

El Dorado County Board of Supervisors

Meeting Date: January 29, 2019

Open Forum Commentary

By Terry Kayes, District 3

Reflecting on Prior Board Meetings, and More About Mindfulness

The last time I spoke during Open Forum was on December 18th, and what I spoke about was the Camp Fire in Butte County, and how people tend to quickly forget such catastrophes unless they are directly affected by them. I also spoke about how people all too often like to play the "blame game" for such catastrophes as a way to dismiss any responsibility on their part for similar events that will likely happen in the future.

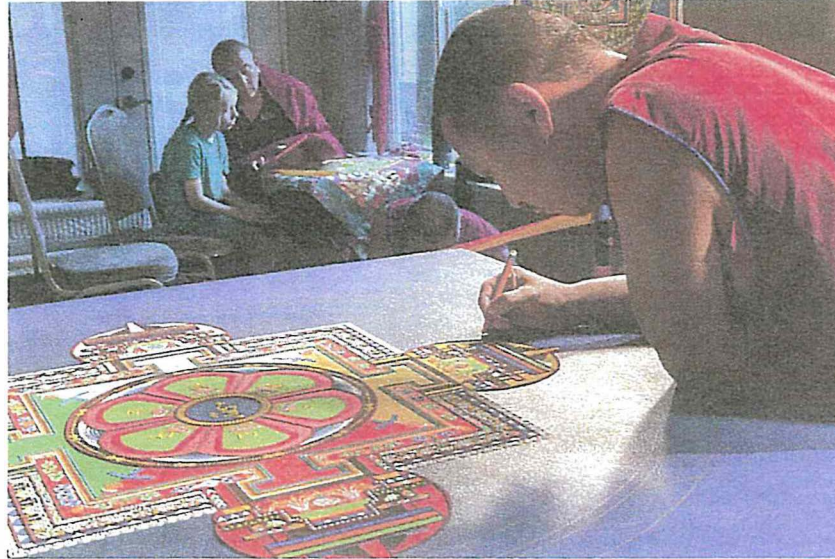
The first time I came to an El Dorado County Board of Supervisors meeting was on January 10, 2017. My coming came in the face of an acute case of "burnout" — following from my having to deal for over 15 years with the often-dubious (often-absurd) antics of various government entities at the state, county, and municipal levels in over 12 states nationwide — propelled by a dose of "newly-found" curiosity about the Board's "doings" that resulted from a brief conversation I had on December 15, 2016 with Supervisor Veerkamp after a public meeting at the Camino School about the Highway 50 Camino Safety Project. I thought he had handled himself well at that factious event.

Between January 10th and November 14th, 2017, my primary purpose in attending Board meetings (which I did about once or twice monthly) was to watch, listen and learn. On the latter date, November 14th, I made my first comments to the Board during Open Forum about the recent contractual hiring of Don Ashton as County CAO, as reported by the *Mountain Democrat*. I expressed my strong support of that hiring.

Mountain Democrat

PLACERVILLE, CALIFORNIA

Friday, January 12, 2018



Tibetan Buddhist monk, Tenzin Lungtok, right, works on the Manjushri sand mandala, while Geshe Lobsang Wangyal shows a young girl a text on his tablet. The construction of the mandala from colored sand is a transient art form, an imaginary palace used in meditation. The purpose of the mandala is to promote compassion, emphasize the impermanence of reality, and the social and cosmic healing of the environment. The public is invited to view the mandala and watch the process from 10 a.m. to 6 p.m. daily at the Diamond Springs Center for Healing. See mandala explained followed by a dissolution ceremony on Jan 14. Democrat photo by Shelly Thorene

News

Tibetan monks bring mindfulness to county

By Tripp Mikich



District 3 County Supervisor Brian Veerkamp, along with his wife Lori and daughter Rashell, joined the Tibetan monks of Gaden Shartse Monastery Wednesday night in Diamond Springs to present the visiting monks with a proclamation passed by the Board of Supervisors this week. The Proclamation reads in part:

“Whereas, the cultural exchange between the Gaden Shartse monks and people of all ages and faiths in El Dorado County, presented through two weeks of activities every year in January, that includes the creation of a traditional and beautiful sand mandala, as well as numerous public ceremonies and Tibetan cultural events as well as visits to area schools, rest homes, and hospitals, and continues to provide the people of El Dorado County with first-hand experience with the Tibetan people, their ancient culture and ways of life, and the compassionate practices of Tibetan Buddhism; and

“Whereas, the people of El Dorado County continue to show a generosity of spirit and material support to the monks of Gaden Shartse Monastery through the annual hosting of the Sand Mandala and other public events for adults and children by the Gaden Shartse monks; and

“We, the El Dorado County Board of Supervisors, on behalf of the people of El Dorado County, wish to extend a continuing hand of friendship and goodwill to the people of Tibet, and to the monks and surrounding refugee community of Gaden Shartse Monastery in India.

“...May our mountains and hills continue to remind you of your exiled homeland in Tibet, and may you always continue to be welcome guests in our County and nation.”

At the end of the reading of the proclamation, Geshe Lobsang Wangyal (the senior monk on the tour) presented Supervisor Veerkamp, along with his wife and daughter, with the traditional khatas, ceremonial white scarves symbolizing goodwill, auspiciousness, compassion and sincerity, given as thanks and a way of honoring friends and guests in Tibet.

The visiting Tibetan monks are in the final days of a two week residency at the Diamond Springs Center for Healing Arts, 851 Pleasant Valley Road, presented by Placerville Friends of Tibet. On the final day of their visit, Sunday, Jan. 14, the monks will ritually “dissolve” (actually sweep up) the elaborate Manjushri Sand Mandala that they have spent the past two weeks creating from colored grains of sand.

Viewing of the mandala continues through the Sunday from 10 a.m. to 6 p.m., with the final Dissolution Ceremony beginning at 7 p.m. Sunday. Afterward small packets of the swept up sand will be given to attendees as blessings and gifts. Always a standing room only event, it's recommended for visitors to come early on Sunday to actually view the mandala, and arrive early for the ceremony that evening. On their way to their next destination in Carson City, Nevada, the monks will return the sand to the American River. For more information, see the Placerville Friends of Tibet Facebook page or call (530) 748-9365.



