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Titolo	Buddhist Foundations of Mindfulness // edited by Edo Shonin, William Van Gordon, Nirbhay N. Singh
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ISBN	3-319-18591-8
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (369 p.)
Collana	Mindfulness in Behavioral Health, , 2195-9579
Disciplina	294.34435
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
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Chapter 1. A Buddhist Definition and Operationalization of Mindfulness -- Chapter 2. A Buddhist Psychological Model of Mindfulness -- Chapter 3. The Meanings and Origins of Sati -- Chapter 4. Different Buddhist Perspectives on Mindfulness -- Chapter 5. Understanding and Practicing the Anapanasati Sutra -- Chapter 6. Understanding and Practicing the Satipatthana Sutra -- Chapter 7. Mindfulness and the Four Noble Truths -- Chapter 8. Mindfulness and the Noble Eight-Fold Path -- Chapter 9. Mindfulness and the Three Dharma Seals -- Chapter 10. Mindfulness and Emptiness -- Chapter 11. Mindfulness and the Brahmaviharas -- Chapter 12. Mindfulness and the Six Perfections -- Chapter 13. Mindfulness and the Middle Way -- Chapter 14. Mindfulness and the Nature of Mind -- Chapter 15. Buddhist Foundations of Self-Compassion.
Sommario/riassunto	This book explores a wide range of mindfulness and meditative practices and traditions across Buddhism. It deepens contemporary understanding of mindfulness by examining its relationship with key

Buddhist teachings, such as the Four Noble Truths and the Noble Eight-Fold Path. In addition, the volume explores how traditional mindfulness can be more meaningfully incorporated into current psychological research and clinical practice with individuals and groups (e.g., through the Buddhist Psychological Model). Key topics featured in this volume include: Ethics and mindfulness in Pli Buddhism and their implications for secular mindfulness-based applications. Mindfulness of emptiness and the emptiness of mindfulness. Buddhist teachings that support the psychological principles in a mindfulness program. A practical contextualization and explanatory framework for mindfulness-based interventions. Mindfulness in an authentic, transformative, everyday Zen practice. Pristine mindfulness. Buddhist Foundations of Mindfulness is an indispensable resource for clinical psychologists, and affiliated medical and mental health professionals, including specialists in complementary and alternative medicine as well as social work as well as teachers of Buddhism and meditation.

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