

Mindfulness to Use: in the \"Fast\" Should Prevent \"Wandering\"

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Abstract: in recent years, in the field of psychological treatment, the use of principle of mindfulness presents the condition of \"race\". Mainly displays in the team, training, technology rich huge expanding and related effects, etc., has achieved good results. But easy to be misunderstood in the related research results, the major factors influencing the practice without being taken seriously, \"wandering\" mindfulness to use easily. Fit the actual situation of practitioners, the psychological consultant appropriate \"self\" and so on should be a effective way to guard against \"wandering\".

Mindfulness Used in \"Fast\"

Mindfulness is one of the earliest literature sources (mindfulness) buddhist \"four mindfulness through\", sometimes also called \"zen\" concept, is the core of primitive Buddhism zen method.

In the context of the Buddhism, the (pali text: sati; English: mindfulness) is a relatively stable state of mind, individuals will mind fixed on an object, dedicated to detect, is called. As a kind of mental state, read will keep taking individuals thought focus, stable, no ease, no fleet, which holds good thoughts and behavior, form a kind of the power of diligence, namely mindfulness. As a \"mindfulness decompression therapy\", the founder of the card ba jin (j.k. abat - Zinn) think: \"mindfulness is consciously aware of (On Purpose), living In the Moment (In the Present Moment) and do not judge (Nonjudgementally)\" [1]. In the condition of mindfulness, people can focus on the present situation, not to judge a conscious awareness to present the experience of another moment. And if left mindfulness, people will be those who do not consciously and the behavior of inertia, and live in the inertia of driven by past experience. Mindfulness \"can help us from this state of inertia and the lack of consciousness, wake up and to touch the lives of all possibilities, consciously and unconsciously,\" [2]. It seems that mindfulness is purposefully attention, perceives the present of everything, and do not make any judgement, analysis and response.

S and eighty s, 20th century mindfulness principle was introduced to the west, and immediately brought to the attention of the psychological educational world, by Joe, ba jin and scholar's efforts to improve and integrate, become the contemporary one of the most important concepts and techniques of psychological treatment. Following mindfulness decompression therapy (MBSR) was born in 1979, has appeared after receiving therapy (ACT), the dialectical behavior therapy (DBT) and mindfulness cognitive therapy (MBCT) such as the name of the contemporary psychotherapy, and widely used in the treatment of symptoms such as pain, depression and anxiety. In dealing with the relationships, parent-child relationships, aging and death issues, such as the effect of mindfulness techniques also increasingly remarkable.

In conclusion, in the field of psychotherapy in recent years, the use principle of mindfulness to show the status of the \"fast\", its main performance in the following respects.

the research team is very large. In addition to a large number of researchers specializing in mindfulness therapy (such as card, ba jin tai sderot, lane han, etc.), in other areas such as psychology, psychoanalysis of jung (C.G.J ung), frome (E.F romm), horney (K.D.H orney), such as maslow's humanism psychology (arjun aslow), r (C.R ogers), etc., and almost all of the transpersonal psychologists attention in different level of mindfulness ideas and mindfulness therapy. And even in other areas, such as medicine, brain science, many researchers (such as Austin (J.H.A ustin) etc. Also a lot of attention. Statistics show that from 2007 to 2007, the relevant research articles from 60 more than a year to more than 90. The number of research results not only increases year by year, the scope of the study is also expanding, covering the curative effect, mechanism of action and theoretical study, and many other aspects. Therefore, it can be said that the team of mindfulness therapy is very large.

In mindfulness therapy under the guidance of the thought and theory, mindfulness training technology have been enriched, and penetrating into the application of the relevant treatment. Among the more important is the following.

Meditation: meditation is to listen to heart sounds, perception of the rhythm of the body.

Body scan: practitioners to close your eyes, in a certain order (from head to toe, or from the feet, head) one by scan and awareness of different parts of the body, to fine awareness of each part of the body.

Zen: there are called \"through\". Is in walking posture mindfulness training (because mindfulness training belongs to meditation, so called walking meditation).

