

Heartfulness

正心超逸



我係垃圾

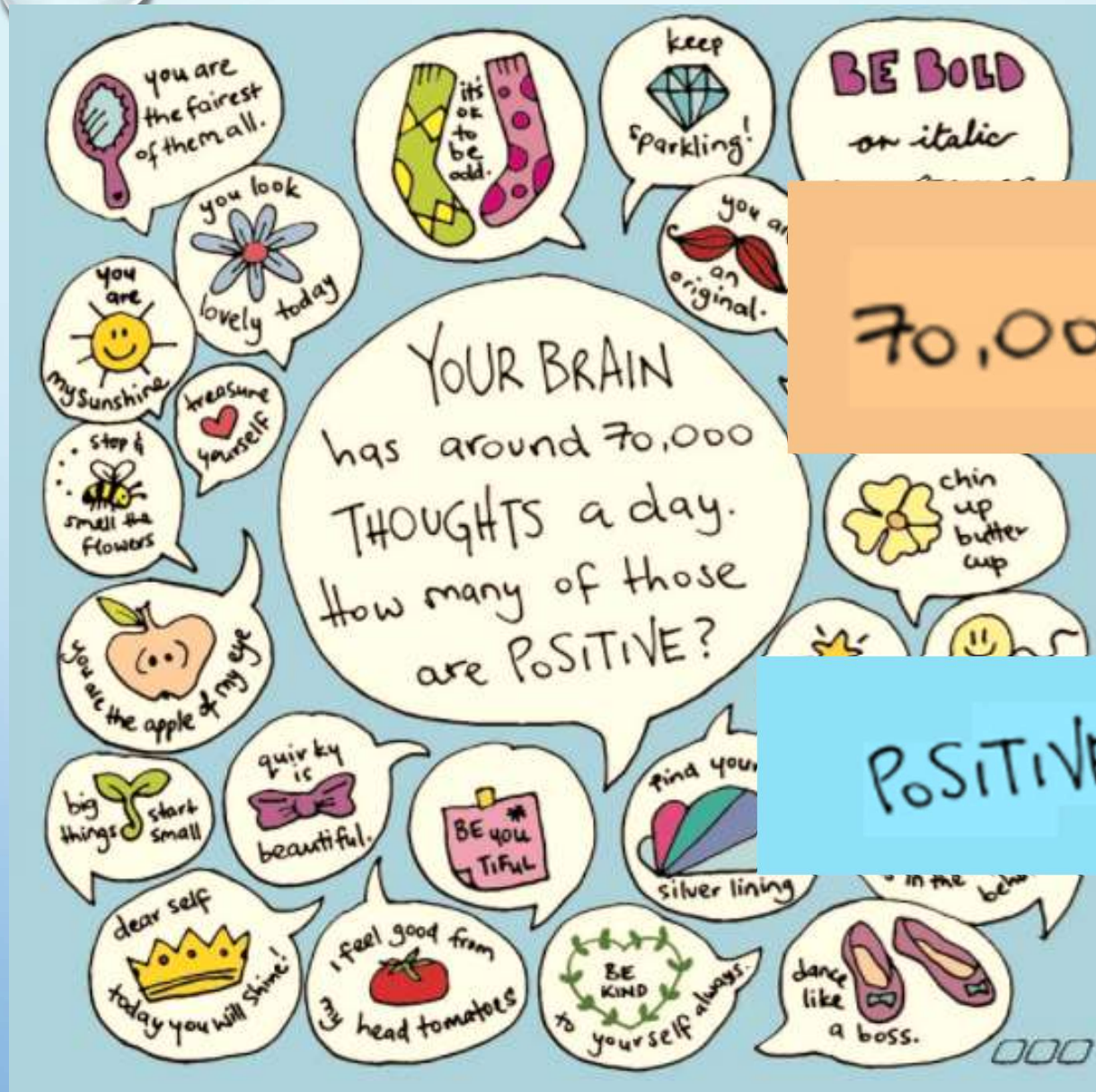
我注定
失敗

老師肯定唔
LIKE我

父母肯定
會怪我

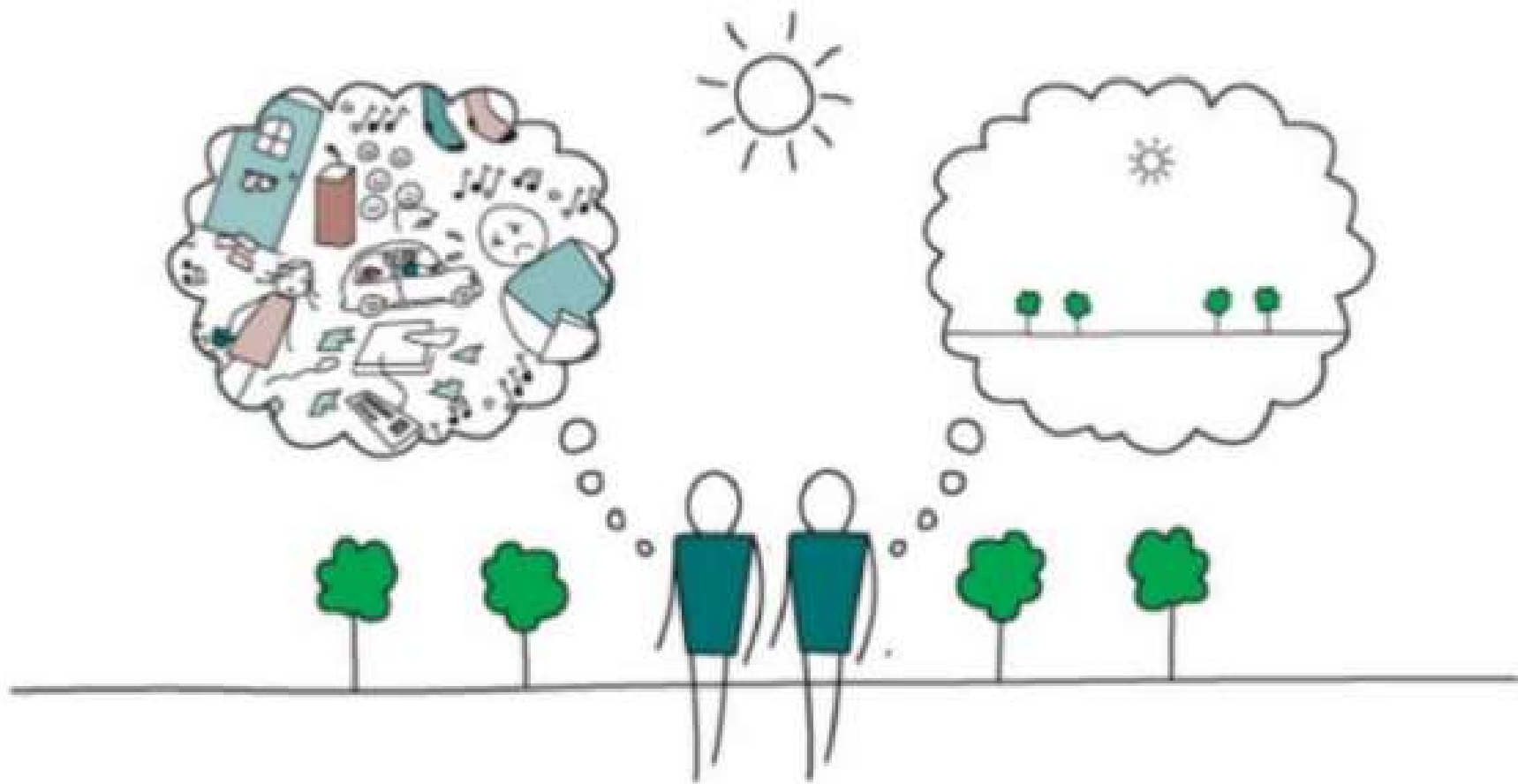
我好冇用...





70,000

POSITIVE?



Mind Full, or Mindful?



靜觀減壓課程



Center for Personal Growth & Crisis Intervention
個人成長及危機處理中心

Tel: 2300 8619 Fax: 2713-6229

Email: clinpsyservices@ha.org.hk

Website: <http://www.ha.org.hk/oasis>

1/F, Centre for Health Protection, 147C Argyle St., Kowloon

靜觀減壓課程

導師：馬淑華博士(Shuk-wah Helen Ma, Ph.D.)

「靜觀減壓課程」於一九七九年在美國麻省大學醫學院的減壓診所創辦以來，不少研究顯示此課程能幫助人應付生活壓力，減低抑鬱和焦慮，提高免疫能力，活得更輕鬆快樂。全球已有超過二百所醫院、診所和醫學研究中心舉辦此課程，數以萬計的人因修習靜觀而得益。



