

Abstract

The practice of mindfulness is a form of meditation, which encourages awareness of a person by focusing on thoughts and feelings without estimations. This practice has been associated with various types of health benefits. Its popularity has increased enormously in recent years. Today, mindfulness meditation forms the basis for therapeutic interventions for a broad range of physical and psychological disorders from chronic pain and heart disease to anxiety, stress, and depression. But it can also have unexpected negative effects, for example, meditation makes memories less reliable, so most practitioners may think that they remember what really happened. There is a hypothesis that mindfulness meditation can change the psychological processes, what helps distinguish humans' inner spiritual world from the outside one. The essence of mindfulness is mental activity based on non-judgmental behaviors. Over the centuries, various schools were developing techniques that help people to improve their mindfulness that focused to the present.

Term Paper

Mindfulness is a source that leads to equilibrium, balancing the faith and wisdom, energy and meditative concentration. Mindfulness gives the performance to any activity. It is an effective way of thinking because it allows a person to control his or her activities of the mind. Due to mindfulness, people are able to keep a clear mind in every situation: at home, at work, with friends, on the street, in the car, and so on. When a person begins to control his thoughts he can achieve harmony in his life. Therefore, it is important to understand the techniques that develop mindfulness. This paper aims to observe different properties of mindfulness and its effect on human minds.

Mindfulness: Concepts and Practices

Many studies assert that mindfulness is an active process of learning new things (Cook-Cottone, 2015). When a person does this, he finds himself at the moment. Moreover, mindfulness makes him sensitive to the context and perspective. It is the very essence of the involvement. Marking new is an important point, because a full involvement is the concentration and immersion, but not necessarily mindfulness. The world spiritual traditions teach that the main problem of humans' lives is that they are too focused on the external, such as relationships, career, children, behavior, and material things (Hwang & Kearney, 2015). And people are inattentive to the internal – their states, thoughts, desires, and intentions. This attitude is the cause of sufferings that manifest in existential yearning, midlife crisis, depression, and fear of death.

The most obvious result of the practice of mindfulness is the fullness of life because it is a universal remedy for boredom. Mindfulness fills every moment of life with unimaginable wealth of shades. When people are mindful, life cannot be monotonous, gray, and empty. With exactly the opposite: it is filled with constant change. Life can be dull and empty only if people live in memories of the past or future expectations. Although mindfulness is an

effective antidote to boredom and dullness, and leads to the richness of life, it is able to give much more than just a fullness and interest. One of its main properties is the ability to increase the differentiation of the individual.

Many findings reveal that the practice of mindfulness teaches individuals to return attention to the present moment and be present in it calmly and without judgment, but at the same time maintaining great vigilance in relation to the smallest aspects of the present moment (Hwang & Kearney, 2015). In fact, this definition covered a lot of different techniques: focused observation of one's breath, watching the sensations in the body, as well as people's own thoughts and emotions. Admittedly, an open mind turns to the subject of meditation. Every year, a half of millions of Americans start to meditate in the workplace, and Google, Apple, Toyota, and hundreds of major companies around the world spend their budgets on meditation for employees (Cook-Cottone, 2015). It turned out that the practice of mindfulness significantly reduces the level of stress and its consequences, such as high blood pressure, insomnia, overeating, anxiety, inability to concentrate on work tasks, drug addiction, and others improves the immune system, which reduces the number of days missed due to illness and the insurance payments, promoting the development of more open and trusting relationship in the team (Cook-Cottone, 2015).

The Usefulness of Mindfulness

Many studies have hypothesized that mindfulness meditation can change the psychological processes, and it is useful in working with patients with substance related disorders (Hwang & Kearney, 2015). The development of mindfulness is important in many ways and the amount of research point out that it has the beneficial influence both on the psychological and physiological disorders (Cook-Cottone, 2015). Meditation plays a key role in the practice of mindfulness, which reduces painful states of mind such as craving, aversion, dullness, agitation, and doubt. In Buddhist texts, there are many stories about

people who have achieved deep and liberating insights through mindfulness that is the only thing that helps a person penetrate into the essence of meditation. Scientific studies have shown that the practice of mindfulness does not only affect the quality of life but also improves the quality of the business (Hwang & Kearney, 2015). Nowadays, everybody wants to control his mind, and the index of personal care determines the person's ability to understand other people, to learn, to remember, to realize oneself in life, to feel empathy, and to interact with others.

In addition, it was found that the level of stress is associated not only with the strength of external influence on the person but also with how flexible his mind is to adapt to the external environment. The practice of mindfulness teaches people to watch themselves and their own reactions in different work situations, noticing the moments when they act impulsively or unconsciously. Thus, seeing this, a person can change his usual script of behavior that often leads him to the stress. For example, a 15-minute meditation observing one's breathing significantly affects the ability of managers to make more informed and intelligent decisions. Many researchers explain this by the fact that returning attention to the present and ceased to be under the power of the emotional impulses, the person is able to take a wider look at any situation (Hwang & Kearney, 2015). Moreover, many people admit that that if someone explained earlier that meditation is not just a mantra, trance and incense, but the ability to learn more about themselves and the work of the mind, relieve stress and find inner balance, directed at the improvement of life and work, they would start practicing it 10 or 20 years ago.