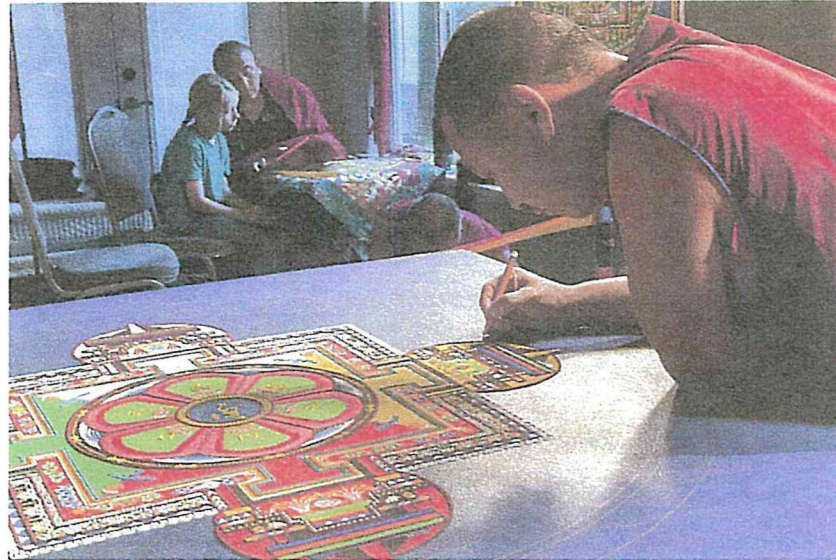
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Mountain Democrat

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The mindfulness-based stress reduction (MBSR) program
used in medical centers worldwide

FULL CATASTROPHE LIVING

REVISED
AND
UPDATED
EDITION

Using the Wisdom of
Your Body and Mind to Face
Stress, Pain, and Illness



JON KABAT-ZINN

PREFACE BY THICH NHAT HANH

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TESTIMONIALS

"The MBSR program has helped me to learn methods of relaxation that are beneficial to my overall well being by responding instead of reacting to stressful situations. By responding, the body's "flight or fight response is not activated, therefore decreasing the effects of negative stress on my body. The program has also increased my awareness of the Mind-Body Connection. I am sharing much of what I have learned with the patients I encounter in my work as an RN. I think it can be beneficial for any health professional looking for alternative methods of healing or adjuncts to traditional medicine. It has reinforced my belief that there is a mind-body connection and healing is possible because of this connection."

— *Rose Torres, RN*

"Jon Kabat-Zinn's excellent text, the workbook for daily practice, and Gayle Wilson's patient, structured and kind leadership are a most successful combination! The MBSR course is well-designed with a balance of valuable readings, practical exercises, informal talks, group support and guiding CDs for home practice. All of these lead active participants through a process that can result in real personal transformation, healing from stress and awakening to a healthier way of living."

— *Arthur Molho, Ph.D., retired psychologist*

"Chronic pain, both emotional and physical, has become epidemic. Western and Eastern medicine seem to offer only temporary relief. I have taken the 8 week MBSR course twice in the past 4 years. The course has changed the way my mind and body respond to pain. Learning my pain was worsened by my own dread and resistance to it, was the first step. Incorporating the Mindfulness techniques such as body scans, yoga and meditation into my daily routine has given me a centeredness and peace of mind I never knew was possible before the class.

I was thrilled to hear Gayle was teaching MBSR in Placerville. Her patience and gentle nature are a perfect fit for MBSR instruction. I highly recommend the course and the instructor!

— *Robin Kennedy, Ph.D., MSW;
CSUS Professor, Social Work*

The Mindfulness-Based Stress Reduction program (MBSR) has proven efficacy, documented by peer-reviewed research over the last 30 years. Graduates and their doctors have reported lasting benefits. The good news is that, through the cultivation of Mindfulness, we can change the course of our destiny. There are so many instances in our everyday lives where our thoughts and emotions affect our bodies. We may be stressed in a line at the bank or the post office, or perhaps having an uncomfortable conversation with someone. We may not recognize how these stressful situations are affecting our bodies with increased tension, upset stomachs, high blood pressure, or not being able to sleep due to racing and negative thoughts. The sooner we notice we are caught up in "stress reactivity," the sooner we can come back into balance. It takes practice to train our mind to be present and mindful on a daily basis.

Mindfulness is the practice of cultivating non-judgmental awareness in day-to-day life. Mindfulness develops the potential to experience each moment, no matter how difficult or intense, with serenity and clarity. Mindfulness can help you feel better, sleep better, increase your ability to cope with stressful situations, improve self esteem and renew enthusiasm for life and work.



Located
in over 250
medical
centers
across the
U.S.



Is Offering the

Mindfulness-Based Stress Reduction Program

REDUCE PAIN, ANXIETY & DEPRESSION

FREE INFORMATIONAL TALK

Tuesday, January 8th, 2019~ 6:00– 8:00pm

NEXT 6-WEEK SERIES BEGINS

TUESDAYS, January 15th to February 19th, 2019

6:00pm ~ 9:00 pm

Marshall Medical Center

3581 Palmer Dr., Ste 600 Cameron Park, CA 95682

(530) 306-8784

Gayle Wilson, Certified MBSR Instructor, UMass Medical School

This **secular** program is designed to teach mind and body awareness techniques to help live with physical or psychological symptoms due to stress, pain or illness. It is based on the methods of **Jon Kabat-Zinn, Ph.D., at the University of Massachusetts Medical Center** and was also featured on the **Bill Moyers' special, "Healing and the Mind."**

Dan Siegel, MD, a Clinical Professor of Psychiatry at the UCLA School of Medicine states, "Studies of MBSR have consistently demonstrated its effectiveness as a health promotion activity. It can help to disentangle our minds from ruminative thoughts, repetitive destructive emotions and impulsive and addictive behaviors."

The Mindfulness-Based Stress Reduction program (MBSR) is currently taught at the Harvard Medical School, the Mayo Clinic, the American Red Cross, Medtronic, Google, Apple, Marshall Medical Center, Stanford University, the American Cancer Society as well as many others are using the MBSR program within their organizations.

