Become aware of how you are breathing and of your bodily sensations, allowing the mind to settle-in as time to regroup and recoup.

15. Use everyday cues in your environment as reminders to “center” yourself, e.g. when the telephone rings, sitting at the computer desk, parking the car before getting out. Use the sky, trees, a song or a poem posted on your wall to remind you of the bigger picture.

16. Chose to eat one or two lunches per week in silence and mindfully. Use this time to eat slowly and be with yourself.

17. At the end of the workday, try retracing today’s activities acknowledging and congratulating yourself for what you’ve accomplished and then make a list for tomorrow. You’ve done enough for the day!

18. Pay attention to the short walk to your car –breathing in the warm or cold fresh air. Feel the cold or warmth in your body. What may happen if you open to and accept these environmental conditions and bodily sensations rather than resisting them? Listen to the sounds outside your workplace. Can you walk without feeling rushed? What happens when you slow down?

19. At the end of the workday when your car is warming up, sit quietly and consciously make the transition from work to home, taking a moment to simply be, enjoying it for a moment! Like most of us, you are heading to your next full time job –home!

20. When you pull into the driveway or park on the street, take a minute to orient yourself to being with your family members, or pets

21. Try changing your work clothes when you get home. Wash you hands and face. Brush your teeth. This simple act might help you to make a smoother transition into your next “role”; much of the time you can probably spare 5-minutes to do this. Say hello to each family member, pets or to the people you live with. Take a
moment to look into their eyes. If you live alone, feel what it feels like to enter the quietness of your home and the feeling of entering your own environment

22. Try using bathroom routines to regroup and recoup. For example, try not to read or text when in the bathroom, rather tune yourself to the sensations of the body. When brushing teeth or showering, use your non-dominant hand or change your cleaning routine. These changes will help you stay present

23. If possible, at the end of the day and before you go to bed, take 5-10 minutes to be quiet and still, do a mini-meditation or just follow the breath

24. Wear a piece of clothing, a tag, a bracelet or a pin to remind you during the day to breath and to treasure that moment of your life, the only life you have

25. Use natural times to wait as opportunities to take a few breaths, and check-in with yourself. This can occur while waiting or riding an elevator, while waiting in line at the grocery store, or while waiting for someone else

26. Limit texting, answering mail, phone calls, following Twitter or Facebook to specific times in the day, for example, two to four times during the day at scheduled times, and no less than 60-minutes before you go to bed

27. Write your own
Present Moment, Wonderful Moment-
Mindfulness Verses for Daily Living

Thich Nhat Hanh, Vietnamese Buddhist Monk and Zen Master

Reciting familiar phrases (traditionally called gathas) during daily activities can help cultivate mindfulness anywhere, anytime. Practitioners are encouraged to develop their own verses to suit their personal preferences and particular activities.

**Waking up**
Waking up this morning, I smile.
Twenty-four brand new hours are before me.
I vow to live fully in each moment
and to look at all beings with eyes of compassion.

**Turning on the light/Lighting the candle**
Forgetfulness is the darkness,
Mindfulness is the light.
I bring awareness to shine upon all life.

**Taking the first steps of the day**
Walking on the Earth is a miracle.
Each mindful step reveals the wonders of all creation.

**Opening the window**
Opening the window, I look out on the natural world.
How wondrous is life!
Attentive to each moment,
My mind is clear like a calm river.

**Turning on the water**
Water flows from high in the mountains.
Water runs deep in the Earth.
Miraculously, water comes to us, and sustains all life.

**Washing your hands**
Water flows over these hands.
May I use them skillfully to preserve our precious planet.

**Brushing your teeth**
Brushing my teeth and rinsing my mouth,
I vow to speak purely and lovingly.
When my mouth is fragrant with right speech,
A flower blooms in the garden of my heart.
Bathing
Rinsing my body, my heart is cleansed,
The universe is perfumed with flowers.
Actions of body, speech and mind are calmed.

