

4 PRACTICE CDS
Series 1

GUIDED
mindfulness
meditation

Jon Kabat-Zinn

1. Body Scan Meditation
2. Mindful Yoga 1
3. Sitting Meditation
4. Mindful Yoga 2

About the Author

Jon Kabat-Zinn, Ph.D., is a meditation teacher, writer, and scientist. He is Professor of Medicine *emeritus* at the University of Massachusetts Medical School, where he was founder (in 1979) and former director of its world-renowned Stress Reduction Clinic and founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society.

He is the author of *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*; *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*; and co-author, with his wife, Myla, of *Everyday Blessings: The Inner Work of Mindful Parenting*.

Together with his colleagues, he has published numerous scientific papers on the clinical applications of mindfulness in medicine. His work has been featured in the Bill Moyers PBS special, *Healing and the Mind*, as well as on Oprah, Good Morning America, and in numerous print media.



Quote from "Full Catastrophe Living"

"Healing comes out of the practice itself when it is engaged in as a way of being. From the perspective of mindfulness, YOU are already whole, so what is the point of trying to become what you already are? What is required above all is that we let go into the domain of being. This is what is fundamentally healing."

A note from Jon Kabat-Zinn, Ph.D.

Welcome to the world of mindfulness practice and mindfulness-based stress reduction (MBSR). These CDs are meant to be used as tools to help you in the cultivation of mindfulness, both as a formal meditation practice and in your everyday life.

Mindfulness can be thought of simply as the awareness that comes from systematically paying attention on purpose in the present moment, and non-judgmentally, to what is closest to home in your experience: namely this very moment in which you are alive, however it is for you - pleasant, difficult, or not even on the radar screen — and to the body sensations, thoughts and feelings that you may be experiencing in any moment.

In mindfulness, strange as it may sound, we are not trying to fix anything or to solve our problems. Curiously, holding them in awareness moment by moment without judging them sometimes leads over time to their dissolving on their own. You may come to see your situation in a new light that reveals new ways of relating to it creatively out of your own growing stability and clarity of mind, out of your own wisdom, and your caring for what is most important.

We are not trying to actively achieve a state of deep relaxation or any other state for that matter while practicing mindfulness. But interestingly, by opening to an awareness of how things actually are in the present moment, we often taste very deep states of relaxation and well-being, both of body and mind, even in the face of extraordinary difficulties.

I cannot tell you how many people have said to me recently, "I don't know what I would have done without this practice," referring to every conceivable difficulty and anguish we are apt to face as human beings at some point or other in our lives, usually when we least expect it and have the hardest time accepting it. Mindfulness can reveal what is deepest and best in ourselves and bring it to life in very practical and imaginative ways just when we need it the most.

The guided meditations in this set of CDs have been in active use for more than twenty years, originally in the form of tapes used by the medical patients in my classes in the Stress Reduction Clinic. They are also used by thousands of people around the world in conjunction with the book, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* (Delta, 1991). They are used in MBSR programs in hospitals and clinics throughout the United States, Canada, and Europe, and from South Africa to Australia and New Zealand. A number of scientific studies from the stress reduction clinic and from other programs have shown that mindfulness meditation

and MBSR are highly effective in dealing with stress, chronic pain conditions, and many different chronic illnesses.

In our non-stop world of "24/7 connectivity" and the attendant stress from living with continual time acceleration in addition to all the other pressures we face in life, mindfulness is more urgently needed and potentially more beneficial now than ever before.

Ultimately, the effectiveness of these guided meditation programs depends on your willingness to practice with them regularly. I wish you all the best in this commitment you are making to yourself. It is nothing less than a radical act of love, an act of self-regard and of respect for your deep inner wisdom and capacity for healing. May your mindfulness practice take root, grow, and continue to flower and nourish your life from moment to moment and from day to day.

- Jon Kabat-Zinn

How to Use your Guided Mindfulness Meditation CD's

These CDs are designed to serve as on-going training guides to help you to cultivate and deepen mindfulness meditation practice. They are therefore meant to be "done" on a regular basis rather than merely "listened to." Your active participation is critical, starting with making a particular time in your day to "do" the CD, then following along with my voice and the instructions as best you can, letting each time you come to it be as if for the first time.