According to the research, scientists have developed an effective method of rehabilitation of people with drug and alcohol addiction through the raising awareness of mindfulness, utilizing meditation techniques (Cook-Cottone, 2015). The treatment of alcoholism and drug addiction involves psychological difficulties. Therefore, it is not enough

to overcome physical addiction. It is proven that the treatment of dependency can be improved through meditation and Eastern practices (Hwang & Kearney, 2015). In meditation, the part of the brain that is responsible for addictions and bad habits, fear, aggression, and so on does not work. On the contrary, a zone responsible for love and family relationships works more active. Although, the mechanisms of its functioning are often poorly understood many famous psychologists recommend meditation as an additional means of rehabilitation. Thus, the combination of meditation sessions with cognitive-behavioral therapy is the most effective way to prevent the failure in patients receiving treatment for alcohol or drug addiction. Mindfulness allows addicted patients to understand their inner world and try to live in harmony with it.

Mindfulness Relapse Prevention and Recovery

Mindfulness-based relapse prevention (MBRP) and recovery are after care approaches that are concentrated on high-risk situations. Health care practitioners teach patients to recognize early signs for relapse, using awareness of external and internal factors associated with substance use, enhancing self-efficacy and developing coping skills (Bowen, Chawla & Marlatt, 2011). MBRP are focused on the risen awareness of triggers, foster more skillful behavioral choices, and monitor internal reactions. The practices are directed at increasing tolerance and acceptance of positive and negative emotional, physical, and cognitive states, such as craving. As thus, patients are more effective in their attempts decreasing discomfort associated with substance use.

Bowen et al. (2011) believe that mindfulness that requires brain training through meditation leads to the fact that over time, a person will need to put less effort to focus his attention, and a sustainable concentration will become natural. It follows from this that people can directly enhance their ability to concentrate using a simple meditation technique to prevent addicted behaviors. Studies also show that meditation helps people suffering from

anxiety disorder (Bowen et al., 2011). Due to the mindfulness practice, people manage to get rid of anxiety, literally changing the way their brain responds to negative thoughts, and it leads to long-term positive changes in the brain. Therefore, meditation can be an effective tool mindfulness relapse prevention and recovery.

Mindfulness and Yoga

Thousands of years ago, the author of Yoga Sutras Patanjali and Buddha promised that meditation could eliminate the suffering caused by the untamed minds (Cook-Cottone, 2015). They explained to their students how to develop a conscious focus of attention and cultivate joy and compassion. Furthermore, they also believed that the regular practice of meditation could change a person's mental abilities and habitual emotional patterns. Yoga teaches that mindfulness is the energy distribution and retention tool (Bowen et al., 2011). Singling out one particular focus area of the body, a person is sending the energy in this part. Therefore, mindfulness helps develop, expand, and increase exactly that at what a person is focusing his attention. The human body is the energy vessel with a predetermined amount of energy. If there is too much of it, the energy flows into one end of the vessel while the opposite side is empty. So, the development of any one of the chakras leads to the overloading it, borrowing the energy from other chakras (Cook-Cottone, 2015). Thus, a person sacrifices some parts of his body in favor of the other.

According to many findings, the safest and most efficient mode of operation with mindfulness to the practice of yoga is the distribution of attention evenly throughout the body, which provides a smooth and harmonious distribution of energy inside the body (Hwang & Kearney, 2015). During the yoga practice, the distribution of mindfulness throughout the volume of the body evenly helps ensure that a person does not harm himself. When the energy is balanced and harmonized, it is distributed evenly and does not go automatically to reinforce already established imbalances and unconscious those are

destructive patterns of human consciousness. Thus, the use of mindfulness during yoga practices solves the existing problems in the body and prevents the occurrence of potential ones.

Mindfulness and yoga are used to treat different mental disorders, such as depression, drug and alcohol addiction, and other psychological disorders. For example, yoga teaches patients how to think positively without concentrating on negative things in life. Meditation and mindfulness allow a person to regulate his energy and regulate his thoughts and feelings. They are usually good in the combination with other types of complementary and alternative medicines, such as massage, aromatherapy, acupuncture, and others. Yoga and mindfulness help drug addicted individuals to distinguish what part of the energy can help them feel free from drugs.

Conclusion

Mindfulness is an effective tool that allows individuals to balance their energy and meditative concentration. It is used in the prevention, treatment, and recovery of patients with addictive behaviors, as well as other psychological disorders. Mindfulness is a source for any activity because it allows controlling one's thoughts in different situations. Due to mindfulness, people are able to keep a clear mind and restrict from addictions. This practice helps people achieve harmony in life. Yoga is also a helpful source improving mindfulness, focusing the person's attention at cultivating joy and compassion.