Buddhist Foundations of mindfulness

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Adapted to a secular context, Mindfulness Based Stress Reduction was developed on the basis of the founder’s experience with Buddhist practices and his exposure to the epistemology embedding those practices. While MBSR's format and language are purposefully tailored to mainstream and clinical applications, its roots in Buddhist psychology and contemplative practices are obvious and MBSR preserves pivotal elements of mindfulness's original context. The workshop acknowledges the body of Buddhist teachings called „Establishments of Mindfulness“ (satiпаṭṭhāna), identifies the role of 4 different branches of contemplative training in respect to the somatic, hedonic, affective and cognitive dimensions of our experience and outlines a pragmatic application of these teachings for today’s mindfulness practitioners.

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