



Mindfulness Four-part course September – December 2023

BACKGROUND INFORMATION:

What is Mindfulness?

Mindfulness in Pali language is 'Sati', which means *remembering*. It refers to 'gathering the attention back' or 'intentionally paying attention to our inner and outer experiences moment by moment'. Mindfulness is a way of being and mind training.

**“Mindfulness is to pay attention in a particular way:
on purpose, to the present moment and non-judgmentally”.**

Jon Kabat-Zinn, *Professor of Medicine emeritus, University of Massachusetts Medical School, Founder of MBSR (Mindfulness Based Stress Reduction).*

Why practice mindfulness? Why do we want a mindful way of being?

To become familiar with the workings of our minds

(Automatic-pilot, perceptions, critical voices, habitual thought patterns...)

“When we are present and awake, emotions have a short lifespan, but when we're unconscious, they can last for years”. Pema Chodron

To live life more fully and appreciate life

Noticing the beauty and pleasures around us, instead of being in our heads, caught up in the past or future.

To improve health and wellbeing

Mindfulness is recommended by the Department of health and NICE (National Institute for Health and Care Excellence)



More than 10,000 published research papers are available on the effect of mindfulness on physical and mental health. Some of the benefits include:

- Anxiety and stress reduction
- Better sleep
- Lowering blood pressure
- Coping with pain and illnesses
- Preventing relapse in depression
- Strengthens the immune system
- Improved concentration, accuracy, work efficiency
- Helps to *respond* versus *react* to life difficult events
- Increased awareness, empathy and compassion

Development of kindness, empathy for oneself and others.

To take care of ourselves by understanding the interplay of mind and body, allowing for greater access to inner resources for coping and healing. To accept ourselves as we are.

Evidence-based Mindfulness courses:

MBSR (Mindfulness Based Stress Reduction) is a group-based programme, founded by Jon Kabat-Zinn and Colleagues at the University of Massachusetts Medical Centre, in the 1970s, for populations with a wide range of chronic health conditions. MBSR has then been adapted by CBT therapists Zindel Segal, Mark Williams and John Teasdale, for the treatment of recurrent depression (called MBCT, Mindfulness Based Cognitive Therapy). Most of the research on the benefit of mindfulness has been done on MBSR and MBCT courses. The results and statistics of these programmes have been very successful and promising.

Other evidence-based courses have been developed since then, based on MBSR and MBCT, such as 'Finding Peace in the Frantic World', Breathworks, MBCT-L and programmes for children and teenagers (called "Paws B" and "Dot B").

These Mindfulness Programmes are delivered in several fields such as the NHS, medical and mental institutes, schools, general public, the workplace, and in the parliament.

Although Mindfulness practice holds its root in Buddhism, and has also been practised in most spiritual traditions, these mindfulness programmes are non-religious and can be practiced by anyone of any faith or no faith. They are based on ancient approaches adapted to the western world and aim to help the mainstream



people to deal with our mind, emotions, situations, challenges, with more ease and skills.

MINDFULNESS SERIES

Four-part mindfulness courses based on MBSR, exploring a particular theme.

Serie One (September-December 2023):

Theme: Staying present versus on automatic pilot – increasing awareness

Most of the time we run on automatic pilot, unaware of our inner and outer experiences. This can cause unnecessary stresses, incidents, and lead to a lack of satisfaction.

In this first series, we will train the mind to stay present and to develop awareness, through various mindfulness practices and tools.

Participants will learn formal and informal practices, applicable in daily life. The 'formal' practices will be explored during the session. Participants will receive Sandrine's audio recordings to practice these at home too.

Each session will include a short explanation, mindfulness practice, a reading, and a time to set up your own practice.

Home Practice is an important part of the course!

The patterns of the mind that we will be working to change have been around for a long time. These patterns are often habitual and automatic. Just like with learning a new language we can only expect to make changes if we allocate regular time into the learning process. Even a few minutes each day will make a big difference. A useful attitude to adopt is: **"I will do my best, with an open mind"**.

Facilitator:

[Sandrine Blanc Cranswick](#) has been practising mindfulness meditation for over 30 years. She founded Mindfulness Midhurst in 2014 and has run regular mindfulness courses since then, for the general public and in the workplace. Sandrine offers ongoing support during the course and beyond. She runs regular group meditation, retreat days and one to one mentoring and coaching sessions.

To book on any mindfulness courses, participants must fill out an application form. This is a national requirement for all Mindfulness-Based courses, to ensure that this is the right course at the right time for the applicant.

Should you need any further information or discuss any concerns you may have, please contact Sandrine.

