Mindfulness

Making Mindfulness Your Own
Dory Ellen Fish, L.Ac.

- Acupuncturist – since 1995
- Sloan-Kettering – since 2002
- Stone medicine teacher
What is Mindfulness?
Relationship to FORCE

- Philadelphia area
- Powerful living example of mindfulness

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We will cover today...

- What is mindfulness?
- Why should you pursue it?
- How should you use it?
Why pursue mindfulness?

Purpose: alleviate suffering

Suffering: wanting things to be different than what they are

Acceptance of what is:
absence of suffering
Why pursue mindfulness?

Benefits:

• Physical – body
• Mental – mind
• Emotional - spirit
Physical Benefits

• Stimulates parasympathetic nervous system: *rejuvenate, repair, rebuild*

• Clear mind = improved sleep quality

• Slows respiration

• Boosts immune system

• Slows production of cortisol
Mental Benefits

• Better decision making
• Improves critical thinking
• Increases creativity
• Puts problems in perspective
• Increases intuition
• Increases memory
Emotional Benefits

• Decreases anxiety, depression

• Increases compassion, empathy

• Relaxes amygdala (emotional center of brain)

• Expansiveness, calm, joy - happiness
Myths: what Mindfulness isn’t

• Stopping all thoughts
• Uncomfortable lotus position
• Must be a Buddhist, or vegetarian, or worship a guru, or $$$
• Give up alcohol, coffee, chocolate...
• Big time commitment
• Must be solitary - - must be in a class
• Guided meditation is cheating
Making it your own

- Cultivate a perspective to hold onto
- A tool for healing
- Benefits are cumulative

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Breath is the key

The mind is always active – focusing on breathing gives your mind something to do
Mindfulness

One branch of the same tree:

Meditation
Movement (yoga, qi gong, tai chi)
Dietary and nutrition
Body work
Feng shui
Herbal medicine
Acupuncture
Cosmology

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Mindfulness

“We are the sky. Everything else is The weather.”

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Mindfulness

Don’t take yourself too seriously
Resources

Funny, You Don’t Look Buddhist
Sylvia Boorstein

Be Here Now
Ram Dass

Peace is Every Step: Mindfulness in Every Day Life
Thich Nhat Hanh

The Power of Now
Eckhart Tolle

Wherever You Go, There You Are
John Kabat-Zinn

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