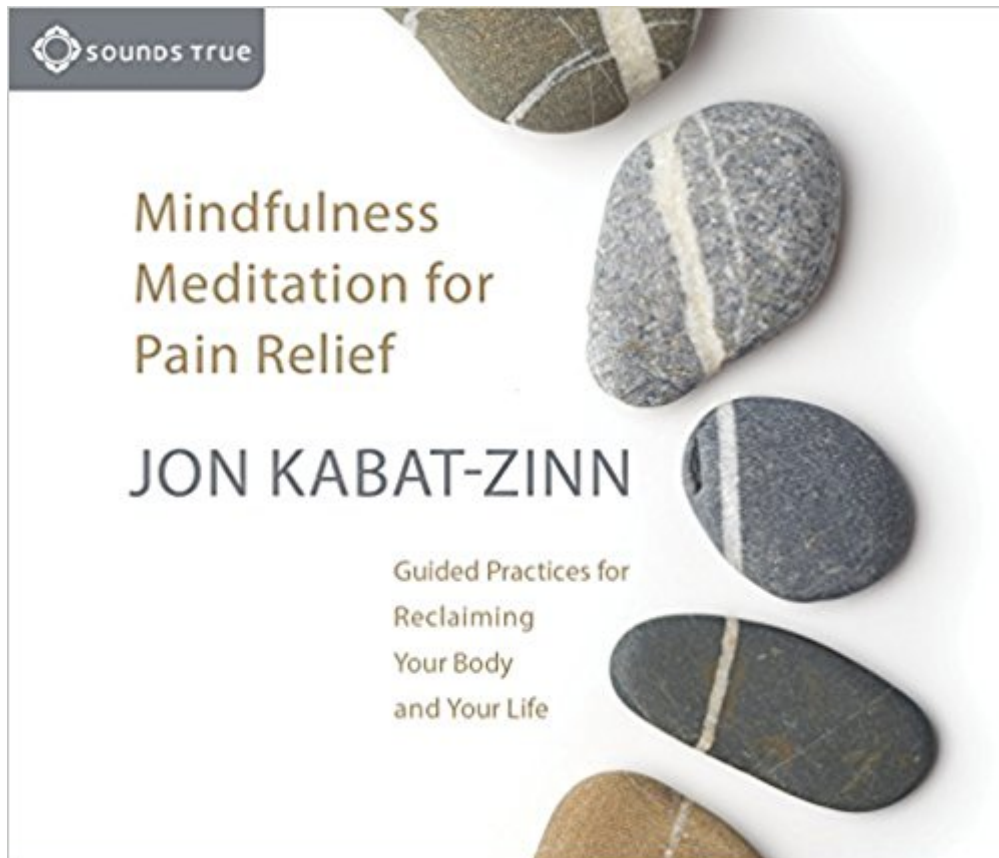




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# Mindfulness Meditation For Pain Relief



## Synopsis

Course objectives: Explain how mindfulness practice can help with pain management Utilize meditation practices that emphasize focus on the breath and body sensations Describe how to turn toward the experience of pain Summarize Kabat-Zinn's seven principles to his mindfulness approach Identify the differences between thoughts and pain sensations, and between coping strategies that contribute to suffering and those that can alleviate it If you're reading this, chances are that your life, or the life of someone you know, is shaped by pain "and by the physical and emotional suffering that usually accompany it. Mindfulness of breathing "how to "put out the welcome mat "for whatever arises in one's experience What to do about pain "how to work with intense and unwanted sensations Working with thoughts and emotions "how to avoid identifying with your experience of pain and instead see sensations and thoughts as sensations and thoughts Resting in awareness "a three-minute mindful pause to restore balance, resilience, and self-compassion Mindfulness in everyday life "allowing the nitty-gritty of one's daily life to be both the ultimate meditation teacher and the real meditation practice The good news: Jon Kabat-Zinn and his colleagues have helped thousands of people learn to use the power of mindfulness to transform their relationship to pain and suffering, and to discover new degrees of freedom for living with greater ease and quality of life. Now, with *Mindfulness Meditation for Pain Relief*, the man who brought mindfulness into mainstream medicine presents these approaches for working gently and effectively with even the most trying of circumstances. Session one gives us an overview of seven fundamental attitudes we can develop and deploy to cultivate mindfulness in relationship to chronic pain and its incessant challenges. On session two, Jon Kabat-Zinn leads us in guided meditations drawn from his pioneering Mindfulness-Based Stress Reduction (MBSR) methodology: "Through the systematic cultivation of mindfulness, we can reclaim the entire spectrum of our experience and the joys inherent in living," explains Jon Kabat-Zinn. *Mindfulness Meditation for Pain Relief* offers us a precious and tested vehicle for embracing the "full catastrophe "of the human condition and thriving in the face of it.

## Book Information

Audio CD: 1 pages

Publisher: Sounds True; Unabridged edition (January 1, 2010)

Language: English

ISBN-10: 1591797403

ISBN-13: 978-1591797401

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Product Dimensions: 0.5 x 5.5 x 5.8 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 112 customer reviews

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## Customer Reviews

Jon Kabat-ZinnJon Kabat-Zinn, PhD, is the founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center and associate professor of medicine in the Division of Preventative and Behavioral Medicine. His clinic was featured in 1993 in the public television series *Healing and the Mind* with Bill Moyers. Jon Kabat-Zinn is the author of *Wherever You Go, There You Are* and *Full-Catastrophe Living: Using Your Body and Mind to Face Stress, Pain and Illness*.

