

## SPECIAL PAPER

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# Chronicle of an Indian psychiatrist's mindfulness journey retold

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**This article describes the author's discovery of mindfulness and its method and describes the bias against mindfulness even at the beginning of the 21st century. The short essay also throws light on recent developments in mindfulness training and practice in the world and in the state of Kerala in South India.**

'Sir, the Professor is on the way...' a resident ran hurriedly into the room to inform.

The meditation session in progress ceased. The projector opened its eyes onto the screen in front, tinted yellow by oldness. Slides on bipolar disorder began to roll on. The professor witnessed the class in progress with satisfaction.

The year was 2001. The venue, Mental Health Centre of the State. The attendees were about fifty nursing students who had come for their psychiatry training from various nursing colleges in the state. The class was being taken by a young psychiatrist (me!), who wanted to walk through the pathways of mental healthcare less travelled by many. The topic was mindfulness, something considered veiled, shadowy and feared by many mental health professionals in my part of the country.

It was in 2005 that I was first exposed to the drizzle of mindfulness, during the final year of my residency programme. Before that, for the previous 8 years, I was serving as the junior-most faculty in the Department of Psychiatry of my institution

(my title was Lecturer in Psychiatry, the qualification for which was an MBBS (Bachelor of Medicine and Bachelor of Surgery), the basic medical course in India). Way back in 1976 in the stress clinic of Massachusetts University, Jon Kabat Zinn had started the mindfulness revolution that in due course came to be called mindfulness-based stress reduction.<sup>1</sup> It was generally discussed that India was the land where mindfulness originated. Yet there were only a few centres in India (unknown to me and most other people) to impart training on this. Curious about and fascinated by the meditations of Jon Kabat Zinn, Emeritus Professor of Medicine at the University of Massachusetts Medical School, and the work of his classic masterpiece *Full Catastrophe Living*,<sup>2</sup> I journeyed into the world engulged by a little book – *The Miracle of Mindfulness* – penned by Thích Nhất Hạnh, a Vietnamese monk.<sup>3</sup> By the time I started to lay my initial steps, mindfulness, the Eastern contemplative practice rooted in Buddhism, had been reasonably well integrated into the fields of medicine and behavioural health, grounded in Western science.<sup>4</sup> Still, I was reading about and attempting to practise a method that was equated with having schizophrenia among professionals in my part of the country.

Jon Kabat Zinn defined mindfulness as the awareness cultivated by non-judgemental, open,

# Far Journey A Psychiatrists Chronicle

**Gd Thompson Sr**



## **Far Journey A Psychiatrists Chronicle:**

**Reading the Bible in the 21st Century** Roy Hanu Hart, 2018-12-14 Reading the Bible in the 21st Century RTB is meant for readers who are prepared to read the Bible with 21st century acuity In order to understand Abraham Moses Jonah Jesus and the many other familiar biblical figures you have to be able to place yourself in their time and know where they are that is where the action is taking place This is what RTB addresses In addition the characters encountered in the Bible do not do their thinking the way we do strange as that may seem RTB explains the archaic mind as modern psychologists such as Julian Jaynes have come to understand it **The Journal of Clinical Psychiatry** ,1994-07 *Forthcoming Books* Rose

Army, 2000-06 **The Publishers Weekly** ,2001 The Darien Chronicles: Objects for Reflection, a Journey into Love Steven Howard, 2016-06-10 Take a journey with Darien and his spirit guide Sundeep from pre birth into the after life In The Darien Chronicles Object for Reflection A Journey into Love Part One In the Beginning walk with him as he leaves behind vague recollections of being a cast off and develops his rules for survival in the drama of an adoptive family where secrets thrive Be with him as he struggles to separate truth from fiction and find his own soul Is Sundeep real or imaginary Is Darien who he is seen to be or is there more to who he is Who can he trust The appearance of things suggests no one as he cautiously formulates a plan to fit in and be accepted Circumstances bring Darien a four year old boy into a working class family that includes an older boy whose friend causes him to question himself and shakes his very foundation as a boy wanting desperately to become a man Being a bastard boy and child of a trollop Darien finds refuge and a reflection of who he is in his secret friend Sundeep But does he believe what he hears Or do the other influences and experiences he encounters speak louder to him Find out Perhaps you'll even find yourself in this story And this is just the beginning

