

# Mindfulness-Based Stress Reduction

## Session Eight: The End is the Beginning



## Summary of Session 8: The End is the Beginning

Mindfulness practice will always be here for you. The skills you have learned include eating, walking, sitting, breathing; kind of normal everyday activities but that when done mindfully offer you a whole new way of being.

Use the body wisely; it gives you a constant, honest, wealth of information. Attend to your body daily with intention and kindness.

Practice is like the breath... you will go away but when you return, it will be here waiting for you... nothing lost! And as long as you are alive you can use it, lovingly and kindly. It doesn't matter if you forget; eventually you will wake and return.

Try to spend time everyday, as a gift to yourself and of course, in the end a gift to those you love and to the world.

Fill your life with like-minded friends who can support your practice and mirror the beauty that you are and find humor in our common human foibles. Whatever you do... don't abandon yourself!

**Charlie Brown Said**

(before MBSR):

**On the deck of the ship some folks face their chairs to  
the back to see where they've been.**

**Others face their chairs to the front to see where they will be going  
On my ship of life I have never been able to get my deck chair unfolded**



# Wise Words

## The Guest House

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from within.

- Rumi  
(1207 - 1273)



# BEGINNINGS OR START HERE AND NOW: HERE'S HOW

*(if possible, set up a space and make a daily time for practice)*

## BODY SCAN

1. Get comfortable in a warm, quiet space.
2. Eyes closed or soft gaze.
3. Awareness of the in breath and the out breath, belly rising and falling.
4. Feel the body as a whole.
5. Start with the toes. Bring breath there. Feel. Notice. Breathe in and out. Move to the sole of the foot, heel, top of foot, ankle, up the leg, etc.
6. Allow yourself to feel whatever sensations are there, paying attention to whatever you find.
7. Practice releasing any judgments.
8. When you reach the top of the head, let the breath flow in and out through the top of the head, then all the way through the body and out the soles of the feet. Feel the entire body breathing.

## SITTING MEDITATION:

1. Sit comfortably with the spine straight, dignified and relaxed.
2. Close the eyes or have a soft gaze.
3. Bring the attention to the sensation of the breath flowing in and out of the body, not controlling the breath.
4. Keep the awareness on the breath, using it as an anchor to the present moment.
5. The mind will wander. When you notice that your attention has wandered away from the breath and the present, kindly and gently escort the attention back to the breath.
6. Try to release any notion of a "good" meditation and accept that what is happening is what is happening and become curious rather than critical.

## BEING RIGHT HERE, RIGHT NOW:

1. Knowing what you are doing while you are doing it brings you right into the present moment.
2. When stopped at a traffic light, standing in line or responding to a ringing phone, take a moment, find your breath and sink into the present.
3. Enjoy being here now. Get creative about reminders, such as a green dot on the phone or a sign in the car, or a sticker on your computer so that remembering to return to the present becomes your practice.



# TEN KEYS TO HAPPINESS

by Deepak Chopra, M.D.

1) *Listen to the body's wisdom, which expresses itself through the signals of comfort and discomfort. When choosing a certain behavior, ask your body, "How do you feel about this?" If the body sends a signal of physical or emotional distress watch out! If the body responds with joy and comfort - go for it!*

2) *Live in the moment. The present is the only moment you have. Have your attention on what IS and see its fullness in every moment. Have psychological acceptance totally and completely that this present moment is as it should be. How could it be otherwise? This moment is as is because the universe is as is. Don't struggle against the universe.*

3) *Take time to be silent, to quieten the internal dialogue, to be guided by your intuition, rather than externally imposed interpretations of what is or is not good.*

4) *Relinquish your need for approval. There is great freedom in that choice.*

5) *When you find yourself reacting with anger or violence to any person, situation, or circumstance - recognize that you struggle only against yourself. Don't be so hard on yourself.*