Getting dressed
Putting on these clothes, I am grateful to those who made them
And to the materials from which they were made.
I wish everyone could have enough to wear.

Serving food
In this food, I see clearly the presence of the entire universe supporting my existence.

Using the telephone
Words can travel thousands of miles.
May my words create mutual understanding and love.
May they be as beautiful as gems, as lovely as flowers.

Breathing
Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment,
I know this is a wonderful moment.

Ending the day
The day is ending, our life is one day shorter. Let us look carefully at what we have done.
Let us practice diligently, putting our whole heart into the practice of meditation.
Let us live deeply each moment in freedom, so time does not slip away meaninglessly.

Present Moment, Wonderful Moment (Mindfulness Verses for Daily Living) by Thich Nhat Hanh
is available from Parallax Press, which is the publisher for TNH's work-
5 Progressive Mindfulness Exercises
From Full Catastrophe Living by Jon Kabat-Zinn

Exercise 1  Sitting with the Breath
- Practice awareness of your breathing (just feeling the physical sensation of the breathing) in a comfortable but erect posture for at least 10 minutes at least once a day
- Each time you notice that your mind is no longer on your breath, just see where it is. Then let go and come back to your belly and to your breathing
- Over time try extending the time you sit until you can do it for 30 minutes or more. But remember, when you are really in the present, there is no time, so clock time is not as important as your willingness to pay attention and let go from moment to moment

Exercise 2  Sitting with the Breath and the Body as a Whole
- When your practice feels strong in the sense that you can maintain some continuity of attention on the breath, try expanding the field of your awareness ‘around’ your breathing and ‘around’ your belly to include a sense of your body as a whole as you are sitting
- Maintain this awareness of the body sitting and breathing, and when the mind wanders, bring it back to sitting and breathing

Exercise 3  Sitting with Sound
- If you feel like it, try just listening to sound when you meditate. This does not mean listening for sounds, rather just hearing what is here to be heard, moment by moment, without judging or thinking about it. Just hearing sounds as pure sound. And hearing the silences in and between sounds as well.
- You can practice this with music, too, hearing each note as it comes and the spaces between notes. Try breathing the sounds into your body and letting them flow out again on the outbreath. Imagine your body is transparent to sounds; that they can move in and out of your body through the pores of your skin

Exercise 4  Sitting with Thoughts and Feelings
- When your attention is relatively stable on the breath, try shifting your awareness to the process of thinking itself. Let go of the breath and just watch thoughts come into and leave the field of your attention
- Try to perceive them as ‘events’ in your mind
- Note their content and their charge while, if possible, not being drawn into thinking about them, or thinking the next thought, but just maintaining the ‘frame’ through which you are observing the process of thought
- Note that an individual thought does not last long. It is impermanent. If it comes, it will go. Be aware of this.
- Note how some thoughts keep coming back.
- Note those thoughts that are ‘I’, ‘me’ or ‘mine’ thoughts, observing carefully how ‘you’, the non-judging observer, feel about them
- Note when the mind creates a ‘self’ to be preoccupied with how well or how badly your life is going
- Note thoughts about the past and thoughts about the future
- Note thoughts that are about greed, wanting, grasping, clinging
- Note thoughts that are about anger, disliking, hatred, aversion, rejection
- Note feelings and moods as they come and go
- Note what feelings are associated with different thought contents
- If you get lost in all this, just go back to your breathing
This exercise requires great concentration and should only be done for short periods of time, like 2-3 minutes in the early stages

Exercise 5  Sitting with Choiceless Awareness
- Just sit. Don’t hold on to anything. Don’t look for anything. Practice being completely open and receptive to whatever comes into the field of awareness, letting it all come and go, watching, witnessing in stillness
I started meditating soon after 9/11. I was living in Manhattan, an already chaotic place, at an extremely chaotic time. I realized I had no control over my external environment. But the one place I did have a say over was my mind, through meditation. When I started meditating, I did not realize it would also make me healthier, happier, and more successful. Having witnessed the benefits, I devoted my PhD research at Stanford to studying the impact of meditation. I saw people from diverse backgrounds from college students to combat veterans benefit. In the last 10 years, hundreds of studies have been released. Here are 20 scientifically-validated reasons you might want to get on the bandwagon today:

It Boosts Your HEALTH

1 - Increases immune function (See here and here)

2 - Decreases Pain (see here)

3 - Decreases Inflammation at the Cellular Level (See here and here and here)

It Boosts Your HAPPINESS

4 - Increases Positive Emotion (here and here)

5 - Decreases Depression (see here)

6 - Decreases Anxiety (see here and here and here)

7 - Decreases Stress (see here and here)

It Boosts Your SOCIAL LIFE

Think meditation is a solitary activity? It may be (unless you meditate in a group which many do!) but it actually increases your sense of connection to others:

8 - Increases social connection & emotional intelligence (see here and - by yours truly - here)

9 - Makes you more compassionate (see here and here and here)
10 - Makes you feel less lonely (see here)

**It Boosts Your Self-Control**

11 - Improves your ability to regulate your emotions (see here) (Ever flown off the handle or not been able to quiet your mind? Here's the key)

12 - Improves your ability to introspect (see here & for why this is crucial see this post)

**It Changes Your BRAIN (for the better)**

13 - Increases grey matter (see here)

14 - Increases volume in areas related to emotion regulation, positive emotions & self-control (see here and here)

15 - Increases cortical thickness in areas related to paying attention (see here)

**It Improves Your Productivity (yup, by doing nothing)**

16 - Increases your focus & attention (see here and here and here and here)

17 - Improves your ability to multitask (see here and here)

18 - Improves your memory (see here)

19 - Improves your ability to be creative & think outside the box (see research by J. Schooler)

20. **It Makes You WISE(R)**

It gives you perspective: By observing your mind, you realize you don't have to be slave to it. You realize it throws tantrums, gets grumpy, jealous, happy and sad but that it doesn't have to run you. Meditation is quite simply mental hygiene: clear out the junk, tune your talents, and get in touch with yourself. Think about it, you shower every day and clean your body, but have you ever showered your mind? As a consequence, you'll feel more clear and see thing with greater perspective. "The quality of our life depends on the quality of our mind," writes Sri Sri Ravi Shankar. We can't control what happens on the outside but we do have a say over the quality of our mind. No matter what's going on, if your mind is ok, everything is ok. Right now.

**It Keeps You Real**

Once you get to know your mind, you start to own your stuff and become more authentic, maybe even humble. You realize the stories and soap operas your mind puts you through and you gain some perspective on them. You realize most of us are caught up in a mind-drama and become more compassionate towards others.

**Myths about Meditation**

Having an empty mind—**nope, in fact, when you start meditating, you'll find its quite the opposite**

Sitting in lotus position—**nope, you can sit on the couch (just don't lie down, you'll fall asleep)**

Sitting for an hour a day—**nope, small doses work just fine. (see here and - by yours truly - here)**
Chanting in a language I don't understand—nope, not unless that floats your boat

Buddhist, Hindu or religious—nope, not unless you make it so

Weird—what's so weird about sitting and breathing? Besides, US congressmen, NFL football leagues and the US Marine Corps are doing it, how weird can it be?

Wearing robes—what?

"I can't meditate" because

I can't clear my mind—no worries, while you're sitting there you'll experience the noisy chaos of a wound up mind that's unwinding: tons of thoughts, feelings and emotions. Don't worry about how you feel during, notice how you feel after and throughout the rest of the day

I can't sit still—that's ok, just sit comfortably, fidget if you need to

I get anxious—that's also normal, all the junk's coming up, learn some breathing practices to calm yourself down, exercise or do yoga before meditating

I hate sitting still—that's fine, then go for a walk without your earphones, phone etc; or start with yoga; or do breathing exercises...give yourself time to just "be" without constantly "doing" something

I tried and I hated it—there's not just one kind of meditation, there's a whole menu out there, look for the shoe that fits: mindfulness, Transcendental, compassion, mantra, Vipassana, Art of Living breathing practices, yoga nidra, yoga, insight, loving-kindness, tai chi etc...

