

MINDFULNESS COURSES AND FURTHER READING

Eight week courses:

There are lots around the place but it may be helpful to know that courses advertised as MBCT or MBSR are the evidence based ones. Look out for these.

Oxford Mindfulness Centre: www.oxfordmindfulness.org

- runs courses throughout the year including student and university staff courses – see web-site

Tim Stead: timstead67@gmail.com

- 'See Love Be' residential retreat 3-7 July 2019 at Othona retreat centre, Dorset.
- Eight week 'See Love Be' course starting in Oxford in the autumn
- See web-site for more: www.timsteadmindfulness.org

Mindfulness 'Self Help' Course Books

All these are courses which you can work through by reading the book at home and using the CD included which guides you through the meditations.

A general course:

Williams, M. & Penman D., *Mindfulness – a practical guide to finding peace in a frantic world.*

A course for depression in particular:

Teasdale, J., Williams, M. & Segal, Z., *The Mindful way workbook.*

A course focusing on health issues:

Burch, V. & Penman, D., *Mindfulness for health – a practical guide to relieving pain, reducing stress & restoring wellbeing.*

A course exploring mindfulness and creativity:

Danny Penman – *Mindfulness for creativity – adapt, create and thrive in a frantic world.*

A course orientated towards spirituality:

Tim Stead: *SEE, LOVE, BE - mindfulness and the spiritual life (SPCK 2018)*

Mindfulness and the Christian tradition

Tim Stead: *Mindfulness and Christian Spirituality - making space for God. (SPCK 2016)*

Tim Stead: *Mindfulness and prayer. (Grove Booklets. 2016)*

Joanna Collicutt et al: *Being Mindful, Being Christian. (Monarch Books. 2016)*

Sally Welch: *How to be a mindful Christian. (Canterbury Press. 2016)*

Shaun Lambert: *A book of sparks: a study in Christian Mindfulness. (Instant Apostle 2014)*

Peter Tyler: *Christian Mindfulness*

Stefan Gillow Reynolds: *Living with the mind of Christ. (DLT. 2016)*

Mindfulness and nature

Mark Coleman: *Awake in the wild (New world Library)*

Stanley, B., *Forest Church. Mystic Christ Press 2013.*

Thompson, C., *Mindfulness and the natural world. Leaping hare press 2013.*

Digital meditation sites

A pay as you go web-site: www.headspace.com

MINDFULNESS AND CHRISTIAN SPIRITUALITY

Four principles:

- **WAKING UP (TO GOD)**
 - Prodigal 'came to his senses', **became aware**,
 - coming to '**see**' .. Jesus .. pharisees/blind man .. Parables .. Damascus .. Emmaus
 - Eucharist: The Gathering – waking up time!!
- **COMING HOME (TO GOD)**
 - Prodigal returning to the father
 - Coming back to the experience of love
 - Eucharist: The Word – coming back to what we know
- **MAKING SPACE (FOR GOD)**
 - The Party!
 - Making space for encounter with the divine
 - A space we normally fill with thinking: worries, solutions, ideas (doing) ...
 - Space for depth beyond words & knowledge (being - contemplative)
- **LETTING GO (AND LETTING GOD)**
 - On not being like the elder brother!
 - Philippians 2: letting go of:
 - one kind of a life (driven, egotistical, fearful, anxious, false self)
 - & rising to another (marked by compassion, ease of being, rest in God)

Three key contributions of mindfulness to Western Christian spirituality

- Bringing the body into spirituality (compared with: being only in our heads)
- Safe place for religious experience (compared with: intellectual knowledge only)
- Non-judging (compared with: dualism of all kinds)

Three key gifts of Christianity to mindfulness

- Community (compared with: individualised therapy)
- Ethical framework (i.e. oriented towards the common good)
- Transcendence (i.e. connecting with something/Someone greater than myself)