Scholarships
For
Marshall
Cancer
Patients

Mindfulness-based stress reduction

Mindfulness-based stress reduction (MBSR) is a program that incorporates mindfulness to assist people with pain and a range of conditions and life issues that were initially difficult to treat in a hospital setting. Developed at the University of Massachusetts Medical Center in the 1970s by Professor Jon Kabat-Zinn, MBSR uses a combination of mindfulness meditation, body awareness, and yoga to help people become more mindful.^{[1][2]} In recent years, meditation has been the subject of controlled clinical research.^[3] This suggests it may have beneficial effects, including stress reduction, relaxation, and improvements to quality of life, but that it does not help prevent or cure disease.^[4] While MBSR has its roots in spiritual teachings, the program itself is secular.^[5]

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History

In 1979 Kabat-Zinn founded the Mindfulness Based Stress Reduction Clinic at the University of Massachusetts Medical Center, and nearly twenty years later the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School.^[2] Both these institutions supported the successful growth and implementation of MBSR into hospitals worldwide.^[2] In 2015, MBSR is practiced as a complementary medicine, commonly in the field of oncology;^[2] in the same year, 2015, close to 80% of medical schools are reported^[6] to offer some element of mindfulness training and research and education centers dedicated to mindfulness have proliferated.

Overview

MBSR has been described as "a group program that focuses upon the progressive acquisition of mindful awareness, of mindfulness".^[7] The MBSR program is an eight-week workshop taught by certified trainers that entails weekly group meetings (two-hour classes) and a one-day retreat (six-hour mindfulness practice) between sessions six and seven, homework (45 minutes daily), and instruction in three formal techniques: mindfulness meditation, body scanning and simple yoga postures.^[2] Body scanning is the first prolonged formal mindfulness technique taught during the first four weeks of the workshop, and entails quietly lying on one's back and focusing one's attention on various regions of the body, starting with the toes and moving up slowly to the top of the head.^{[1][8]} MBSR is based on the following tenets: non-judging, non-striving, acceptance, letting go, beginner's mind, patience, trust, and non-centering.^[9]

According to Kabat-Zinn, the basis of MBSR is mindfulness, which he defined as "moment-to-moment, non-judgmental awareness."^[10] During the program, participants are asked to focus on informal practice as well by incorporating mindfulness into their daily routines.^[2] Focusing on the present is thought to heighten sensitivity to the environment and one's own reactions to it, consequently enhancing self-management and coping. It also provides an outlet from ruminating on the past or worrying about the future, breaking the cycle of these maladaptive cognitive processes.^[11]

Scientific evidence of the debilitating effects of stress on human body and its evolutionary origins were pinpointed by the ground-breaking work^[12] of Robert Sapolsky, and explored for lay readers in the book "*Why Zebras Don't Get Ulcers*".^[13] Sapolsky's work consequently promotes mindfulness-based techniques for a better lifestyle and healthy stress management.

Extent of practice

According to a 2014 article in *Time* magazine, mindfulness meditation is becoming popular among people who would not normally consider meditation.^[1] The curriculum started by Kabat-Zinn at University of Massachusetts Medical Center has produced nearly 1,000 certified MBSR instructors who are in nearly every state in the US and more than 30 countries. Corporations such as General Mills have made it available to their employees or set aside rooms for meditation. Democratic Congressman Tim Ryan published a book in 2012 titled *A Mindful Nation* and he has helped organize regular group meditation periods on Capitol Hill.^{[1][14]}

Methods of practice

Mindfulness-based stress reduction classes and programs are offered by various facilities including hospitals, retreat centers, and various yoga facilities.^[15] Typically the programs focus on teaching,

- mind and body awareness to reduce the physiological effects of stress, pain or illness
- non-judgemental awareness in daily life
- promote serenity and clarity in each moment
- to experience more joyful life and access inner resources for healing and stress management
- progressive muscle relaxation
- mindfulness meditation

Evaluation of effectiveness

Mindfulness-based approaches have been tested for a range of health problems including anxiety disorder, mood disorder, substance abuse disorder, eating disorders, chronic pain, ADHD, insomnia, coping with medical conditions, with many populations including children, adolescents, parents, teachers, therapists, and physicians.^[11] As a major subject of increasing research interest, 52 papers were published in 2003, rising to 477 by 2012.^[1] Nearly 100 randomized controlled trials had been published by early 2014.^[16]

Research suggests mindfulness training improves focus, attention, and ability to work under stress.^{[17][18][19]}

A 2013 statement from the American Heart Association on alternative approaches to lowering blood pressure concluded that MBSR was not recommended in clinical practice to lower blood pressure.^[20] MBSR can have a beneficial effect helping with the depression and psychological distress associated with chronic illness.^[21]

Preliminary evidence suggests efficacy of mindfulness meditation in the treatment of substance use disorders; however, further study is required.^[22] MBSR might be beneficial for people with fibromyalgia: there is no evidence of long-term benefit but low-quality evidence of a small short-term benefit.^[23]

In 2010, a meta-analysis was conducted by Hoffman and colleagues exploring the efficacy of MBSR and similarly structured programs for adults with symptoms of anxiety and depression.^[11] The meta-analysis showed that between pre and post testing there was significant medium within in-group effect sizes observed on anxiety and depression and also small to medium between-group effect sizes when comparing wait-list, treatment as usual, and active treatment (MBSR), further supporting the literature that states mindfulness-based therapies can be beneficial in treating symptoms of depression and anxiety.^[11] A broader meta-analysis conducted in 2004 by Grossman and colleagues found similar effect sizes when testing the physical and mental health outcomes following MBSR treatment.^[11]

See also

- Mindfulness
- Metacognition
- Buddhism and psychology
- Buddhist meditation
- Self-compassion
- Mindfulness (journal)
- Mindfulness and technology

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External links

- [Center For Mindfulness \(CFM\)](http://www.umassmed.edu/cfm/) (<http://www.umassmed.edu/cfm/>) at University of Massachusetts, where MBSR began
 - Private organisation: [Mindful Net](http://www.mindfulnet.org/) (<http://www.mindfulnet.org/>)
 - Private company: [MBSR Program](http://www.mbsrprogram.org/) (<http://www.mbsrprogram.org/>)
-

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Category:Mindfulness (psychology)

- Mindfulness — as a mind–body therapeutic model and psychological concept.