While I like Kabat-Zinn's books, on CDs I find him wordy and his voice unsettling. Maybe it's because he's an East Coast guy and I'm a West coast gal; I don't know. Once sufferers understand that mindfulness can help ease the struggle against pain, there are a lot of excellent CD choices for guidance into spaciousness and the present moment. Michael Ison is pretty good. Also check out Adyashanti's "True Meditation," Bodhipaksa's "Still the Mind," and Lydia Zylowski's "Mindfulness Prescription for ADHD." Hey, we're all a little ADHD, especially now that the world is full of flashing images, fast cars, and crammed "to do" lists. The CD with her book is just great. I am an MD, pain sufferer and pain practitioner, and I have no economic interest in any of these recommendations.

I have practiced mindfulness for years but when my 88 year old father was spending so much time and money going to pain management with no results I sent him this CD. He never complains but he was suffering so much it was affecting his life. He began to listen to these CDs and it helped him so much. Now, instead of going to pain management he goes to mindfulness meditation and a tai chi teacher and is on no medication.

This is helping me with relief from my body's chronic pain. I'm getting bits of my life back each week. I started as a sceptic, with zero faith in meditation being able to have any effect. But it worked

despite my expectations. This offers several ways to gently focus. It also gives a new perspective on helping your body process and even release or expel pain. While it does have emphasis on breathing, there are many more strategies that are offered. You can take it anywhere, and it won't make you unable to drive after.

I have been using these CDs for dealing with many months of pain after cancer treatment. The approach is novel and very helpful in changing the way I think and feel about the pain. I highly, highly recommend this. However, for some reason the MP3 download (at least the way I did it) lumps all tracks on a CD into one large file, rather than splitting it into the separate tracks (which you find other places selling the CDs).

Two disc set. The first disc is an explanation of mindfulness and its medical uses. It explains being in the here and now and what that feels like. It is recommended that one repeatedly listen to the first disc just to keep reminding one what it's all about and how to get the most out of the program. The second disc consists of exercises and peace. I highly recommend this product for relieving the pain without medication.

\*\*\*\*\*I am not an accomplished meditator or a person who enjoys sitting still. However, this two CD set was manna from heaven for me. I suffer with chronic pain of various types and often resort to painkillers and NSAIDS. Much of the time I also am tense and worried because of the pain and from trying to deal with life while in pain. I have other Jon Kabat-Zinn meditation CDs, and they are fine, but this one was exactly what I needed. It is for people who are in pain, including intense pain, and who are open to dealing with this pain via a daily practice of meditating by listening to one of the short meditation exercises on these CDs. The exercises are of varying lengths, and most are found on the second CD. They range from about 4 minutes to up to 18 minutes. You can listen to one or more at any time. In addition, the first CD is one the author suggests you listen to repeatedly, as it describes an approach to mindfulness, to awareness, to a gentler way of dealing with pain than stringent resistance and fear (my usual approach). He addresses all kinds of problems a listener might have. For example, you might be in so much pain that you cannot even focus on your breath at all; he has a way of dealing with this. In addition, he provides alternatives to basic normal meditation practice, so say, if you're interrupted by unbearable pain in one area of your body, you can breathe into it, you can focus on the pain and then move back to your breath, etc. This felt like a meditation tape made especially for me. His voice is so calm and soothing that even just listening to

it calmed me down. Often my pain levels make me feel agitated and I hyperfocus on such thoughts as "I can't stand this!" or "My life is terrible because of this!" or "When will I be able to just do what I want to do". He addresses these defeating thoughts too, in a calm and accepting way. If you do not struggle with chronic pain, get another of Jon Kabat-Zinn's CDs. They are all good. But if you are ill, if you are in pain, and even if you struggle with emotional pain and anxiety, I would so highly recommend this CD set. I will listen to this one over and over again and am quite excited about it too. I wish I could give it 6 stars. Highly recommended. \*\*\*\*\*

Jon Kabat-Zinn is my favorite Meditation teacher! He is a Master of Buddhist Meditation Philosophy and Buddhist teachings. He developed a Meditation Stress Management Program at Massachusetts General Hospital. Doctors there referred all kinds of patients to help them manage the symptoms of many serious illness. Now, I'm fighting autoimmune inflammatory disease. I use this wonderful teaching CD to help manage the pain & stress of a damaging illness, when I am trying to "change my mind" and learn to live peacefully every day. Kabat-Zinn is one of my "go-to" meditation teachers when I need to remind myself that I can live with less stress & pain! Barb Linnen

This CD set has been a lifesaver as I navigate life with migraine. JK-Z has managed to distill a lot of the points he makes in "Full Catastrophe Living" to provide a shorter, succinct series of discussions and guided meditations to help a person develop a new way of being with issues of chronic pain. I listen to his chapter on "Seven Principles of Working With Mindfulness" on a regular basis and I can't begin to describe how profoundly it's helped me not only with my headache issues, but with other aspects of my life. Highly recommended.

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