

3:30 pm - 3:45 pm Mindfulness and Meditation by Jennifer Oldstone-Moore and Sunny Jeong

[MORE RESOURCES SUGGESTED BY JENNIFER AND SUNNY]

Resources from J. Oldstone-Moore

My best and widest ranging resource for using contemplative practice in the academy, is ACMHE, *Association for Contemplative Mind in Higher Education*. This is a well-established association that has on-line resources, on-line and in-person workshops and webinars, retreats, and conventions. One of the founders is Arthur Zajonc, a physics prof at Amherst; others are from a wide range of disciplines, including modern languages, architecture, economics, and many psychologists. You will find them at <http://www.contemplativemind.org/programs/acmhe>

A few points of entry that you might find interesting:

Dr. James Doty, *Into the Magic Shop*, (Avery, 2017). This

re many patients who have zero buy-in for alternative practices; it is helpful
experience. Kabat-Zinn has a number of CDs and downloadable materials.
ernet is full of downloadable, clickable guided meditations...send the ones
s interested in new resources!

MINDFUL MEDITATION RESOURCES FROM SUNNY JEONG

Definitions of Mindfulness

The most widely acknowledged definition of mindfulness comes from Kabat-Zinn (1994) which is defined as “ability to pay attention on purpose in present moment with nonjudgmental view”. Likewise, mindfulness is explained as “receptive attention to and awareness of present events and experience” (Brown & Ryan, 2003). Further, Shapiro (2009) notes mindfulness as “the awareness that arises through intentionally attending in an open, accepting, and discerning way to whatever is arising in the present moment”. Thereafter, Bishop et al. (2004) explains mindfulness as “process of regulating one’s attention to bring awareness to have orientation towards curiosity, openness, and acceptance towards one’s experience”. In iy25 (xpe)9(2003), and, Brown, Ryan & Creswell (2007).

Wittenberg Faculty Retreat on Jan 22, 2019

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