Pages in category "Mindfulness (psychology)"

The following 41 pages are in this category, out of 41 total. This list may not reflect recent changes ([learn more](#)).

- Mindfulness

A

- Acceptance and commitment therapy
- Anger management
- Anxiety/uncertainty management
- Attentional control
- Awareness

B

- Brain activity and meditation
- Buddhism and psychology

C

- Linda E. Carlson
- Cognitive emotional behavioral therapy
- Contemplative neuroscience
- Contemplative psychotherapy

D

- De Brevitate Vitae (Seneca)

- Dialectical behavior therapy
- John D. Dunne

E

- Eastern philosophy in clinical psychology
- Emotional self-regulation

F

- Five Facet Mindfulness Questionnaire

G

- Daniel Goleman

H

- Steven C. Hayes

I

- Interpersonal Cognitive Behavioral Therapy

J

- Amishi Jha

K

- Jon Kabat-Zinn
- Kentucky Inventory of Mindfulness Skills

L

- Ellen Langer

M

- Mechanisms of mindfulness meditation
- Guided meditation
- Mentalization-based treatment
- Mindfulness (journal)

- Mindfulness and technology
- Mindfulness-based cognitive therapy
- Mindfulness-based stress reduction
- Mode deactivation therapy

R

- Relaxation technique
- Research on meditation

S

- Satithery
- Zindel Segal
- Shauna Shapiro
- Susan Smalley

T

- John D. Teasdale

W

- J. Mark G. Williams

Retrieved from "[https://en.wikipedia.org/w/index.php?title=Category:Mindfulness_\(psychology\)&oldid=842586674](https://en.wikipedia.org/w/index.php?title=Category:Mindfulness_(psychology)&oldid=842586674)"

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Category:Mindfulness movement

Pages in category "Mindfulness movement"

The following 28 pages are in this category, out of 28 total. This list may not reflect recent changes ([learn more](#)).

*

- [Mindfulness](#)

C

- [Choiceless awareness](#)
- [Contemplative education](#)

G

- [Joseph Goldstein \(writer\)](#)
- [Daniel Goleman](#)
- [Susan Kaiser Greenland](#)

H

- [Kathleen Hall](#)
- [Charles Halpern](#)
- [Headspace \(guided meditation platform\)](#)

I

- [Insight Dialogue](#)
- [Insight Timer](#)

K

- [Jon Kabat-Zinn](#)

M

- [Cheri Maples](#)
- [Janice Marturano](#)
- [Mind and Life Institute](#)
- [Mindfulness and technology](#)
- [Mindfulness Day](#)
- [The Miracle of Mindfulness](#)

N

- [Thích Nhất Hạnh](#)
- [Nonviolent Communication](#)

O

- [Occupational therapy in the management of seasonal affective disorder](#)

P

- [Peace Revolution](#)
- [Prison Mindfulness Institute](#)
- [Andy Puddicombe](#)

S

- [Self-acceptance](#)
- [Self-compassion](#)
- [Martin Stepek](#)

W

- [Karl E. Weick](#)

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Mind and Life Institute

The **Mind & Life Institute** is a US-registered, not-for-profit 501(c)(3) organization founded in 1991 to establish the field of contemplative sciences. Based in Charlottesville, Va., the institute provides a home for scholars and scientists from different disciplines around the world to incorporate contemplative practices into various fields of study. Mind & Life unifies and catalyzes this community by funding research projects and think tanks, and by convening academic conferences and dialogues with the Dalai Lama.

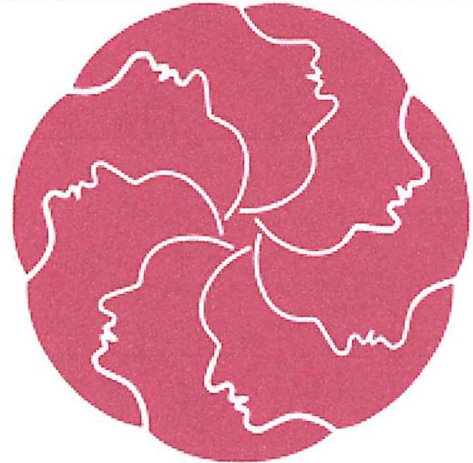
Contents

- Origins: dialogues and publications**
- Establishment of research agenda**
- Publications relating to the dialogues**
- References**
- Bibliography**
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Origins: dialogues and publications

Mind and Life Dialogues, forerunners of the Institute, were initiated by American entrepreneur R. Adam Engle in 1983.^[2] He heard of Tenzin Gyatso, the 14th Dalai Lama's interest in modern science^{[3][4]} and offered to arrange a dialogue for him with selected scientists.^[5] The Dalai Lama accepted and authorised Engle to set one up.^[6]

Mind and Life Institute



MIND & LIFE
I N S T I T U T E

Founded	1991
Founder	R. Adam Engle; Francisco J. Varela; His Holiness the Dalai Lama
Type	Non-profit
Focus	Scientific understanding of the mind, Contemplative Sciences, Contemplative Practice, Neuroscience, Meditation, Phenomenology, Consciousness
Location	210 Ridge McIntire Road Suite 325,

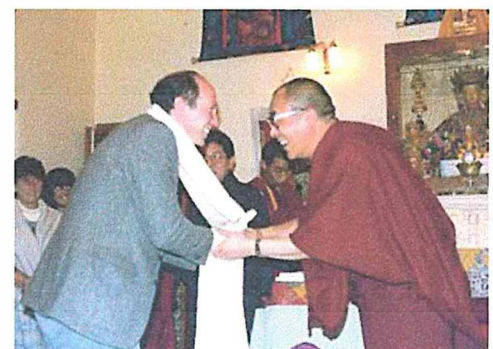
In 1984 Chilean neuroscientist Francisco Varela heard about this.^[7] Having participated in a conference on consciousness attended by the Dalai Lama in 1983,^[8] and like Engle a Buddhist practitioner since 1974, he was interested in further exploration of the interface between science and Buddhism and contacted Engle, offering to assist.^[9]