Another mindfulness yoga, exposure, acceptance, self adjusting and value clarification etc.

the related influence expanding. Hayes (H.C.H ayes) will be in in the psychological treatment is given priority to with meditation training elements of Oriental spirit as a major change in the the field [3]. Jose baruch (C.J.M ruk) and so on will be orthodox psychotherapy system known as the \"traditional\", and will give priority to with mindfulness therapy of other therapy called \"alternative\", namely can replace the traditional therapy. In their view, the guidance of \"self\" mindfulness contains ideas as well as to the new point of view of health problems, will become a new trend in the field of psychotherapy. Mindfulness based psychotherapy focuses on to achieve a comprehensive health, including mental and physical health, and to maintain them. They think that only in the health care as a passive recipient has not accord with the development of the society, because today's people are more tend to positive self guide [4].

Due to the above ideas constantly to accept by people, so that mindfulness therapy effect in the field of psychotherapy is also increasing.

Mindfulness to Use \"Shooting\" Analysis

Mindfulness principle has been widely used, mainly because in the field of psychotherapy in alleviating the parties has its unique efficacy of bad feelings. For example, compared with control group, the group of mindfulness training positive emotion (Nyklicek, 2008). The Raman (Oman, 2008) found in a randomised controlled trial design, such as with mindfulness training of college students, not only reduced pressure, and forgiveness, and hope are significantly improved. Sales (S.S ears, 2009), the research conclusion and Duncan and others, namely the mindfulness can alleviate the anxiety of individual with negative emotions, at the same time enhance the individual sense of hope and positive emotions. Similarly, Taylor's (M.A.T anner) et al. Study found that regular mindfulness practice and low levels of neurosis, anxiety, depression, and high levels of self-esteem, closely related to life satisfaction. Frederickson (B.L.F redrickson) et al. The study

found that mindfulness can significantly increase the positive emotions in individual daily experience, as well as reduce negative emotions [5].

In short, the existing research conclusions are consistent: regular mindfulness practice, positively correlated with decreasing individual negative emotions, increase in the number of positive emotions and individual are positively correlated. The reason is generally has the following several aspects.

First of all, mindfulness can reduce self-talk. Mindfulness emphasis on living In the Moment (In the Present Moment), will pay more attention to energy at the Moment of feeling, this awareness can be psychologically adjust the external events and the relationship between the emotional response, more effectively control their own behavior. Can also reduce the self-talk, cultivate positive emotions. Because people negative emotions are mostly from the self-suggestion and self-talk, so reduce the self-talk can reduce irrelevant thoughts, to respond more naturally, and thus reduce the generation of negative emotions.

Second, mindfulness stresses do not judge the acceptance. In many cases, this kind of practice can help people keep calm in the face of the problem. Is an obvious fact that receptive ego and its people living at the time of his performance than expected, not be too negative and pessimistic. Accepted point of view to let a person can deal with deal with the crisis events, and more adept at endurance negative results.

Third, mindfulness advocate clean, doing nothing. Taoist or buddhist all think that the trouble of living beings are born of heart can't understand all things without constancy of persistent thoughts caused by these thoughts puzzling, let a person pain and cannot extricate oneself. If people could not have been so obsessed with these thoughts, let all let nature take its course, but the result will be better. Some people didn't seem hard to get care of fate, because they always keep calm state of mind and relax the joyful mood, so for those routes, don't go to deliberately importune what, this is mindfulness of inaction.

Mindfulness Use Easy \"Wandering\"

Mindfulness Training May Produce Negative Effect. In 1980, a report on the patients with borderline personality and narcissistic personality has some obstacles caused by the practice of mindfulness rehabilitation or worse condition, some patients because using mindfulness or beliefs form to defense inner emptiness and caused more serious psychological problems (Elisha Goldstein, 2009), and can't work normally; Some even for the practice of mindfulness and led to the occurrence of mental illness (Jack Engler, 1986).

As is known to all, meditation or meditation, only is a part of meditation, may even be a part of the less important. Because, zen practice, primarily cognitive consciousness, namely enlightenment; The practice on the second ACTS, namely, meditation. Even about meditation, zen also has a profound theoretical implications: its philosophical foundation is origin theory; Its bitter for explanation is my method of board; The human nature assumption is the self clean; Its goal is to practice. Meditation is not a separate existence. And mindfulness therapy, it is applied meditation alone out, the result naturally prone to all kinds of deviation.

Related research results, easy to be misunderstood.

On the one hand, psychological treatment of mindfulness practice emphasizes the observational, notice to an awareness of the observed objects, different from Tibetan buddhist meditation (big hand and a complete meditation). The meditation on the check of Tibetan Buddhism zen (samatha bh van) [6]. In practice both methodological differences lead to different results, cannot confuse

STH with STH else, cannot even more. In 2006, the United States appeared in the practice of Tibetan Buddhism to Nepal region has many years experience of meditation retreat of brain function as the results of mindfulness practice result propaganda, belongs to the obvious misleading.

