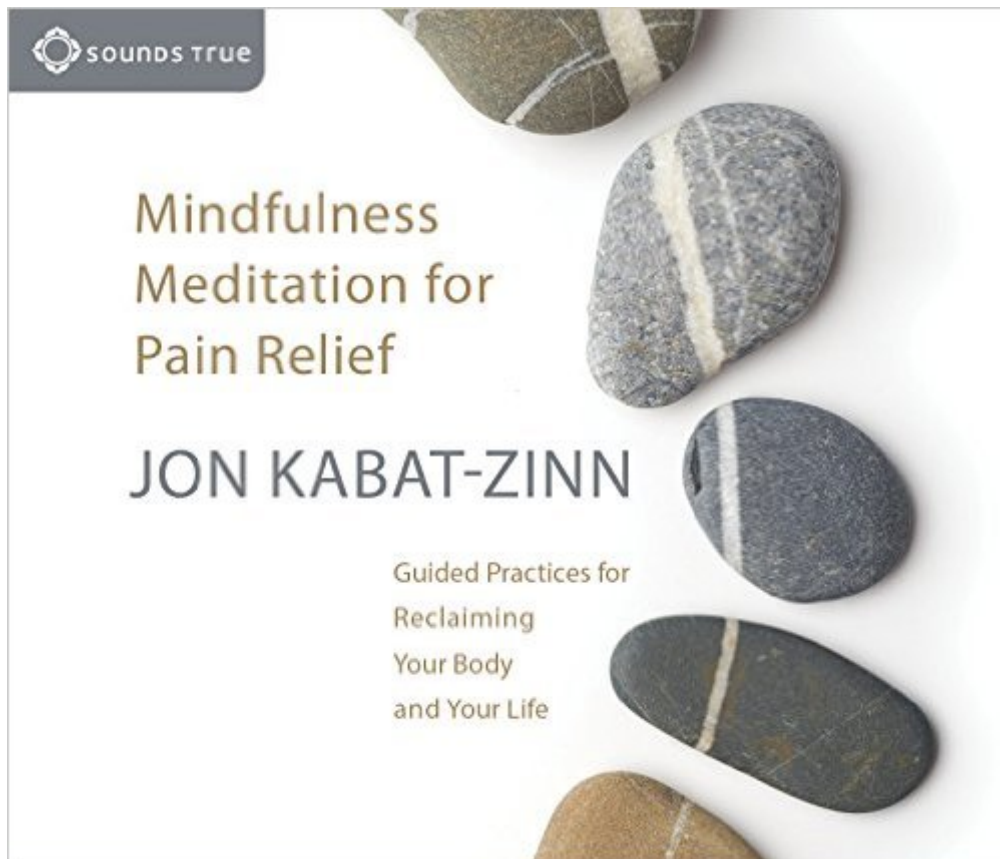


The book was found

# 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 let go of 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

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Average Customer Review: 4.3 out of 5 stars See all reviews (106 customer reviews)

Best Sellers Rank: #13,462 in Books (See Top 100 in Books) #1 in Books > Books on CD > Health, Mind & Body > General #2 in Books > Books on CD > Health, Mind & Body > Fitness #4 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

## Customer Reviews

\*\*\*\*\*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!"

"Guided Practices for Reclaiming Your Body and Your Life", this is a 1 1/2 hour, 2 CD package from Sounds True. Although there are some brief meditations (see Disc Two below), this is not so much a "meditation" CD. It is more of psychological background thinking and how to do the meditations. Once you learn HOW and WHY, you can meditate to specific sound CDs designed for the act of meditating and creating stillness and vibration (including Reiki CDs). There are quite a few of these "vibrational" CDs in my other reviews, if you want to flip around them. The cover states that

Jon Kanat-Zinn and his colleagues have helped thousands of people with chronic medical conditions 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. Jon is the founding director of the Stress Reduction Clinic and Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School and professor of medicine emeritus. This material is based on 30 years of work done in this area. Jon's voice is relaxing and his words are clear, simple, and easy to understand. Disc One (40:43) -- Seven fundamental attitudes to use. 1) Introduction (0:49) 2) Diving right in (5:36) - Jon begins with an awareness of your body and everything around you. 3) Learning to live with pain (6:50) - Living with pain is a workable process if you are willing to do daily work. Pain may be unavoidable, but suffering is optional. You have nothing to lose in walking this path.

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