People in the Stress Reduction Clinic use these guided meditations six days per week over a period of at least eight weeks. Many continue to use them regularly for years, even decades afterward. If your aim is to make maximum use of them for cultivating a strong mindfulness practice, for effective stress reduction and mind/body relaxation, and for healing, I suggest you follow a similar schedule, as outlined in more detail in Full Catastrophe Living.

It helps if you make time to "do" one of these CDs pretty much every day (for 45 minutes) for at least eight weeks and only then take stock to see if it has been helpful or not. In between, it is best to just do them and suspend judgment about

how you are doing or whether you like doing it or not on any given day, no matter how it seems to be going.

Think of the time you devote to meditation practice as a time for "non-doing," a time outside of clock time, a time for just being with yourself, for stepping out of the doing mode altogether. Just making the commitment to practice in this way is a major and very healthy lifestyle change, one that is not so easy to pull off, but which is potentially life-transforming. I encourage you to practice as if your life depended on it, for in a profound way, it surely does.

I suggest you start by doing the body scan meditation (CD # 1) for two weeks straight before going on to alternate with the guided mindful yoga 1 (CD # 2) for another two weeks, one program per day. If the yoga is too strenuous for you (it is quite gentle actually, and you are encouraged to do it to your own capacity and visualize yourself doing whatever parts of it you are not yet ready to try), you can just alternate between the body scan and the guided sitting meditation (CD # 3). The postures for both yoga CDs are outlined in Full Catastrophe Living.

The volume of my voice on the yoga CDs drops in certain places because I am speaking as I am doing the postures myself. This is not a defect in the program. Just follow along as best you can. The volume comes back up as the posture releases.

After four weeks with CDs 1 and 2, you can introduce the guided sitting meditation practice (CD # 3) and alternate it for the next two weeks with mindful yoga 2 (CD # 4), or with the body scan or mindful yoga 1, depending on your inclination. In week seven, you are encouraged to try to keep up the practice for a week without the CDs, using whatever combination of practices you care to. In week eight, you are encouraged to return to the CDs, and use whichever ones make the most sense to you as you develop your own unique meditation practice, hopefully for the rest of your life. Of course, you can always combine the various practices in any way that you care to at any time.

After practicing these guided meditations, you are likely to find that you are more mindful in your life at other times as well. This is a natural benefit of mindfulness practice. You can deepen this process by intentionally bringing awareness of your breathing and of your body as a whole into as many moments as you can in your everyday life. Practicing in this way can help you to see stressful situations with greater clarity and to face them with greater confidence, creativity, and emotional balance.

CAUTIONS

Before doing the yoga, please check with your doctor if you have any medical or orthopaedic problems. Do not use these programs while driving!

MORE INFORMATION

For additional Guided Mindfulness Meditation Practice CDs, see the Series 2 set, which offers programs of varying lengths. The Series 2 set is meant to be used in conjunction with Dr. Kabat-Zinn's book, *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*, Hyperion, NY, 1994.

To purchase additional copies of this program, or for more information, or to communicate with us, please see <http://www.mindfulnessstapes.com/>, <http://www.mindfulnesscds.com/>, or write:

Stress Reduction CDs and Tapes
P.O. Box 547, Lexington, MA 02420.

Wikipedia Entry – Mindfulness Meditation

http://en.wikipedia.org/wiki/Mindfulness_meditation

Mindfulness is a technique in which a person becomes intentionally aware of his or her thoughts and actions in the present moment, [non-judgmentally](#). It plays a central role in [Buddhism](#), with *Right Mindfulness* being the seventh element of [Noble Eightfold Path](#), the practice of which is considered a prerequisite for developing insight and wisdom. In a secular context, mindfulness is attracting increasing interest among western [psychiatrists](#) as a non-pharmacological means of dealing with [anxiety](#) and [depressive mood states](#).

