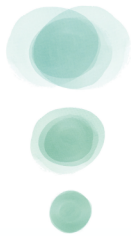




Mindfulness •  
here and now





# Mindfulness • here and now



## What is mindfulness meditation?

Mindfulness meditation means “paying attention in a particular way: on purpose, in the present moment, non-judgmentally”

– Jon Kabat-Zinn, *Center for Mindfulness in Medicine, MIT*

Mindfulness meditation typically starts with the focus on breathing, and expand to anything that’s happening inside (such as sensations, thoughts, and emotions) and outside of us in the present moment.



## Science of Meditation

Meditation has become widely spread and popular in the recent decades. Many research studies showed that meditation has many positive effects on psychological well-being

- Reduce depression symptoms
- Manage stress and reduce anxiety
- Improve chronic pain symptoms
- Treat eating disorders
- Treat psychosis
- Reduce worries
- Improve attention and concentration
- Enhance emotional regulation
- Enhance immune system



## Different Types of Meditation

There are different types of meditation, including Mindfulness Meditation, Focused Attention Meditation, Open Monitoring Meditation, Transcendental Meditation, Zen Meditation, Vipassana Meditation, Loving Kindness Meditation, Mantra Meditation and Sound Meditation.

For beginner, it would be good to start with Mindfulness Meditation, Mantra Meditation and Sound Meditation, which are relatively easier to focus when practicing.

Apart from Sitting Mindfulness Meditation, there are also different forms of mindfulness practices which can be incorporated into our daily life activities, such as Mindful Walking and Mindful Eating. Practicing mindfulness in our daily life!



# Mindfulness • here and now



## Sitting Mindfulness Meditation

- Sit on a straight-backed chair or cross-legged on the floor.
- Focus on an aspect of your breathing, such as the sensations of air flowing in and out of your nostrils, or your belly rising and falling as you inhale and exhale.
- Once you have narrowed your concentration in this way, begin to widen your focus, become aware of sounds, sensations and your ideas.
- Embrace and consider every thoughts or sensations without judging it good or bad. If your mind starts to race or wander, gently invite your focus back to your breathing again and again. Then expand your awareness again.



## Mindful Walking

- To practice, select a quiet and safe place where you can walk comfortably back and forth, indoor or outdoor.
- Begin by standing with your feet firmly planted on the ground. Feel the pressure on the bottoms of your feet and the other natural sensations of standing. Feel how your body is standing on the earth. Let yourself be present and alert.
- Begin to walk a bit more slowly than usual. Relax and let your walking be easy and natural. Pay attention to your body. With each step feel the sensations of lifting your foot and legging off of the earth. Then mindfully place your foot back down. Feel each step mindfully as you walk. You can experiment with the speed, walking at whatever pace keeps you most present.
- Your attention will wander away many times. As soon as you notice this, acknowledge it and then return to feel the next step.
- Practice at home first. You can then extend your mindful walking in an informal way when you go out for shopping or anything.





# Mindfulness • here and now



## Mindful Eating

- Notice that the meal is formed from many elements in the world, such as the rain, sunshine, earth, air and love.
- Recognize and transform unwholesome mental formations, especially our greed, and learn to eat in moderation.
- Keep our compassion alive by eating in such a way that we reduce the suffering of living beings, and preserve our planets.
- Chew slowly (each mouthful at least 30 times). Stop talking. Turn in to the texture, flavor, color, and aroma of the food.
- Live ourselves in the present moment. Eat in such a way that solidity, joy and peace be possible during the time of eating.
- Upon finishing our meal, please take a few moments to notice that the meal is finished, our bowl is now empty and our hunger is satisfied.
- Gratitude fills us as we realize how fortunate we are to have this nourishing food to eat, supporting us on the path of love and understanding.





# Mindfulness • here and now



## Mindful Globe

Meditation has become widely spread and popular in the recent decades. There were blossom of empirical researches on effectiveness of meditation since early 2000's. A number of mindfulness centers at major research Universities worldwide have been established to promote meditation:

Mindful Awareness Research Center  
University of California, Los Angeles



Center of Compassion and Altruism Research and Education  
Stanford University



Department of Psychiatry's Oxford Mindfulness Centre  
University of Oxford



Penn Program for Mindfulness  
University of Pennsylvania



San Diego's Center for Mindfulness  
University of California



Mindfulness Center  
University of Virginia



## Professional Help-seeking

If you would like to know more about Mindfulness, you are welcome to talk to our Student Counselors from Counseling and Wellness Center.

The University provides counseling services for undergraduate and postgraduate students. You may check out Counselors' profiles on our webpage and make an online appointment with us. Three weeks' advance reservation is allowed. All personal information and details shared and discussed in counseling or therapy sessions are strictly confidential.

### Counseling and Wellness Center

📍 Room 5003 (via lift 3) 📞 (852) 2358 6696  
🌐 <http://counsel.ust.hk> ✉ [counsel@ust.hk](mailto:counsel@ust.hk)

### 24/7 HEARing 📞 (852) 8208 2688

This is a 24-hour helpline that supports exclusively all HKUST students 7 days a week. The service is made available by our Counselors in collaboration with the Christian Family Service Center.