

Mindfulness-Based Stress Reduction Training (MBSR)

Dr. Jon Kabat-Zinn developed the 'Mindfulness Based Stress Reduction' (MBSR) program at the University of Massachusetts Medical Center in 1979. It is currently being offered in over 240 hospitals, clinics and medical research centers over the globe and has been proven to be highly effective.

The core concept in mindfulness practice is "pure awareness", which is to maintain awareness of our inner experiences by "being fully aware of it yet not to be attached". Pure awareness is the maintenance of moment-by-moment awareness in regards to our thoughts, feelings, bodily sensations, and surrounding environment. It is defined as "pure" because it only requires us to pay attention to the sensations reflected by our five senses or spirit but not reacting to them. A scholar described the difference between mindfulness and the common psychological state: "For instance, your attention is attracted by the beautiful flora and fauna when you are walking in the forest. A normal reaction is to think, 'What a beautiful tree, I wonder how long it has been here, how many people have noticed it, I think I really need to write a poem.' In contrast, being mindful is only about seeing the tree but there is nothing between you and the tree." Being mindful only involves pure awareness without judgement; you are just paying attention to your inner experiences and surrounding environments very carefully.

Most of the time, we lack focus or have too much thoughts. In the face of various problems, which include worry and stress, we tend to respond with habitual or mechanical responses, emotional reactions, such as choosing to escape the problems, or blaming ourselves or other people. Not only do these habitual responses prevent us from solving problems effectively but they cause us to accumulate more emotions, which could lead to a variety of physiological and psychological illnesses.

The "Mindfulness-Based Stress Reduction Training Program" trains us to pay attention to things going on all the time, including our bodily sensations, emotions, thoughts and behaviors. It enables us to gain a better understanding of ourselves and things that happen around us, so that we can face our problems more truthfully, take good care of our bodies and spirits, and choose to respond to circumstances more wisely and calmly. We are no longer bounded by habitual responses, but rather a master of our lives despite our personal and environmental limitations.

Non-judgemental

Awareness

Present Moment