Mindfulness training, on the other hand, can produce the effect of psychotherapy, it should be said that without the foundation of ethics. If the moral and ethical factors and discuss the effect of so-called \"mindfulness\", will be hard to avoid the deviation. Just think if we just use it as a method of exercise awareness, pay attention to teach some cynical, in an attempt to harm the people of the society, the result will be how? Mindfulness practice will reduce the anti-social behaviour of these people? If not answer these questions correctly, the understanding of the related research results are susceptible to bias.

Some important factors affecting practice has not been seriously.

In the practice of mindfulness does have the effect (as aforesaid), but it is restricted by many factors. Such as group effect and language hint effect, etc. Many obvious effects in the group of practitioners, after leaving the group will produce some setbacks, some people even gave up the practice. Workshop in some form of mindfulness practice, students tend to be suggested by the instructions, so the effect of practice in different workshops will be different.

Prevent Mindfulness \"Wandering\" Phenomenon in the Use of the Proposal

To agree with the actual situation of practitioners. Although the experimental research of mindfulness meditation has some beneficial results, but still in its early stages. Research has shown that mindfulness training beginners often because of excessive exercise, lack of proper guidance and psychological pathology of problems, such as anxiety, excitement, depression, high emotional response. May also psychological conflict and physical symptoms, such as muscle or stomach cramps, etc. [7]. Type of psychotherapy, the scholar thinks, zen is only high degree of culture or some knowledge of Oriental culture [8]. However, exactly what kind of person is suitable for the practice of mindfulness meditation, mindfulness meditation indications are mainly is the, this is still a worth exploring in the field.

The psychological consultant of \"self\". \"Self\" is refers to the psychological consultants will itself as a kind of elements are used, this is one of the key to the success of psychological counseling and treatment. In (j.k. abat - Zinn, 2009), psychological consultant shall, first of all, under the guidance of mindfulness to self awareness, awareness of visitors problems of their own reaction, understanding of the here and now and then through the client's visit to the relationship of dialogue between art, bring visitors of the present life, so that visitors have no dedication in the past, the future of heart, to touch the lives of all possibilities, consciously and unconsciously.

John - Rowan will be divided into psychological consultant self use tool level, true self level and individual level and so on three levels. Tool level consultant fully attention to visitors, to their interests aside and apply the self-examination and self in the second position, the key is to do the correct; True self level consultant through self-reflection, supervise their feelings and thoughts, and experience by themselves what has happened, and meeting with visitors on the spiritual level, the key is to be true to yourself; Super individual level consultants involved in any more things, or between visitors and don't need to pay attention to anything, also do not need to self and visitors; But it is still open to all the feelings, thoughts and experiences (2008).

As the above, the psychological consultant, whether to have the ability to \"self\" and \"self\" to what extent, is undoubtedly the very important factors influencing the mindfulness meditation

between one.

Practitioners of cultural background factors should be fully considered. Mindfulness meditation originated from Buddhism, its means of cultivation with quite traditional and conservative, such as the demand for factors such as time and place, etc. The teachings of Buddhism itself have a significant impact on the effects of meditation, if stripping the teachings of Buddhism and the practice of mindfulness (for example, in Europe and the United States the unique pragmatic forms), their efficacy naturally questioned (wei-rong shen, 2013).

People of different cultural background understanding of mindfulness and use there will be different. If not considered cultural factors, personality factors, blind practice, will inevitably be the deviation.

In indigenous movement psychology increasingly active today, people are more clearly recognize that accurate understanding, diagnosis and treatment of mental illness must stand under the background of local culture to suit the remedy to the case. In the localization of soil to find suitable for their own culture consultation and treatment has become a new generation of psychologists should bear the burden of. In Chinese culture, zen thought occupies very important position, many scholars use zen method to adjust psychology, good results have been achieved. Modern zen increasingly reduced the mysterious elements and increased the rational composition, pull close the distance between people and the Buddha, more stick into the real life, to modern mental health will play a more active role. Therefore, blend in zen thoughts, methods of psychotherapy and counseling practice in China, the localization of psychological counseling is feasible, the psychological treatment is more suitable for Oriental technology.

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