Publishers Weekly ,1993 *Far Journey* Yitzhak Hanu, 1993 FAR JOURNEY is the story of therapy of mythic symbol of the psychic dance between patient healer healer to his soul FAR JOURNEY begins ends at the interface between psychiatry religion dissolving the boundary which has for too long separated the two It is a remarkable psycho spiritual adventure

**Continued: Chronicles of John Titor II** John Titor II, 2017-09-22 Everyone deserves to know the answer Is the future reserved for a select group of people Will the government finally disclose the secret space program Will off world colonies for the select few continue to be kept secret Are the off world colonies the destination for a few as the environment collapses Will global warming reek havoc on the Earth and end civilization on the planet **Covid-19 Chronicles, The: Singapore's**

**Journey From Pandemia To Peri-pandemic Limbo** Yong Loo Lin School Of Medicine, Nus, 2021-11-12 No one is safe until everyone is safe Singapore's struggle against the coronavirus mirrors those being waged by countries everywhere against a relentless invisible enemy In times of crisis confusion and pandemonium abound Sensing a need for simple and concise public health education and information that could help people to make sense of a bewildering new abnormal the NUS Yong Loo Lin School of Medicine launched a long running series of illustrated stories on social media platforms The COVID 19

Chronicles quickly took off drawing the attention of the WHO's Global Outbreak Alert and Response Network which arranged for the series to be shared with other countries This book features every Chronicles story published and tells the story of the work behind the scenes to bring each episode to life Offering bite sized explanations of issues and topics seeded by the pandemic's global march the Chronicles prods readers to stay safe while also providing a humorous take on Singaporean life in the time of COVID 19

**Small Press Record of Books in Print** Len Fulton,1994 *Subject Guide to Books in Print*,1993 **My River Chronicles** Jessica DuLong,2009-09-08 After journalist Jessica DuLong was laid off from her dot com job her life took an unexpected turn A volunteer day aboard an antique fireboat the John J Harvey led to a job in the engine room where she found a taste of home she hadn't realized she was missing Working with the boat's finely crafted machinery on the waters of the storied Hudson made her wonder what America is losing in our shift away from hands on work Her questions crystallized after she and her crew served at Ground Zero where fireboats provided the only water available to fight blazes Vivid and immediate **My River Chronicles** is a journey with an extraordinary guide a mechanic's daughter and Stanford graduate who bridges blue collar and white collar worlds turning a phrase as deftly as she does a wrench As she searches for the meaning of work in America DuLong shares her own experiences of learning to navigate a traditionally male world masterfully interweaving unforgettable present day characters and events with four centuries of Hudson River history A celebration of craftsmanship **My River Chronicles** is a deeply personal story of a unique woman's discovery of her own roots and America's that raises important questions about our nation's future

**The Diana Chronicles** Tina Brown,2007-06-12 1 NEW YORK TIMES BESTSELLER Years after her death Princess Diana remains a mystery This insanely readable and improbably profound biography Chicago Tribune reveals the truth as only famed journalist Tina Brown could tell it The best book on Diana The New Yorker Was she the people's princess who electrified the world with her beauty and humanitarian missions Or was she manipulative and media savvy and nearly brought down the monarchy Tina Brown former Editor in Chief of Tatler England's glossiest gossip magazine Vanity Fair and The New Yorker gives us the answers Tina knew Diana personally and has far reaching insight into the royals and the Queen herself In **The Diana Chronicles** you will meet a formidable female cast and understand as never before the society that shaped them Diana's sexually charged mother her scheming grandmother the stepmother she hated but finally came to terms with and bad girl Fergie her sister in law who concealed wounds of her own Most formidable of them all was her mother in law the Queen whose admiration Diana sought till the day she died Add Camilla Parker Bowles the ultimate other woman into this combustible mix and it's no wonder that Diana broke out of her royal cage into celebrity culture where she found her own power and used it to devastating effect

*Your Spiritual Lineage: Researching the Genealogy of Your Soul* William Bray,2006-10-30 *Your Spiritual Lineage* Researching the Genealogy of Your Soul Pioneering a New Understanding of the Origins of Personality Development Traditional psychology proposes that personality development begins at birth Instead this new study proposes that each of us

has subconscious memories of past lives that form a much earlier origin A child prodigy may be selectively remembering talents skills and accomplishments from a previous lifetime that he is building on early in this one We are drawn to professions we are familiar with because we ve done them before and may choose places to live visit or vacation because they are pleasant and familiar to us from a past life walking on our own faded footprints without realizing it When one of his students in conversation began quoting poetry of Arthur Rimbaud without knowing it author William E Bray began exploring the possibility that his student might have been Rimbaud in a past lifetime Subsequent research led him to develop a lineage chart showing that the spiritual lineage of Rimbaud stretched back through Andre Breton Virgil and Alexander the Great He shows how the adventures of Aeneas would have been based on Virgil s subconscious memories of his own exploits when he would have been Alcibiades in a past life Each chapter leads the reader through an exciting search to discover the past lives of some of the world s most important figures The book is also written as a guide to help the reader learn how to research his own past lives