Engle, Varela, and the Dalai Lama saw Buddhism and science as different methodologies with a similar aim: to investigate nature and reality, using knowledge gained to improve the quality of life and the planet.^[10] They concurred that science uses technology and the scientific method as its means while Buddhism uses the human nervous system refined by meditation and rigorous mental and emotional training.^{[7][11]} Until then, there had been no mechanism for scientists and Buddhist masters to meet and share their findings in dialogue. The concept pioneered a new interdisciplinary, cross-cultural engagement.^{[5][12]}

Engle organized the original Mind and Life Dialogue in October 1987 at the Dalai Lama's residence in Dharamshala, India as a week-long event.^[13] Six scientists including Varela, two interpreters and the Dalai Lama spent five hours daily, sharing views and discussing the sciences of the mind.^[5] At the end, Engle asked the Dalai Lama if he wanted to do it again. The answer was "yes," and the series of dialogues was born.^[14]

The second dialogue was a two-day event in October 1989 in Newport Beach, California.^[5] At the third dialogue, held in Dharamsala in 1990, it was decided that in order to organize and fund further dialogues and potential research programmes the Mind and Life Institute should be incorporated as a non-profit organization in the USA.^{[15][16][17]} The institute was incorporated in 1991. Engle was elected Chair and CEO, a post he held for 22 years until his retirement in 2012 having guided its

	Charlottesville, VA 22903
Coordinates	= 38°01'54"N 78°29'04"W
Origins	Mind and Life Dialogues
Area served	Worldwide
Method	Research Grants, Academic Conferences, Think Tanks
Key people	Francisco J. Varela The 14th Dalai Lama President Susan Bauer-Wu
Revenue	\$4.4m (2013) ^[1]
Website	www.mindandlife.org (http://www.mindandlife.org/)
Formerly called	Mind and Life Dialogues



R. Adam Engle with Tenzin Gyatso, the 14th Dalai Lama, at the first Mind and Life dialogue, 1987, Dharamsala

development into "a worldwide and influential organization bringing together the highest standards of modern science and contemplative practice." Engle was then succeeded by the physicist and author Arthur Zajonc.^[18]

By 1998 Mind & Life had hosted seven dialogues between numerous world renowned scientists, philosophers and the Dalai Lama on cognitive neuroscience and physics, and published six books relating the dialogues to the general public.^[19]

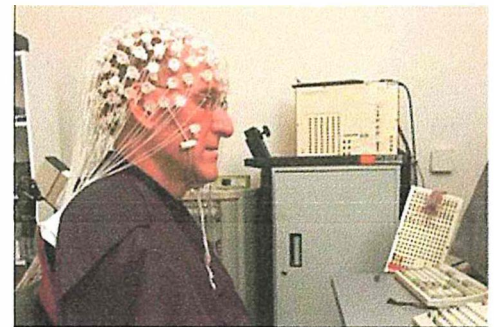
In 2005, Mind & Life held its second public dialogue in Washington DC, titled "The Science and Clinical Applications of Meditation," co-sponsored by Johns Hopkins Medical University, and the Georgetown Medical Center.^[20]

By 2013 a total of 27 dialogues with the Dalai Lama had been hosted, eleven books had been published relating the first thirteen dialogues to the public (see publications) and DVDs or videos published on most of the others.^{[19][21]}

In 2016, under the new leadership of president Susan Bauer-Wu, PhD, the Mind and Life Institute relocated to Charlottesville, Virginia.



Francisco J. Varela in Dharamsala, 1994



Barry Kerzin, an American Professor of Medicine and Buddhist monk meditating with EEG for MLI neuroscience research

Establishment of research agenda

In 1998, to increase Mind & Life's potential for societal benefits, Engle broadened its mission to include carrying out scientific research.^[14] This idea was encouraged by the Dalai Lama, who, at the next dialogue in 2000, suggested scientific investigation under laboratory conditions to establish whether Buddhist contemplative practices could be of significant benefit to modern society, and if so to find a way of teaching the subject in a secular environment.^[14] A research programme was launched accordingly as a result of Mind & Life's first public dialogue, held at MIT in 2003, entitled "Investigating the Mind."^{[9][22]} Participants included Nobel Laureate scientist Daniel Kahneman and Eric Lander, Director of the MIT Centre for Genomic Research.^[21] This conference was attended by 1,200 people and marked the birth of contemplative neuroscience.^{[23][24][25]}

In 2004, Mind & Life launched its Summer Research Institute at the Garrison Institute in New York. This conference presented the first curriculum on contemplative neuroscience to graduate students, post doctorates and science faculty members.^[26]

In the same year, Mind & Life also started the Francisco J. Varela Research Awards,^[27] which provided pilot study funding to qualified applicants on a competitive basis. These two programs have been held yearly since 2004.^{[28][29]}

In 2012 Mind & Life completed its strategy to establish the new field of Contemplative Sciences by initiating the International Symposium on Contemplative Studies (ISCS) in Denver Colorado, with 700 attendees from the field of Contemplative Science and Studies research.^[30]

In 2014, ISCS was held in Boston with 1,700 attendees from 28 countries.^{[31][32]}

In 2016 ISCS took place in San Diego, California, with 1,200 attendees from 34 countries.

