



MBSR Week 8

Looking backward – Moving forward



MindfulBrain
Make the most of it

Mindfulness is a lifetime journey

In the final week of the program, you will have a complete review of everything you've learned over the course, with an emphasis on carrying the momentum you've built forward into the coming months and years. You'll learn about resources available to you to pursue mindfulness in new directions as your life and practice evolve, as well as the support systems that exist to help you continue to integrate, learn, and grow.

The final lesson creates a satisfying closure by honouring both the end of this program and the beginning of the rest of your life.

Home practice Week 8 is the rest of your life!

1. Experiment with practicing each of the exercises (body scan, yoga, sitting meditation) with or without the audio guidance.
2. Plan how you will continue your meditation practice on your own now that the course is over. What kind of schedule do you want to set up? Decide what your regular pattern of practice will be over the next weeks / months and stick with it as best as you can.
3. Would you like to support your practice by attending other classes? Meeting with others on a regular basis? Or taking part in a seminar or retreat?

My best wishes for a long, peaceful and happy week 8😊!



MindfulBrain
Make the most of it

Final Reflections

On Commitment

Until one is committed, there is always hesitancy,
The chance to draw back, always ineffectiveness
Concerning all acts of initiative and creation
there is one elementary truth,
the ignorance of which kills countless ideas and endless plans:
the moment one definitely commits oneself, then providence moves too.
All sorts of things occur to help one that would never otherwise have occurred.
A whole stream of events issues from the decision,
raising in one's favour all manner of unforeseen accidents and meetings
and material assistance, which no man could have dreamed would come his way.
Whatever you can do or dream you can, begin it.
Boldness has genius, power, and magic in it.

Goethe

<<I beg you to have patience with everything unresolved in your heart and try to love the questions themselves as if they were locked rooms or books written in a very foreign language. Don't search for answers, which could not be given you now, because you would not be able to live them and the point is to live everything.

So live the questions now, and perhaps then, some day, you will gradually, without even noticing it, live your way into the answers >>

Rainer Maria Rilke - From Letters to a Young Poet



MindfulBrain
Make the most of it

Intentions and commitments for keeping up my Mindfulness Practice

Intentions and Commitments	Strategy	Obstacles
Short term (3 Months)	What are my plans to achieve this? What do I need? Who or what can help me to succeed?	What could block me? How am I going to work with these blockages?
1.		
2.		
3.		
Long Term (3 Years)		
1.		
2.		
3.		



Resources

Books on Mindfulness:

- Full Catastrophe Living by Jon Kabat-Zinn
- Wherever You Go There You Are by Jon Kabat-Zinn
- The Miracle of Mindfulness by Thich Nhat Hanh
- Heal Thyself by Saki Santorelli
- Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering by Vidyamala Burch
- The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management by Jackie Gardner-Nix
- Yoga for Pain Relief by Kelly Mc Gonigal, PhD
- Calming Your Anxious Mind: How Mindfulness & Compassion Can Free You from Anxiety, Fear, & Panic by Jeffrey Brantley
- The Mindful Way Through Depression by John Teasdale, Mark Williams, Zindel Segal and Jon Kabat-Zinn
- The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life by Susan M. Orsillo, Elizabeth Roemer, and Zindel V. Segal PhD
- Mindfulness: a Practical Guide to Finding Peace in a Frantic World by Mark Williams and Danny Penman
- Emotional Agility by Susan David
- The Mindful Child by Susan Kaiser Greenland
- Everyday Blessings: The Inner Work of Mindful Parenting by Jon and Myla Kabat-Zinn
- Mindful Parenting by Kristen Race
- The Awakened Family . A Revolution in Parenting, by Shefali Tsabary, PhD
- Sitting Still Like a Frog, Mindfulness for Kids, by Eline Snel
- Savor: Mindful Eating, Mindful Life by Thich Nhat Hanh and Lilian Cheung
- Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food by Jan Chozen Bays
- The Mindful Path to Self-Compassion by Christopher K. Germer
- Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind by Kristin Neff
- Mindful Coaching . How Mindfulness can transform coaching practice by Liz Hall
- Focus by Daniel Goleman
- Mindful Work by Davis Gelles
- Search Inside Yourself by Chade Meng Tan
- One Second Ahead by Ramus Hougaard

Other helpful books include:

- When Things Fall Apart by Pema Chodron
- Kitchen Table Wisdom by Rache Naomi Remen
- Radical Acceptance by Tara Brach
- A Heart As Wide as the World by Sharon Salzberg
- The gift of imperfection by Brene Brown
- Why zebras don't get ulcers by Robert Sapolsky
- Feel the fear and do it anyway by Susan Jeffers

Mindfulness Websites :

- Center for Mindfulness (Jon Kabat Zinn)
<http://www.umassmed.edu/cfm/home/index.aspx>
- Oxford Mindfulness Center:
<http://oxfordmindfulness.org/>
- Mindful organization
<http://www.mindful.org/>

Meditation Apps:

- Headspace:
<http://www.getsomeheadspace.com/shop/headspace-meditation-app.aspx>
- Insight Timer
<https://insighttimer.com/>



MindfulBrain
Make the most of it

- Mindfulness for pregnancy
<https://itunes.apple.com/app/id504778562>

Retreats Switzerland:

- La Salle
<http://www.lassalle-haus.org/index.php?nav=3,106,107>
- Beatenberg Center
[Meditation center in Beatenberg](#)

(Buddhist) meditation retreats (worldwide):

Kripalu
<http://www.kripalu.org/> - retreats, courses
Spirit Rock
<http://www.spiritrock.org/>
Thich Nhat Hanh
<http://www.plumvillage.org/>

Mindful Brain services:

Workshops, Programs, Coaching
Weekly Tuesday drop in classes (Zurich HB, from 7-8pm . see website),

andõ .

%practice, as if your life depended on it, as in many ways, it surely does. For then you will be able to live the life you have . and live it as if it truly mattered!+. Jon Kabat-Zinn