**Chronicles from the Land of the Happiest People on Earth** Wole Soyinka, 2022-08-02 A NEW YORK TIMES NOTABLE BOOK OF THE YEAR The first Black winner of the Nobel Prize in Literature gives us a tour de force combining elements of a murder mystery a searing political satire and an Alice in Wonderland like modern allegory of power and deceit Los Angeles Times In an imaginary Nigeria a cunning entrepreneur is selling body parts stolen from Dr Menka s hospital for use in ritualistic practices Dr Menka shares the grisly news with his oldest college friend bon viveur star engineer and Yoruba royal Duyole Pitan Payne The life of every party Duyole is about to assume a prestigious post at the United Nations in New York but it now seems that someone is deter mined that he not make it there And neither Dr Menka nor Duyole knows why or how close the enemy is or how powerful Chronicles from the Land of the Happiest People on Earth is at once a literary hoot a crafty whodunit and a scathing indictment of political and social corrup tion It is a stirring call to arms against the abuse of power from one of our fiercest political activists who also happens to be a global literary giant

**Osutaka: A Chronicle of Loss In the World's Largest Single Plane Crash** Christopher Hood, 2018-03-30 The loss of a loved one is a traumatic event If the loved one is your child the emotions are further tested Imagine having to cope with all of these feelings when also adding into the mix the challenges when the death happens on the other side of the planet in a country with a different language and culture This is what one man had to face when his son died in the world s largest single plane crash Peter Mathews lost his son Kimble who was travelling with his fianc e Masako Nishiguchi in the flight JL123 crash on 12 August 1985 From the time of the first phone call through his trip to Japan until his return back to the UK Peter kept a diary and took photographs Using these materials as a basis this book provides an amazing insight into the events of August 1985 The book also includes details of the experiences and lessons learned by the JAL employee Keith Haines who was assigned to accompany the Mathews family to Japan Their story is as relevant today as it was in 1985

Sky Above Clouds Wendy L. Miller, Gene D. Cohen, Teresa Barker, 2016 Through their scientific research and clinical

practice husband and wife team Gene D Cohen and Wendy L Miller uncovered new clues about how the aging mind can build resilience and continue growth even during times of grave illness thus setting aside the traditional paradigm of aging as a time of decline Sky Above Clouds tells the inside story of how attitude community creativity and love shape a life with or without health even to our dying Cohen and Miller draw deeply on their own lessons learned as they struggle through aging illness and loss within their own family and eventually Cohen s own untimely death      **The Angel Chronicles** Gd Thompson Sr,2013-03 The time was the great rift between fallen angels as humans it was the supposed time of the great freedom when there were no rules on earth And that time was when earth wasn t even called earth It was nothing to them and something in the same moment The fallen angels almost had the same kind of planet as Aubrahteery which they gave up It was warm and lit all the time There was no darkness no coldness and no desolation Until their dark hearts took over and began to change their surroundings What the fallen angels also didn t realize was that their new home verged changing with the reality of the darkness lying in the root of their hearts The fallen angels didn t realize that darkness and negativity carried a lot more dead weight with it which is ultimately what forged the slowing planet with all the fallen angels as humans upon her surface

Chronicles of Culture ,1984      **Humor After the Tumor** Patty Gelman,2009-12-30 Breast cancer survivor Patty Gelman recounts her journey through Cancer World in a series of anecdotes chronicling her year long struggle with the disease in an upbeat colloquial and often candidly funny way Typical of her unyieldingly positive attitude is the way that Gelman breaks the news to her mother also a cancer survivor Well it s my turn now Instead of keeping a journal during her treatment Gelman preferred to share her experiences online a choice she found surprisingly therapeutic What started as periodic e mails to family and friends soon developed into a book many cancer patients are turning to for hope E mails also served as an outlet and a built in support group when her mother contracted lung cancer and passed on within the year Gelman s story becomes larger than her disease exploring the task of coping with the unexpected and the value of family

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