Publications relating to the dialogues

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External links

- [Official website](http://www.mindandlife.org/) (<http://www.mindandlife.org/>)
- [Mind and Life Europe, Homepage](http://www.mindandlife-europe.org/) (<http://www.mindandlife-europe.org/>)
- [Buddhist Geeks podcast interview with R Adam Engle, 2009: "The Evolution of the Mind and Life Dialogues"](https://web.archive.org/web/20150504061533/http://www.buddhistgeeks.com/2009/05/bg-122-the-evolution-of-the-mind-and-life-dialogues/) (<https://web.archive.org/web/20150504061533/http://www.buddhistgeeks.com/2009/05/bg-122-the-evolution-of-the-mind-and-life-dialogues/>)
- [Free video recordings of various Mind and Life Dialogues are viewable on YouTube.](https://www.youtube.com/playlist?list=PLB99CDF90B3832607) (<https://www.youtube.com/playlist?list=PLB99CDF90B3832607>)


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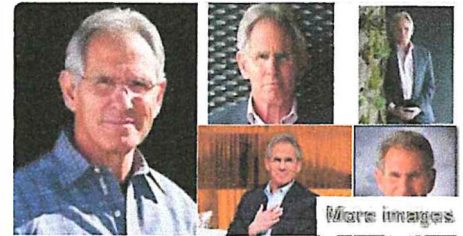
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Jon Kabat-Zinn

American professor

Jon Kabat-Zinn is an American professor emeritus of medicine and the creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. [Wikipedia](#)

Born: June 5, 1944 (age 74 years), New York City, NY

Nationality: American

Spouse: Myla Kabat-Zinn

Education: Massachusetts Institute of Technology (1971), Haverford College (1964)

Children: Naushon Kabat-Zinn, Will Kabat-Zinn, Serena Kabat-Zinn

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<https://www.umassmed.edu/cfm/about-us/people/2-meet-our.../kabat-zinn-profile/>

JON KABAT-ZINN, PhD, is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts ...

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Jon Kabat-Zinn (born Jon Kabat, June 5, 1944) is an American professor emeritus of medicine and the creator of the Stress Reduction Clinic and the Center for ...

Parent(s): Elvin Kabat; Sally Kabat Nationality: American

Life and work · Career · Personal life

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Jon Kabat-Zinn, PhD, is internationally known for his work as a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of ...

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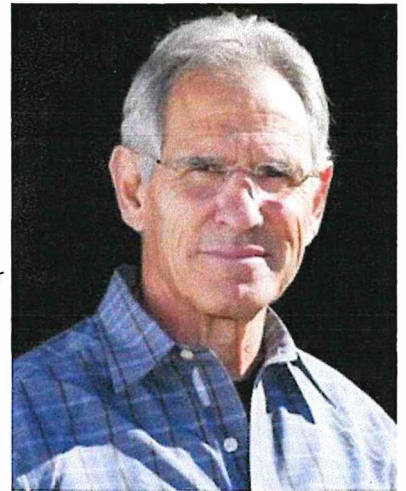
Jon Kabat-Zinn

Founding Executive Director of the Center for Mindfulness

Biography

JON KABAT-ZINN, PhD, is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. He is also the founding director of its renowned Stress Reduction Clinic and Professor of Medicine emeritus at the University of Massachusetts Medical School. He teaches mindfulness and Mindfulness-Based Stress Reduction (MBSR) in various venues around the world. He received his Ph.D. in molecular biology from MIT in 1971 in the laboratory of Nobel Laureate, Salvador Luria.

He is the author of numerous scientific papers on the clinical applications of mindfulness in medicine and health care, and of a number of books for the lay public: *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* (Delta, 1991); *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* (Hyperion, 1994); *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness* (Hyperion, 2005); and *Arriving at Your Own Door: 108 Lessons in Mindfulness* (Hyperion, 2007). He is also co-author, with his wife Myla, of *Everyday Blessings: The Inner Work of Mindful Parenting* (Hyperion, 1997); and with Williams, Teasdale, and Segal, of *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness* (Guilford, 2007). Overall, his books have been translated into over 30 languages.



His major research interests have focused on mind/body interactions for healing, clinical applications of mindfulness meditation training, the effects of MBSR on the brain, on the immune system, and on healthy emotional expression while under stress; on healing (skin clearing rates) in people with psoriasis; on patients undergoing bone marrow transplantation; with prison inmates and staff; in multicultural settings; and on stress in various corporate settings and work environments. His work in the Stress Reduction Clinic was featured in Bill Moyers' PBS Special, "Healing and the Mind" and in the book of the same title, as well as on Good Morning America, the Oprah Winfrey Show, and NPR. It has contributed to a growing movement of mindfulness into mainstream institutions such as medicine, and psychology, health care and hospitals, schools, corporations, the legal profession, prisons, and professional sports.

[Learn More about the MBSR Program Jon Started at UMass](#)

[Learn More](#)

He has trained groups of CEOs, judges, members of the clergy, and Olympic athletes (the 1984 Olympic Men's Rowing Team) and congressional staff in mindfulness. The Stress Reduction Clinic has served as the model for mindfulness-based clinical intervention programs at over 200 medical centers and clinics nation-wide and abroad.

Dr. Kabat-Zinn has received numerous awards over the span of his career. He is a founding fellow of the Fetzer Institute, and a fellow of the Society of Behavioral Medicine. He received the Interface Foundation Career Achievement Award, and the New York Open Center's Tenth Year Anniversary Achievement in Medicine and Health Award (1994); the Art, Science, and Soul of Healing Award from the Institute for Health and Healing, California Pacific Medical Center in San Francisco (1998); the 2nd Annual Trailblazer Award for "pioneering work in the field of integrative medicine" from the Scripps Center for Integrative Medicine in La Jolla, California (2001); the Distinguished Friend Award from the Association for Behavioral and Cognitive Therapies (2005), and an Inaugural Pioneer in Integrative Medicine Award from the Bravewell Philanthropic Collaborative for Integrative Medicine (2007).

He is the founding convener of the Consortium of Academic Health Centers for Integrative Medicine, and serves on the Board of the Mind and Life Institute, a group that organizes dialogues between the Dalai Lama and Western scientists to promote deeper understanding of different ways of knowing and probing the nature of mind, emotions, and reality. He was co-program chair of the 2005 Mind and Life Dialogue: The

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Jon Kabat-Zinn

Jon Kabat-Zinn (born **Jon Kabat**, June 5, 1944) is an American professor emeritus of medicine and the creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Kabat-Zinn was a student of Zen Buddhist teachers such as Philip Kapleau, Thich Nhat Hanh and Seung Sahn and a founding member of Cambridge Zen Center. His practice of yoga and studies with Buddhist teachers led him to integrate their teachings with scientific findings. He teaches mindfulness, which he says can help people cope with stress, anxiety, pain, and illness. The stress reduction program created by Kabat-Zinn, mindfulness-based stress reduction (MBSR), is offered by medical centers, hospitals, and health maintenance organizations.^[1]

Contents

Life and work

Career

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Awards

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References

External links

Jon Kabat-Zinn



Born	Jon Kabat June 5, 1944 New York City, New York, United States
Nationality	American
Alma mater	Massachusetts Institute of Technology Haverford College
Known for	Founder of Mindfulness-Based Stress Reduction
Parent(s)	Elvin Kabat Sally Kabat

Life and work

Kabat-Zinn was born in New York City in 1944 as the youngest of nine children to Elvin Kabat, a biomedical scientist, and Sally Kabat, a painter. He graduated from Haverford College in 1964 and went on to earn a Ph.D. in molecular biology in 1971 from MIT, where he studied under Salvador Luria, Nobel Laureate in medicine.