6) *Know that those you react to strongly, whether you love them or hate them, are reflections of yourself. Use the mirror of relationship to guide your own spiritual evolution.*

7) *Shed the burden of judgement - you will feel much lighter.*

8) *Don't contaminate your body with toxins - either through food, drink, or toxic emotions.*

9) *Replace fear-motivated behavior by love-motivated behavior.*

10) *Understand that the physical world mirrors the process in our own consciousness. Cleaning up the environment and getting rid of the toxic wastes and dumps that contaminate our earth, its rivers, and oceans is worthwhile, but even more important is the flushing out of toxic ideas that contaminate the human mind.*



# Resources

## On Mindfulness Practice

*A Path With Heart* - Jack Kornfield

*Don't Just Do Something, Sit There* - Sylvia Boorstein

*Everyday Blessings: The Inner Work of Mindful Parenting* - Myla and Jon Kabat-Zinn

*Full Catastrophe Living* - Jon Kabat-Zinn

*Loving Kindness: The Revolution Art of Happiness* - Sharon Salzberg

*Mindfulness in Plain English* - Venerable Henepola Gunaratana

*Start Where You Are* - Pema Chödrön

*Thoughts Without a Thinker* - Mark Epstein

*Wherever You Go, There You Are* - Jon Kabat-Zinn

## Web Resources

[www.katemitcheom.com](http://www.katemitcheom.com)

[www.facebook.com/pages/Heart-Based-Mindfulness/129926463774935](https://www.facebook.com/pages/Heart-Based-Mindfulness/129926463774935)

DharmaCrafts

Dharma Seed

Insight Meditation Society

Life Balance Institute

Mass General - The Lazar Lab

Mindful.org

Savor: Mindful Eating, Mindful Life

Sharon Salzberg

The Center for Mindfulness at UMASS Medical

The Daily OM Email

## Places to Practice

Kripalu in Lenox, MA

Omega Institute in Rhinebeck, NY

UMASS Center for Mindfulness in Worcester, MA

IMS (Insight Meditation Society) in Barre, MA

## Others

*Earth Medicine* - Jamie Sams

*The Essential Rumi* - Coleman Barks

*The Four-Fold Way - Walking the Path of the Warrior, Teacher, Healer and Visionary* - Angeles Arrien

*Heart Aroused* - David Whyte

*Healing And The Mind* - Bill Moyers

*Kabir Book* - version by Robert Bly

*Legacy of the Heart: Spiritual Advantages of a Painful Childhood* - Wayne Muller

*Mind Body Medicine* - Daniel Goleman (Consumer Reports)

*My Stroke of Insight* - Jean Bolte Taylor

*New and Selected Poems* - Mary Oliver

*Nothing Special: Living Zen* - Charlotte Joko Beck

*Peace is Every Step* - Thich Nhat Hanh

*Plain and Simple: A Woman's Journey to the Amish* - Sue Bender

*Present Moment, Wonderful Moment* - Thich Nhat Hanh

*Rumi: Say I Am You*

*Sacred Sorrows* - Nelson and Nelson

*Siddhartha* - Herman Hesse

*Spontaneous Healing* - Andrew Weil

*Stories of the Spirit, Stories of the Heart* - Feldman and Kornfield

*Transformation and Healing* - Thich Nhat Hanh





## Kate Mitcheom, M.S.N.

Kate is a graduate of Yale School of Nursing and has practiced as a Midwife at the Fair Haven Community Health Center for 30+ years. In that capacity she has helped shepherd not only babies into the world but many women into motherhood and has seen the cost of stress first hand personally and professionally. Her meditation practice grew out of that seed and for the past 15+ years she has taught MBSR and MBCT at the health center, at UMass Center for Mindfulness in Worcester and privately. Kate's expertise lies in seeing the potential for transformation in each individual. She uses the inner wisdom that everyone possess to facilitate growth and insight in a safe nurturing environment sprinkled with humor and joy.