

1. Record Nr.	UNINA9910298359603321
Titolo	Handbook of Ethical Foundations of Mindfulness // edited by Steven Stanley, Ronald E. Purser, Nirbhay N. Singh
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2018
ISBN	3-319-76538-8
Edizione	[1st ed. 2018.]
Descrizione fisica	1 online resource (XVII, 363 p. 4 illus., 2 illus. in color.)
Collana	Mindfulness in Behavioral Health, , 2195-9579
Disciplina	616.89
Soggetti	Clinical psychology Complementary medicine Social work Clinical Psychology Complementary & Alternative Medicine Social Work
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Chapter 1. Ethical foundations of mindfulness -- Part I: Buddhist Foundations of Ethics and Mindfulness -- Chapter 2. Turning the Wheel of Dharma -- Chapter 3. Mindfulness as Ethical Foundation -- Chapter 4. Forgiveness: Making Beneficial Judgments in Relation to Self and Others -- Chapter 5. Mindfulness, Heedfulness, and Ethics -- Chapter 6. Buddhist Ethics, Spiritual Practice, and the Three Yanas -- Chapter 7. Ethics, Mindfulness, and Skillfulness -- Part II: Education and Pedagogy -- Chapter 8. Co-Creating the Ethical Space of the Mindfulness-Based Interventions -- Chapter 9. The Degeneration of Contemporary Mindfulness: Reasserting the Ethical and Educational Foundations of Practice in Mindfulness-Based Interventions -- Chapter 10. Beyond Manipulation: Radical Humanist and Care Ethics Perspectives on Mindfulness -- Part III: Business, Economics and Environment -- Chapter 11. Co-Arising of Ethics, Mindfulness, and Truth for Freedom of Action -- Chapter 12. The Need for and Nature of Buddhist Economics -- Chapter 13. An ethic of interdependence: Environmental crisis and the case of water scarcity in the American West -- Chapter

14. Sacred Groundlessness: Deepening the Ethics of Mindfulness in the Midst of Global Crisis -- Chapter 15. Madness and Mindfulness: How the "Personal" is "Political" -- Part IV: Religion, Secularity, and Post-Secularity -- Chapter 16. Dharma and Diversity -- Chapter 17. Implicit and Explicit Ethics in Mindfulness-Based Programs in a Broader Context -- Chapter 18. Mindfulness and Morality -- Chapter 19. Postsecular Charisma: Thich Nhat Hanh and the Ethics of Mindfulness.

---

Sommario/riassunto

This handbook explores the multifaceted ethical dimensions of mindfulness, from early Buddhist sources to present-day Western interpretations of mindfulness. It takes a modern ethical approach to the study of mindfulness, and traces contemporary mindfulness practice from solitary journey to the global whole. Noted practitioners, teachers, scholars, and other professionals lend diverse perspectives to the debate over the moral content of mindfulness and its status as religious, secular, or post-secular practice. Chapters offer new views on the roots of mindfulness in Buddhist moral teachings, ethical mindfulness in interpersonal relationships, and the necessity of ethics in mindfulness-based education and therapy. Chapters also discuss current debates concerning the ethics of mindfulness across the applied fields of education and pedagogy, business, economics, and the environment. Topics featured in this handbook include:

- Mindfulness as the true foundation of a naturally ethical life.
- Mindfulness and its impact on emotional life, interpersonal relationships, and forgiveness.
- How Buddhist ethics informs spiritual practice across the three main vehicles (yanas) of Buddhism and its relation to mindfulness.
- "McMindfulness", or the mass marketization and commodification of mindfulness-based interventions (MBIs).
- How an ethic of interdependence formed by Buddhist principles and mindfulness practices can help address the environmental crisis.

The Handbook of Ethical Foundations of Mindfulness is a must-have resource for researchers, clinicians/professionals, and graduate students in psychology, complementary and alternative medicine, and social work as well as occupational and rehabilitation therapy, nursing, philosophy, business management, and teachers of Buddhism and meditation.

---