

Mindfulness, its use and development

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Mindfulness

- its characteristics
- its use
- its development

Mindfulness: characteristics

detached attention

toward the *texture* of phenomena in our consciousness

Mindfulness: use

to be free

avoid conditioning

make considerations before acting

determine if action is wise

Mindfulness: development

Work

- by training
- based on concentration
- based on discipline

Price

- takes energy
- at first one may see more disturbances
- not always pleasant
- one must be willing to change one's view of oneself

Insight

We may get a clear picture of the unnecessary paths
we go

this insight makes us stop doing it

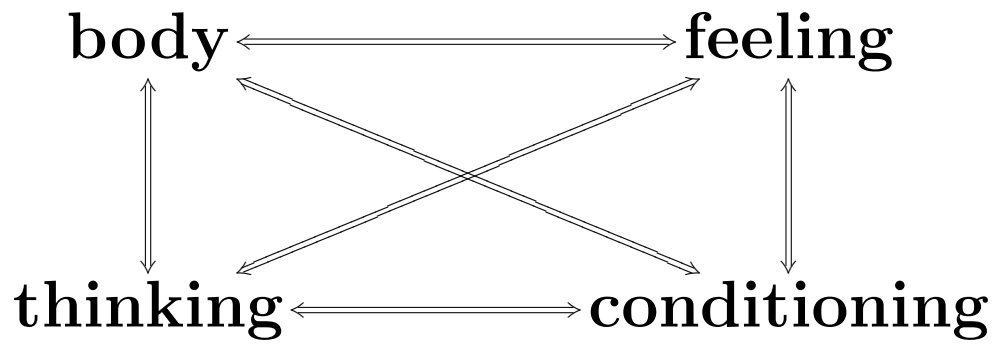


Figure 1: The roller-coaster of suffering

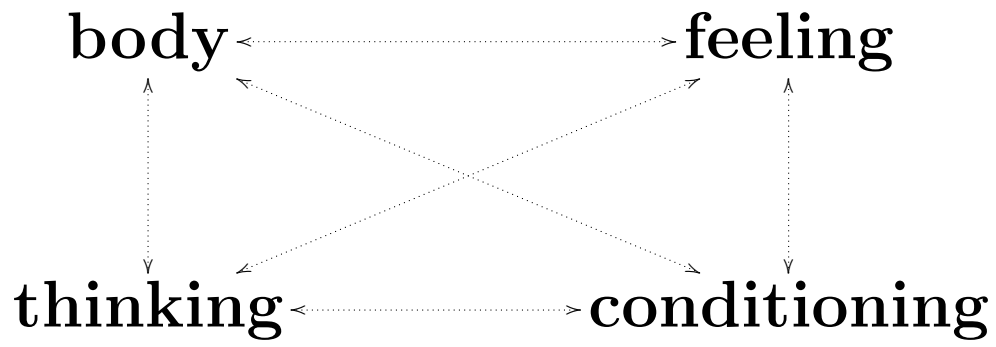


Figure 2: Less suffering

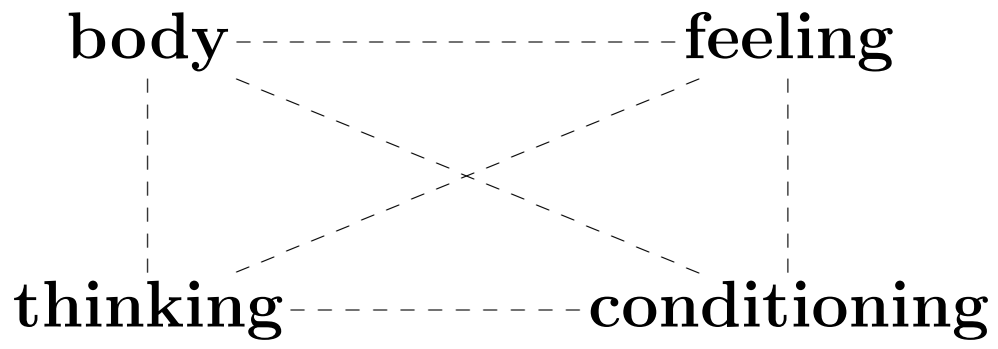


Figure 3: Freedom

Advice

you came into this situation

you can get out

requires work, costing energy

possible and rewarding

you loose in order to gain

Mindfulness based stress reduction

training designed by John Kabat-Zinn (USA)

10 weekly sessions with homework

not just for OCD

depression, anxiety

Research: it works

better than a more traditional therapy

Already tried?

you may have tried already to be free

you may have been discouraged

Be prepared

inform yourself about the training of mindfulness

make a decision

balance your faculties:

- understanding
- confidence
- effort
- concentration
- mindfulness

Ancient theory of mind

developed by Buddha

he suffered from a heavy depression

transmitted through classical Buddhism

no need for metaphysical belief of any kind