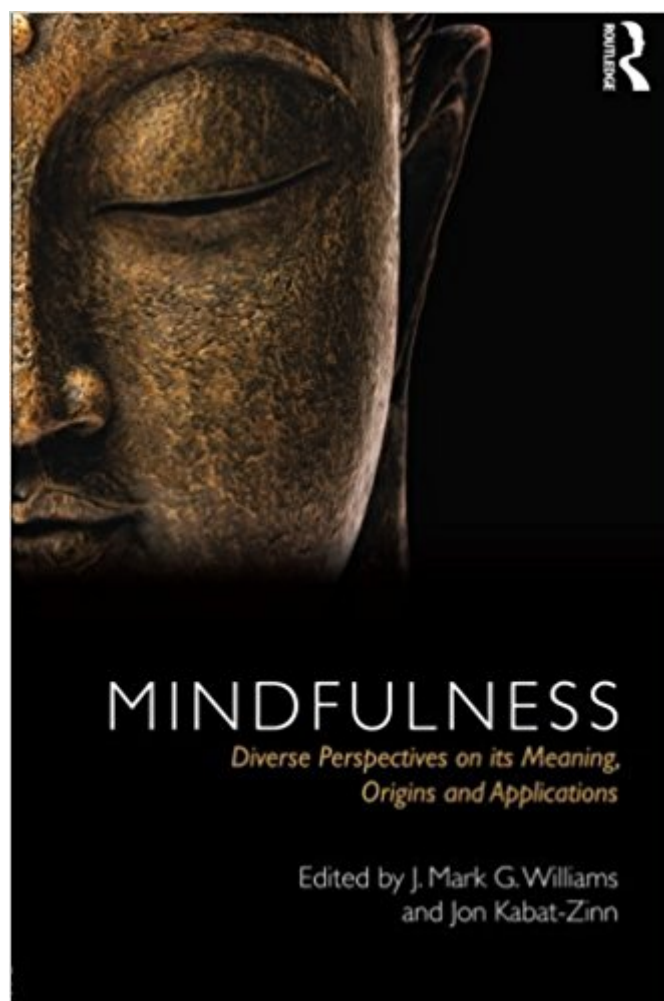


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# Mindfulness: Diverse Perspectives On Its Meaning, Origins And Applications



## Synopsis

Mindfulness-based approaches to medicine, psychology, neuroscience, healthcare, education, business leadership, and other major societal institutions have become increasingly common. New paradigms are emerging from a confluence of two powerful and potentially synergistic epistemologies: one arising from the wisdom traditions of Asia and the other arising from post-enlightenment empirical science. This book presents the work of internationally renowned experts in the fields of Buddhist scholarship and scientific research, as well as looking at the implementation of mindfulness in healthcare and education settings. Contributors consider the use of mindfulness throughout history and look at the actual meaning of mindfulness whilst identifying the most salient areas for potential synergy and for potential disjunction. Mindfulness: Diverse Perspectives on its Meanings, Origins and Applications provides a place where wisdom teachings, philosophy, history, science and personal meditation practice meet. It was originally published as a special issue of Contemporary Buddhism.

## Book Information

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## Customer Reviews

The chapters of this book were originally published as articles in the May 2011 issue of Contemporary Buddhism. It contains a number of excellent, thoughtful essays by renowned Buddhist scholars such as Rupert Gethin, George Dreyfus, Bikkhu Bodhi and Andrew Olendzki on how well the English term "mindfulness" maps (or does not map onto) the Pali term "sati," as well as an essay by John Dunne that looks at mindfulness from the point of view of later Mahamudra

practice. (I only wish there was also any essay from a Soto Zen perspective!) In any case, this work reminds us that Jon Kabat-Zinn was no purist, and that he derived his own particular approach to meditation from multiple sources, not only from his experience with Theravada-derived Insight Meditation, but also from his Korean Zen practice, his yoga practice, and his familiarity of the works of non-Buddhists such as Krishnamurti, Thankar, Nisargadatta, among others. Two excellent chapters look at the debate over how best to measure mindfulness (one by Ruth Baer, the other by Paul Grossman and Nicholas Van Dam). There are also chapters on Mindfulness and Lovingkindness (Sharon Salzberg) and chapters by luminaries such as John Teasdale (on how mindfulness achieves transformation from a Western psychological perspective) , Mirabai Bush (on mindfulness and Higher Education), Christina Feldman, Martina Batchelor, and others. My favorite chapters, however, were the one's by Jon Kabat-Zinn and Saki Santorelli. Santorelli writes about his experience of trying to keep the Center for Mindfulness in Healthcare, Medicine, and Society afloat through a series of tumultuous financial and bureaucratic crises and what he learned about leadership in the process. His writing here is thoughtful, heartfelt, and beautiful, and I found myself personally touched by his account of lessons learned. Kabat-Zinn writes the final chapter that serves as a capstone to the symposium. His own account of how the idea of MBSR came to him while on a silent meditation retreat is one I had never heard before. In that chapter, Kabat-Zinn recounts the history of MBSR, its delicate and complex relationship to the Buddhist Dharma, and issues concerning the ethics of MBSR and the future of it as a "lineage." This is not a book for readers wanting to learn about mindfulness practice, or just starting out exploring the territory. It is, however, a first rate book for readers who are already conversant with MBSR, Buddhism, and Western psychology and want to take a deeper look into how these three streams creatively converge.

Being that the word Mindfulness has taken over the Pop Psychology vernacular, this book is a great way to become oriented with its history and implementation across different institutions. From religion to education many of the top researchers/ practitioners explain what Mindfulness is and how to best utilize its positive aspects in order to find peace in your life.

A wonderful compilation of teachings, philosophy, history, science and Practice where many cultures have an opportunity to engage this innate (NOW) way of life!

When I become interested in a subject I tend to read a lot about it. This book was very

Excellent

Represents state of thinking in this field. I anticipate, this book and its authors have already begun to influence the direction of mindfulness teaching and practices in the West - beyond the conventional meaning of MBSR. Many teachers of MBSR don't seem to be aware of this book and its importance to the entire movement, including what JKZ is saying. Highly recommend it, essential reading.

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