I don't have time - if you have time to read an article about meditation all the way through, you have time to meditate. Think of all those minutes you waste every day on the internet or otherwise, you can definitely fit in 20 minutes here or there to give your life a boost! Gandhi is quoted as saying "I'm so busy today, that... I'm going to meditate 2 hours instead of 1."

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To stay updated on the science of happiness, health and social connection, see www.emmaseppala.com. Watch Emma's TEDx talk on the Science of Social Connection, Compassion & Happiness

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Recommended Mindfulness-Related Resources

**Interviews / Videos**
Oprah interviews Jon Kabat-Zinn, founder of MBSR (mindfulness-based stress reduction) *(41:46)*
Super Soul Sunday April 13, 2015

CBS' 60 Minutes
December 14, 2014
Anderson Cooper investigating
This is the full hour-long show
The Mindfulness segment starts at the *30 minute 30 second mark*
https://www.youtube.com/watch?v=G-utzHpIeQg

Dan Harris
10% Happier- Mindfulness Applications at Work
ABC News Anchor, at Wisdom 2.0 Business Nov 13, 2014
YouTube 33:27
https://www.youtube.com/watch?v=EBcWY2866So

**6 minute** video ‘You are only alive in this moment’
From Jon Kabat-Zinn, the founder Center for Mindfulness in Medicine, Healthcare and Society at U Mass Medical Center
and MBSR (mindfulness-based stress reduction) Jon Kabat-Zinn
http://www.youtube.com/watch?v=Cy4ds0Q1RO4&feature=related

**Mindfulness based stress reduction (MBSR)**
Jon Kabat-Zinn- *Full catastrophe living*
http://www.amazon.com/Full-Catastrophe-Living-Revised-Illness/dp/0345536932/ref=sr_1_1?ie=UTF8&qid=1396207527&sr=8-1&keywords=full+catastrophe+living

Jon Kabat-Zinn- *Wherever you go, there you are*
http://www.amazon.com/Wherever-You-There-Are-ROUGH/dp/1401307787/ref=sr_1_1?ie=UTF8&qid=1396207592&sr=8-1&keywords=wherever+you+go

Jon Kabat-Zinn- *Meditation for beginners*
http://www.amazon.com/Mindfulness-Beginners-Reclaiming-Present-Moment--/dp/1604076585/ref=sr_1_1?ie=UTF8&qid=1396207666&sr=8-1&keywords=jon+kabat+zinn+meditation+for+beginners
Stahl, Meleo-Meyer, Koerbel- *A mindfulness based stress reduction workbook for anxiety*
http://www.amazon.com/Mindfulness-Based-Stress-Reduction-Workbook-Anxiety/dp/1608829731

**Mindfulness resources other than MBSR**

Jan Chozen Bays MD- *Mindful eating- A guide to rediscovering a healthy and joyful relationship with food* (includes CD)

Sharon Salzberg- *The Force of Kindness- Change your life with love and compassion)*
http://www.amazon.com/The-Force-Kindness-Change-Compassion/dp/1591799201

Ruth Baer- *The practicing happiness workbook*

Barry Boyce- *The mindfulness revolution*
http://www.amazon.com/Mindfulness-Revolution-Psychologists-Scientists-Meditation/dp/1590308891/ref=sr_1_1?ie=UTF8&qid=1396208605&sr=1-1&keywords=mindfulness+revolution

Jack Kornfield- *Meditation for beginners*
http://www.amazon.com/Meditation-Beginners-Jack-Kornfield/dp/1591799422/ref=sr_1_1?ie=UTF8&qid=1396208739&sr=1-1&keywords=kornfield+meditation+for+beginners

