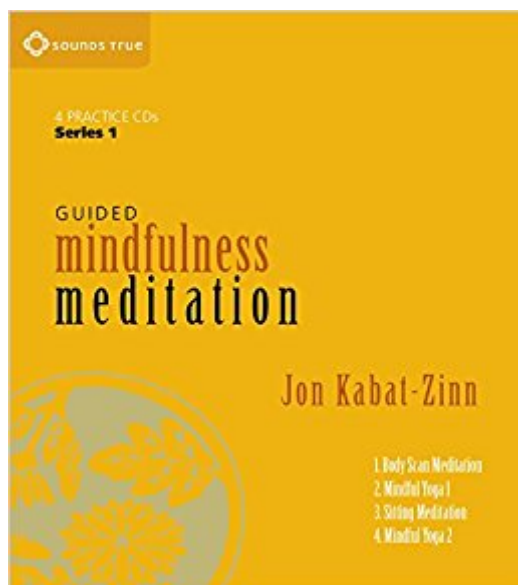




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Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program From Jon Kabat-Zinn



Synopsis

Perhaps no other person has done more to bring mindfulness meditation into the contemporary landscape of America than Jon Kabat-Zinn. Through a number of research studies, and through Kabat-Zinn's pioneering work at the University of Massachusetts Medical School where he is founder of its world-renowned Stress Reduction Clinic, mindfulness is finally being recognized as a highly effective tool for dealing with stress, chronic pain, and other illnesses. Now with this four-part home training course, Jon Kabat-Zinn offers listeners the definitive mindfulness meditation practice on CD. We are not trying to actively achieve a state of deep relaxation or any other state for that matter while practicing mindfulness, he teaches. 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 of both body and mind. Join the bestselling author of *Coming to Our Senses* (Hyperion, 2005) and *Wherever You Go, There You Are* (Hyperion 1995) to develop and deepen your personal mindfulness practice, and to taste the universal aspects of stillness, clarity, wisdom, compassion, and well-being that Guided Mindfulness Meditation offers.

Course objectives:

- Utilize body and mind meditations in daily practice
- Practice mindful yoga with clear, safe and simple instructions
- Describe the basic state of being which is present awareness
- Compare the results of unmoving, sitting meditation to a movement meditation such as mindful yoga

Book Information

Series: Guided Mindfulness (Book 1)

Audio CD

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Customer Reviews

Jon Kabat-Zinn
Jon 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*.

This set is an excellent introduction to meditation. The four meditations can be practiced at any level of intensity the listener chooses. Zinn encourages the listener to be flexible to make the meditations restful and relaxing. He has a gentle, quiet style, guiding the listener through each meditation to focus attention and increase mindfulness. He provides clear directions and offers suggestions throughout each aspect of the program. His encouragement and observations will be particularly useful for beginners, and this set of four provides a core of meditations that can be used in various orders and intensities. J.E.M. Â© AudioFile 2006, Portland, Maine-- Copyright Â© AudioFile, Portland, Maine

This recordings are longer formats but equally useful to the shorter ones.

Excellent series of guided meditations. Jon Kabat-Zinn's program is the most scientifically researched meditation program in existence and that research proves it works when practiced as directed.

I have Asperger's and this selection in particular was suggested by my therapist as something she uses for Mindfulness. Unfortunately, I didn't have the same luck. Honestly, it's hard to explain. Getting into the Mindfulness mindset was just extremely difficult, and though I know that not having any direct and deliberate added distraction sources such as ambient music is important, for someone like me or others that can't control being able to "turn you mind off" the format of CD1 might actually be counter-productive. Not having a base, controlled place to focus makes any and every external sound influence impossibly distracting and can ruin several minutes of progress or combine into killing a session all together. Autistic listeners may also have issues with the length, which is very difficult to push through and one's mind can wander back to the things you're trying to avoid after going too far. For these persons and those with the sort of mind that is continually processing information or speaking with itself on multiple levels this probably won't be a terribly helpful program. Moreover, if the Mindfulness is the specific goal as part of a mental health or social

rehab regiment, having CDs 2 and 3 feels kind of meaningless and you may want to look into something with more focus and more specific options. In a month of efforts I often felt like I had been deliberately punishing myself by going through the entire session. How it's presented is clearly more for the 'average listener' and not for persons specifically targeting mental conditions. On the other hand, I know family and others that have used it (after I gave it to them) and they've given it decent marks, which is why I'm rating a 3/5 anyway. I personally consider anything lower to imply that it has no productive purpose to anyone, and this certainly will be helpful for a lot of people... just not those like me.

I've only used the first two CDs for my meditation practice, but I recommend this collection at least for the body scan (1) and the yoga meditation (2). The body scan is a very practical way into mindfulness meditation.

It's difficult for me to like the sound and tempo of everyone's' or just anyone's' voice when listening to a recording. Though not the worst, Jon's voice borders on distracting.

Excellent

Kabat-Zinn has made a really fine guided meditation. His is basically a "how to" for deep meditation. I have series 1, 2 and 3. I especially like the compassion meditation in series 3.

Would have liked more focus on more of the body not only the breathing breathing is very important but need a little more focus on body

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