While at MIT, Kabat-Zinn was a leading campaigner against military research at the university as well as a campaigner against the Vietnam war.^[2] During this time, he pondered his life's purpose, which he called his "karmic assignment."^[3]

Career

Kabat-Zinn was first introduced to meditation by Philip Kapleau, a Zen missionary who came to speak at MIT where Kabat-Zinn was a student. Kabat-Zinn went on to study meditation with other Buddhist teachers such as Thích Nhất Hạnh and Seungsahn.^[4] He also studied at the Insight Meditation Society and eventually taught there.^[4] In 1979 he founded the Stress Reduction Clinic at the University of Massachusetts Medical School, where he adapted the Buddhist teachings on mindfulness and developed the Stress Reduction and Relaxation Program. He subsequently renamed the structured eight-week course Mindfulness-Based Stress Reduction (MBSR). He removed the Buddhist framework and any connection between mindfulness and Buddhism, instead putting MBSR in a scientific context.^[4] He subsequently also founded the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. His secular technique, which combines meditation and Hatha yoga, has since spread worldwide.^[4] The course aims to help patients cope with stress, pain, and illness by using what is called "moment-to-moment awareness."^{[5][6]}

Kabat-Zinn's MBSR began to get increasing notice with the publication of his first book, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* (Delta, 1991), which gave detailed instructions for the practice. Then, in 1993, his work in the Stress Reduction Clinic was featured in Bill Moyers's PBS special *Healing and the Mind*, spurring wide interest in MBSR and helping to make Kabat-Zinn nationally famous.^[4] In 1994 Kabat-Zinn's second book, titled *Wherever You Go, There You Are*, became a national bestseller.^[7] In the latter part of the 1990s, many MBSR clinics were opened, either as standalone centers or as part of a hospital's holistic medicine program.^[4]

Research by Kabat-Zinn includes the effect of MBSR on psoriasis, pain, anxiety, brain function, and immune function.^[8]

He is a board member of the Mind and Life Institute, a group that organizes dialogues between the Dalai Lama and Western scientists.^[9]

MBSR has been adapted for use by the US military to improve combatants' "operational effectiveness," apparently with Kabat-Zinn's approval, which has provoked some controversy among mindfulness practitioners.^{[10][11][12]}

Discussing the integration of narratives into mindfulness practice, Kabat-Zinn has said, "*the map... can occlude... the territory.*"^[3]

Kabat-Zinn is Professor of Medicine Emeritus at the University of Massachusetts Medical School.^[13]

Personal life

Kabat-Zinn is married to Myla Zinn, the daughter of Roslyn and Howard Zinn. They have three grown children.^[14]

Kabat-Zinn grew up in a non-practicing Jewish family.^[15] He has stated that his beliefs growing up were a fusion of science and art.^[13] Although he has been "trained in Buddhism and espouses its principles," he rejects the label of "Buddhist,"^[7] preferring to "apply mindfulness within a scientific rather than a religious frame."^[4]

Awards

- 2008: Mind and Brain Prize from the Center for Cognitive Science, University of Torino, Italy
- 2007: Inaugural Pioneer in Integrative Medicine Award from the Bravewell Philanthropic Collaborative for Integrative Medicine
- 2005: Distinguished Friend Award from the Association for Behavioral and Cognitive Therapies^[16]

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- *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Hyperion Books, 1994. ISBN 1-4013-0778-7.
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External links

- Jon Kabat-Zinn (<http://www.umassmed.edu/cfm/about-us/people/2-meet-our-faculty/kabat-zinn-profile/>) at the Center for Mindfulness
- Jon Kabat-Zinn (<https://www.eomega.org/workshops/teachers/jon-kabat-zinn>) at the Omega Institute

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M. Lane Open Forum BUS 1/29/2019

Any act by any public official either supports & defends the Constitution, or opposes & violates it. Marbury v. Madison, states "*The Constitution of these United States is the supreme law of the land. Any law that is repugnant to the Constitution is null and void of law.*" That's why you are all required to take a Constitutional Oath of Office. The law of supremacy means Federal law trumps state law, and state law trumps local law.

County Counsel is also required BY LAW to take an oath and act pursuant to that oath in the performance of his official duties. He is SUPPOSED to represent the people who are properly the County, and NOT those elected by the people who act for the County in its machinery of government. In other words, he can't conjure up new laws or restrictions against the public's right to DIALOG with their representatives during meetings as clearly delineated in the Brown Act Rights of the Public.

The Constitution hasn't changed, yet on January 15th Sue Novasel deprived me of the First Amendment right to DIALOG when she censored me during Open Forum and then ALL the Supervisors UNLAWFULLY filed out of the room. Apparently I'm the only one in EDC who has the cajones to stand up to their unconstitutional, unethical, and unlawful behavior. The subject of your Bureaucratic Shenanigans was brought up yesterday during the Taxpayers Association meeting relevant to Sheriff D'Agostini and Karl Weiland. The Taxpayers GOBs also have a history of discriminating against women. In fact, they can't even abide by their own Bylaws. Apparently nobody ever bothered to read Lori Parlin's affidavit just distributed to you concerning Al Hamilton's threats or the other FACTUAL EVIDENCE of EDC corruption.

I've been a member of Taxpayers for over 10 years. If Bill George and Bernard Carlson want to call the Sheriff to have me removed from the room for standing my ground and exercising my rights concerning TAXPAYER BUSINESS, then go for it. The Sheriff would have a hard time defending himself before any judge.