Jack Kornfield- *The art of forgiveness, loving kindness and peace*
http://www.amazon.com/Art-Forgiveness-Lovingkindness-Peace/dp/0553381199/ref=sr_1_1?ie=UTF8&qid=1396208806&sr=1-1&keywords=kornfield+the+art+of+forgiveness

Pema Chodron- *How to meditate*  
Book
http://www.amazon.com/How-Meditate-Practical-Making-Friends/dp/1604079339/ref=sr_1_1?ie=UTF8&qid=1396209634&sr=1-1&keywords=pema+how+to+meditate

CD set
http://www.amazon.com/How-Meditate-Pema-Chodron-Practical/dp/1591797942/ref=sr_1_2?ie=UTF8&qid=1396209663&sr=1-2&keywords=pema+how+to+meditate
Thich Nhat Hanh - *The miracle of mindfulness*
http://www.amazon.com/Miracle-Mindfulness-Introduction-Practice-Meditation/dp/0807012394/ref=sr_1_1?s=books&ie=UTF8&qid=1396209768&sr=1-1&keywords=thich+nhat+hanh+the+miracle+of+mindfulness

Thich Nhat Hanh - *Present moment, wonderful moment*
http://www.amazon.com/Present-Moment-Wonderful-Mindfulness-Verses/dp/1888375612/ref=sr_1_1?s=books&ie=UTF8&qid=1396209853&sr=1-1&keywords=thich+nhat+hanh+present+moment+wonderful+moment

Sitting still like a frog –Mindfulness exercises for kids (and their parents)
http://www.amazon.com/Sitting-Still-Like-Frog-Mindfulness/dp/1611800587

**Relaxation Response**
Herbert Benson MD - *The relaxation response*

Herbert Benson - *Relaxation revolution*

**Science of Mind Body Medicine**
Esther Sternberg MD - *The Balance Within* - *The science connecting health and emotions*

**Buddhist/Christian/Jewish/Islamic parallels**
Thich Nhat Hanh - *Living Buddha, Living Christ*
http://www.amazon.com/Living-Buddha-Christ-10th-Anniversary/dp/159448239X/ref=sr_1_1?s=books&ie=UTF8&qid=1396210037&sr=1-1&keywords=thich+nhat+hanh+living+buddha+living+christ

Thich Nhat Hanh - *Going home; Jesus and Buddha as brothers*
http://www.amazon.com/Going-Home-Jesus-Buddha-Brothers/dp/1573228303/ref=sr_1_1?s=books&ie=UTF8&qid=1396210113&sr=1-1&keywords=thich+nhat+hanh+coming+home

The Center for Jewish Mindfulness http://jewishmindfulness.net
Spirituality in clinical practice - An Islamic perspective (powerpoint)
AQFjAA&url=https%3A%2F%2Fgroups.psychology.org.au%2FAssets%2FFiles%2F
Spirituality%2520in%2520Clinical%2520Practice.ppt&ei=35MZVIiiB9P-
yQS7_4GYDQ&usg=AFQjCNEecprA9BSqPqYjoPEpI0Of1BD18w&sig2=RDQXxK8ydRr
aelTXLO72IQ&bvm=bv.75558745,d.aWw

Centering Prayer (Christian contemplative practice)
Thomas Keating - Open mind, open heart
http://www.amazon.com/Open-Mind-Heart-20th-
Anniversary/dp/0826418899/ref=sr_1_1?ie=UTF8&qid=1396207797&sr=
1-1&keywords=open+mind+open+heart

David Frenette - The path of centering prayer
http://www.amazon.com/Path-Centering-Prayer-Deepening-
Experience/dp/1604076739/ref=sr_1_1?ie=UTF8&qid=1396207859&sr=
1-1&keywords=the+path+of+centering+prayer+david+frenette