

The importance of insight meditation in leadership and teaching

The knowledge and practice of vipassana wisdom

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Meditation and anxiety

- Harvard Heart Letter: Hard to control worries, irritability, and poor sleep get improvement from meditation which surpasses the improvement from using regular stress reduction techniques.
- Mayo Clinic: Spending even a few minutes in meditation can restore your calm and inner peace.
- American Journal of Psychiatry: Repeated measures analyses of variance documented significant reductions in anxiety... scores after treatment for 20 (of 22) subjects--changes that were maintained at follow-up

Meditation and depression

- JAMA Internal Medicine: This review study found “Mindfulness meditation programs had moderate evidence of improved...depression.”
- American Journal of Psychiatry: “Repeated measures analyses of variance documented significant reductions in ...depression scores after treatment for 20 (of 22) subjects--changes that were maintained at follow-up.”

Meditation and pain

- WebMD: ...meditation training can dramatically reduce both the experience of pain and pain-related brain activation
- WebMD:... the mind, heart, and body can improve with regular meditation
- Journal of Behavioral Medicine: Statistically significant reductions were observed in measures of present-moment pain, negative body image, inhibition of activity by pain...

Meditation and learning

Improved self-regulation

Improved attention

Improved executive functioning

Improved social competence

Improved academic performance

No harm

Meditation and teaching

Improved cortisol functioning

Reduced burnout

Improved performance

Improved sleep quality

Improved working memory capacity

Fewer challenging behaviors among students

Increased compliance among students to teacher requests

Types of meditation (partial list!)

MBSR (Mindfulness Based Stress Reduction)

IBMT (Integrative Body Mind Training)

Transcendental Meditation

Jyoti Meditation

Shamatha Meditation

Vipassana Meditation

How to meditate

One pointed awareness

Sound

Breath

Noise

Image

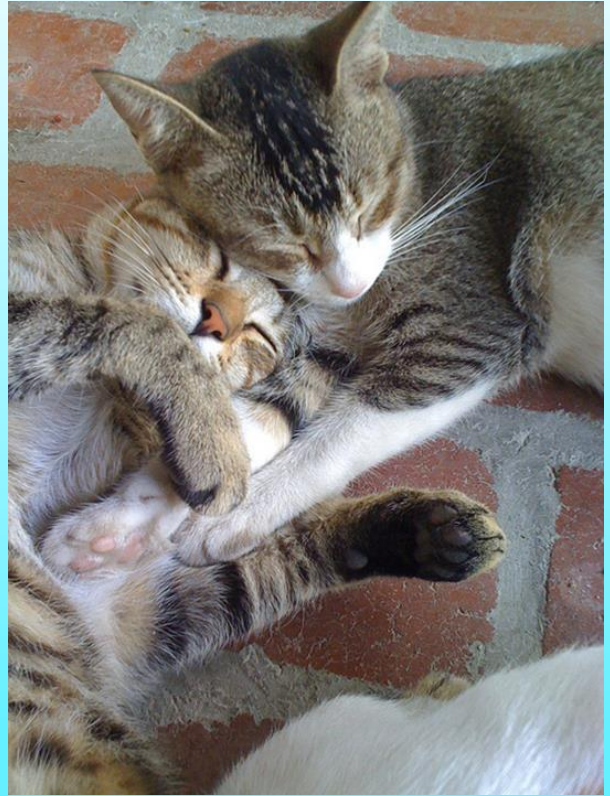
Counting

How to meditate today

Get comfortable

...and commit to being still





...also commit to friendliness

Samatha

Tranquility meditation

Pacification of the mind and thoughts

Using the breath as our anchor

And then moving to vipassana

Vipassana

Awareness/mindfulness/insight meditation

Traditional Buddhist form of vipassana

Our form of vipassana today

Twenty minute exercise

Jon Kabot-Zinn, M.D.

- Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain, and Illness
- Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life
- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life

Christian Resources

- Open Mind Open Heart by Thomas Keating
- Finding Grace at the Center: The Beginning of Centering Prayer by Pennington, Keating, Clarke and Bourgeault
- Christian Meditation: Experiencing the Presence of God by James Finley

Buddhist Resources

- Mindfulness in Plain English by Bhante Henepola Gunaratana (free .pdf download from Google search)
- Peace is Every Step: The Path of Mindfulness in Everyday Life by Thich Nhat Hahn
- Radical Acceptance: Embracing Your Life with the Heart of a Buddha by Tara Brach
- Quiet Mind: A Beginner's Guide to Meditation by Sharon Salzberg and others



Headspace. Ten free ten minute guided Meditations. \$13/month for more



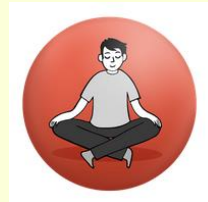
Calm. Free guided meditations on relaxation and body scan, ranging from 2 to 30 minutes. More are \$10/month.



MindfulCreation.com
Guided meditations
as well as a book. One time
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Insight timer. Free timer. One time fee of \$3.00 for more than 300 guided meditations of varying lengths and a social function. Don't forget your password.



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