Furthermore, Karl Weiland should know better than to use a government email to make such derogatory remarks and false accusations, especially against a woman of God. If Karl had any integrity or strength of character, he'd have remained in the room after Bill George disrespectfully shouted at me to "Shut up!" He'd have also heard Todd White call me a "**f***ing bitch**" on his way out of the room, all captured on audio. Todd & Bill graphically demonstrated the reasons they lost the recent elections. **Let that sink in.**

Lori Parlin: Pursuant to your constitutional oaths you are required to respond to constituents: 1) Are you receiving my email and phone messages, or are they being censored by the CEO or County Counsel? 2) When exactly are you going to schedule a pow-wow with us about retaliation and public safety concerns in Dist. #4?

CALIFORNIA BROWN ACT

PREAMBLE:

"The people, in delegating authority, do not give their public servants the right to decide what is good for the people to know and what is not good for them to know. The people do not yield their sovereignty to the bodies that serve them. The people insist on remaining informed to retain control over the legislative bodies they have created."

CHAPTER V.

RIGHTS OF THE PUBLIC

§54954.3 Public's right to testify at meetings. (c) The legislative body of a local agency shall not prohibit public criticism of the policies, procedures, programs, or services of the agency, or of the acts or omissions of the legislative body. Nothing in this subdivision shall confer any privilege or protection for expression beyond that otherwise provided by law. Care must be given to avoid violating the speech rights of speakers by suppressing opinions relevant to the business of the body.

As such, members of the public have broad constitutional rights to comment on any subject relating to the business of the governmental body. Any attempt to restrict the content of such speech must be narrowly tailored to effectuate a compelling state interest. Specifically, the courts found that policies that prohibited members of the public from criticizing school district employees were unconstitutional. (Leventhal v. Vista Unified School Dist. (1997) 973 F. Supp. 951; Baca v. Moreno Valley Unified School Dist. (1996) 936 F. Supp. 719.) These decisions found that prohibiting critical comments was a form of viewpoint discrimination and that such a prohibition promoted discussion artificially geared toward praising (and maintaining) the status quo, thereby foreclosing meaningful public dialog.

Where a member of the public raises an issue which has not yet come before the legislative body, the item may be briefly discussed but no action may be taken at that meeting. The purpose of the discussion is to permit a member of the public to raise an issue or problem with the legislative body or to permit the legislative body to provide information to the public, provide direction to its staff, or schedule the matter for a future meeting. (§ 54954.2(a).)

**BELOW IS THE SWORN AFFADAVIT OF FACT BY LORI PARLIN,
THE WRITTEN RECORD OF EVENTS CONCERNING THE
TAXPAYERS ASSOCIATION OF EL DORADO COUNTY MEETINGS
ON NOVEMBER 7 AND 14, 2016**

I, Lori Parlin, the undersigned, do solemnly swear, declare and depose:

- 1) That I am over the age of 18 years and competent to state to the matters set forth herein;
- 2) That I have personal knowledge of the facts stated herein
- 3) That all the facts stated herein are true, correct, and certain, admissible as evidence, and if called upon as witness, I will testify to their veracity.

On Monday, November 7, 2016, at the conclusion of the weekly Taxpayers meeting held at Denny's in Placerville, California, I was talking to Melody Lane while seated across the table from her. Out of the corner of my eye I noticed that Al Hamilton, the President of the Taxpayers Association, was approaching us from behind Ms. Lane. My first thought was that Mr. Hamilton was coming over to talk to me about the Association's refusal to give me an application for membership. Instead, Mr. Hamilton leaned forward, over Ms. Lane's shoulder, and gestured with his hand toward her purse. He then asked if her audio recorder was on, inside her purse. She replied no, it was off because the meeting was over and it was inside her purse. Mr. Hamilton proceeded to tell Ms. Lane that she could not record the meetings without announcing to the entire room that she was recording the meeting. Ms. Lane replied that the law was very clear that no such announcement is necessary when public officials are speaking. Ms. Lane then got up out of her chair to address Mr. Hamilton face to face. There was arguing between them about the audio recordings. At some point during the arguing Mr. Hamilton said that he would call the Sheriff and have Ms. Lane removed from the building for causing a disturbance. Finally, Mr. Hamilton threatened Ms. Lane by saying that he would see to it that her reputation was destroyed in the county. I was shocked to hear him make such a threat, especially his use of "I" and "destroy" in his language. Ms. Lane then asked if Mr. Hamilton was threatening her. He said, no, that was not a threat. I then asked what exactly he meant by those words because it also sounded like a threat to me. Mr. Hamilton then backpedaled from his original statement and said that Ms. Lane's own actions would ruin her reputation in the county. I don't remember exactly how the conversation ended because I was shaken up by Mr. Hamilton's threatening words and tone.

At the beginning of the weekly Taxpayers meeting on Monday, November 14, 2016, Mr. Hamilton made an announcement that Ms. Lane was audio recording the meeting. He went on to say that at the prior meeting he had simply stated that he would call the Sheriff if Ms. Lane causes a disturbance during meetings. At some point during the meeting, Mr. Hamilton jokingly asked the group if he should take a vote to decide whether Ms. Lane was causing a disturbance. Given his threats the week prior, Mr. Hamilton's suggestion to call the Sheriff to remove Ms. Lane from the room appeared to be an intimidation tactic.

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EXHIBIT A

I, Lori Parlin, the Undersigned Affiant, depose and certify being first duly sworn on oath according to law, deposes and says that I have written the forgoing with intent and understanding of purpose the 2 page Affidavit above and that the matters stated herein are true, correct, complete and just to the best of my information, knowledge and belief.

Lori Parlin

Lori Parlin

11-28-16

Date

Notary Public for California

A notary public or other officer completing this certificate verifies only the identity of the individual who signed the document to which this certificate is attached, and not the truthfulness, accuracy, or validity of that document.

State of California

County of EL DORADO

Subscribed and sworn to (or affirmed) before me on this 28th
day of NOVEMBER, 2016, by LOZI A. PARLIN

proved to me on the basis of satisfactory evidence to be the person(s) who appeared before me.



(Seal)

Signature

A handwritten signature in black ink, appearing to read "Mikaila Whitaker", written over a horizontal line.