

An Invitation

Dear Students,

Over 30 years ago, Dr. Jon Kabat-Zinn, found that people practicing a 2500 year old form of meditation- and an even older practice of yoga, were healing from mental and physical illness. He translated these practices into modern western language and brought them right into the heart of a major New England teaching hospital. He developed a curriculum called Mindfulness Based Stress Reduction (MBSR). By taking all the religious and cultural aspects off the practices, all kinds of people are able to benefit from the program. It is now taught all over the world in a variety of settings- medical schools, law schools, hospitals, cancer centers, and major corporations.

The curriculum was originally developed for people in crisis, to help them cope with serious health issues. During the last three decades the application of the MBSR techniques has evolved to include ,the prevention of stress related illnesses, the improvement of concentration, work performance, and overall well-being. We have the opportunity to learn these practices at a very positive time in our lives, so that we can enhance our experiences and live to our fullest potential. Then when hard times come, we have the tools we need to stay centered through them.

This course is an invitation to you to do something radical and courageous - stopping for a moment and bringing awareness to our lives is a radical act. Learning and applying mindful meditative practices takes courage, and means we are willing to see where we can take responsibility for our choices and our lives. In a time where there are so many distractions and so many options, it is crucial to have clarity and to really know ourselves, so that we can live from our deepest values. Meditation can support us in this.

I encourage you to accept this invitation, and enter into the course as fully as you possibly can.

Let's see where this adventure takes us!