Examples from meditation and daily life

Right mindfulness (often also termed Right [Meditation](#)) comes in a variety of forms. One example of mindfulness is to mentally give a verbal label to each inbreath and outbreath during sitting [meditation](#). So, each time one breathes in, one thinks "rising", and each time one breathes out, one thinks "falling". In this type of meditation, the breath serves as a tether that the practitioner uses to bring his or her awareness back to the present moment. By residing more frequently in the present moment, practitioners begin to see both the inner and outer aspects of reality. Inner reality may unfold as one sees that the mind is continually chattering with commentary or judgment. By noticing that the mind is continually making commentary, one has the ability to carefully notice those thoughts - and decide if those thoughts have value. Most often, mindful people realize that "thoughts are just thoughts" - the thoughts themselves have no weight. People are free to release a thought ("let it go") when they realize that the thought is not concrete reality. They are free to observe life without getting caught in the commentary.

As one more closely observes inner reality, one finds that happiness is not a quality brought about by a change in outer circumstances, but rather by realizing happiness starts with releasing attachment to thoughts; thereby releasing "automatic" reactions toward pleasant and unpleasant situations or feelings.

However, mindfulness does not have to be constrained to a formal meditation session. Mindfulness is an activity that can be done at any time; it does not require sitting, or even focusing on the breath, but rather is done by bringing the mind to focus on what is happening in the present moment, while simply noticing the mind's usual "commentary". One can be mindful of the sensations in one's feet while walking, of the sound of the wind in the trees, or the feeling of soapy water while doing dishes. One can also be mindful of the mind's commentary: "I wish I didn't have to walk any further, I like the sound of the leaves rustling, I wish washing dishes wasn't so boring and the soap wasn't drying out my skin", etc. Once we have noticed the mind's running commentary, we have the freedom to release those judgments: "washing dishes: boring" may become "washing dishes: washing dishes". In this example, one may see that washing does not have to be judged "boring"; washing dishes is only a process of coordinating dishes with soap and water. Any activity done mindfully is a form of meditation, and mindfulness is possible practically all the time.

Continuous mindfulness practice

In addition to various forms of meditation based around specific sessions, there are mindfulness training exercises that develop awareness throughout the day using designated environmental cues. The aim is to make mindfulness essentially continuous. Examples of such cues are the hourly chimes of clocks, red lights at traffic junctions and crossing the threshold of doors. The mindfulness

itself can take the form of nothing more than focusing on three successive breaths [1]. This approach is particularly helpful when it is difficult to establish a regular meditation practice.

Research and writing

Largely associated with [Buddhism](#), the practice of mindfulness is also advocated by such people as medical researcher and author Dr. [Jon Kabat-Zinn](#) who developed the Mindfulness-Based Stress Reduction (MBSR) program. MBSR is a form of complementary medicine offered in over 200 U.S. hospitals and is currently the focus of a number of research studies funded by The National Center for Complementary and Alternative Medicine.

Application of mindfulness in medical conditions

Recent research points to a useful therapeutic role for mindfulness in a number of medical and psychiatric conditions, notably chronic pain [2] and stress [3] In fact, recent research suggests that mindfulness-based cognitive therapy can be used to prevent suicidal behavior from recurring in cases of severe mental illness (Journ. Clin. Psych. 62(2) 2006).

Core mindfulness skills in dialectical behaviour therapy

Mindfulness is a core exercise used in [dialectical behavior therapy](#), a psychosocial treatment [Marsha M. Linehan](#) developed for treating people with [Borderline Personality Disorder](#).



[Wikibooks Dialectical Behavioral Therapy](#) has a page on the topic of [Core Mindfulness Skills](#)

Mindfulness is also used in some other newer psychotherapeutical methods, such as [Acceptance and Commitment Therapy](#) and [Mindfulness-based Cognitive Therapy](#), which is based on the Mindfulness-Based Stress Reduction programs.

See also

- [Meditation](#)
- [Buddhism](#) > [Buddhism and psychology](#)
- [Buddhism](#) > [Buddhist meditation](#) > [Satipatthana](#), [Sampajanna](#)
- [Hakomi](#)
- [Jon Kabat-Zinn](#)
- [S.N. Goenka](#)
- [Thich Nhat Hanh](#)
- [Eckhart Tolle](#)

External links

- *Mindfulness in Plain English* by Ven. [Henepola Gunaratana](#) [4] [5] [6]
- [The Art of Living](#)
- [How to do Mindfulness Meditation](#)

Wikipedia Entry – Jon Kabat-Zinn

http://en.wikipedia.org/wiki/Jon_Kabat-Zinn

Jon Kabat-Zinn (born [June 5, 1944](#)) is Associate Professor of Medicine at the [University of Massachusetts Medical School](#). He teaches [mindfulness meditation](#) as a technique to help people cope with [stress](#), [anxiety](#), [pain](#) and [illness](#).

His life work has been largely dedicated to bringing [mindfulness](#) into the mainstream of [medicine](#) and [society](#). Kabat-Zinn is the author or co-author of scientific papers on mindfulness and its clinical applications. He has written two bestselling books: *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Delta, 1991), and *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* (Hyperion, 1994). He co-authored with Myla Kabat-Zinn *Everyday Blessings: The Inner Work of Mindful Parenting* (Hyperion, 1997). His most recent book is *Coming to Our Senses*(Hyperion, 2005).

Kabat-Zinn is the founder and former Executive Director of the [Center for Mindfulness](#) in Medicine, Health Care, and Society at the University of Massachusetts Medical School. He is also the founder (1979) and former director of its renowned Stress Reduction Clinic and Professor of Medicine emeritus at the University of Massachusetts Medical School.

Kabat-Zinn received his Ph.D. in [molecular biology](#) in 1971 from [MIT](#) where he studied under [Salvador Luria](#), [Nobel Laureate](#) in Medicine. Kabat-Zinn has made significant contributions to modern [health care](#) with his research which focused on mind/body interactions for healing, and on various clinical applications of mindfulness meditation training for people with [chronic pain](#) and/or stress-related disorders. Kabat-Zinn began teaching the Mindfulness-Based Stress Reduction (MBSR) at the Stress Reduction Clinic in 1979. MBSR is an eight week course which combines meditation and [Hatha yoga](#) to help patients cope with stress, pain, and illness by using moment-to-moment awareness. Such mindfulness helps participants use their inner resources to achieve good health and well being. Kabat-Zinn and colleagues have studied the effects of practicing moment-to-moment awareness on the [brain](#), and how it processes [emotions](#), particularly under stress, and on the [immune system](#).

In 1993, Jon Kabat-Zinn's work in the Stress Reduction Clinic was featured in [Bill Moyers'](#) PBS Special, *Healing and the Mind* and in the book by Moyers of the same title. Kabat-Zinn and his colleagues published a research paper demonstrating in a small [clinical trial](#), a four-fold effect of the mind on the rate of skin clearing in patients with [psoriasis](#) undergoing [ultraviolet light](#) therapy: [Kabat-Zinn et al, *Psychosomatic Medicine* 60:625-623 (1998)]. A more recent paper [Davidson, Kabat-Zinn, et al. *Psychosomatic Medicine* 65: 564-570 (2003)] shows positive changes in brain activity, emotional processing under stress, and immune function in people taking an MBSR course in a corporate work setting in a randomized clinical trial.

He conducts annual mindfulness retreats for business leaders and innovators, and with his colleagues at the Center For Mindfulness, conducts training retreats for health professionals in MBSR. Over 200 medical centers and clinics nationwide and abroad now use the MBSR model.

He is a board member of the [Mind and Life Institute](#), a group that organizes dialogues between the [Dalai Lama](#) and Western scientists to promote deeper understanding of different ways of knowing and probing the nature of mind, emotions, and reality. ^{[citation needed](#)}

He, and his wife Myla, have three grown children. Jon is the son-in-law of historian [Howard Zinn](#).

External links

- [Center for Mindfulness](#)
- [Jon Kabat-Zinn](#)
- [What is the Mindfulness-Based Stress Reduction Course?](#)
- [Website Mind & Life Institute](#)
- [The Mind and Life Institute's Vision, Purpose and Mission](#)
- [Archive of past conferences and events](#)