醫院管理局
HOSPITAL
AUTHORITY



靜觀減壓課程

Mindfulness
Based
Stress
Reduction

靜觀
減壓
課程

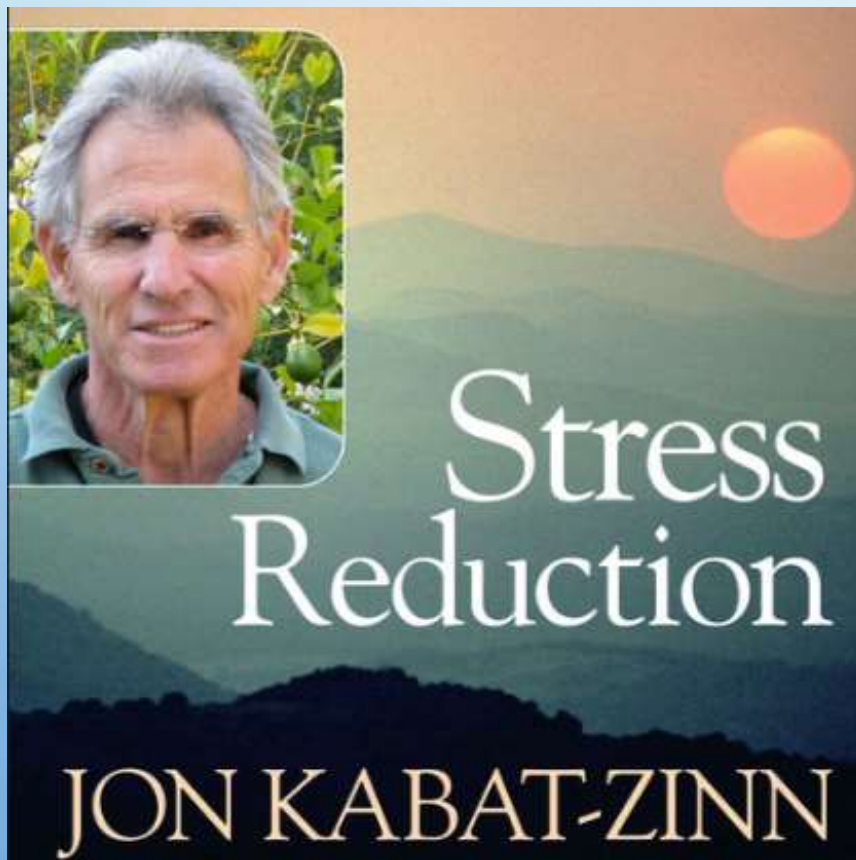
- 提高定力及覺察力
- 增進工作效力

- 令思想更清晰
- 增強應變能力

- 減壓
- 改善溝通技巧



<https://drive.google.com/uc?authuser=0&id=190BP8291GdAvYwHLoRf5gj8x-YingTY5&export=download>





MBSR 的創立

於 1979 年，由「美國麻省大學醫學中心」附屬「減壓門診」的 Jon Kabat-zinn 博士所創立。

門診於 1995 年擴大為「正念中心」(Center for Mindfulness in Medicine, Health Care, and Society，簡稱 CFM)



Center for Mindfulness
in Medicine, Health Care, and Society



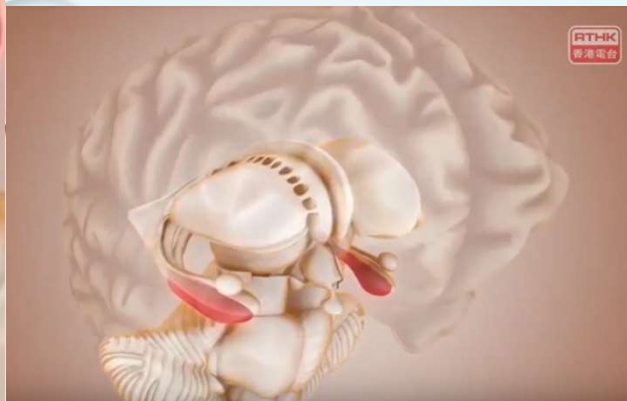
完成後，參加者生理上的毛病
大約減少百分之三十五
至於心理和情緒的問題
大約減少百分之四十

薩奇 聖多維利 教授
麻省大學

Prof. Saki Santorelli
University of Massachusetts



海馬體
Hippocampus



增加了百分之五



杏仁體
Amygdala

縮小了百分之五



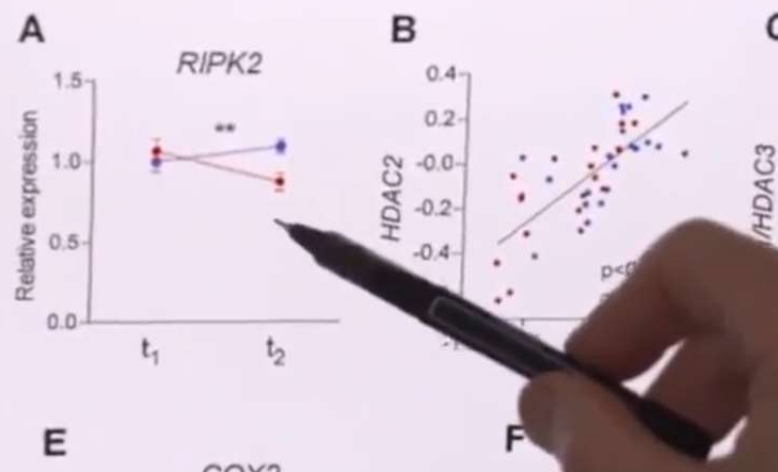
莎拉 勒沙
哈佛大學 助理教授

Sara Lazar

Assistant Professor, Harvard University

靜觀減壓法確實能改變大腦的形狀

Rapid changes in histone deacetylases and inflammatory genes



靜觀減壓法對 *RIPK2* 基因帶來影響

李察 大衛遜 教授
威斯康辛大學

Prof. Richard J. Davidson
University of Wisconsin

絕對不能

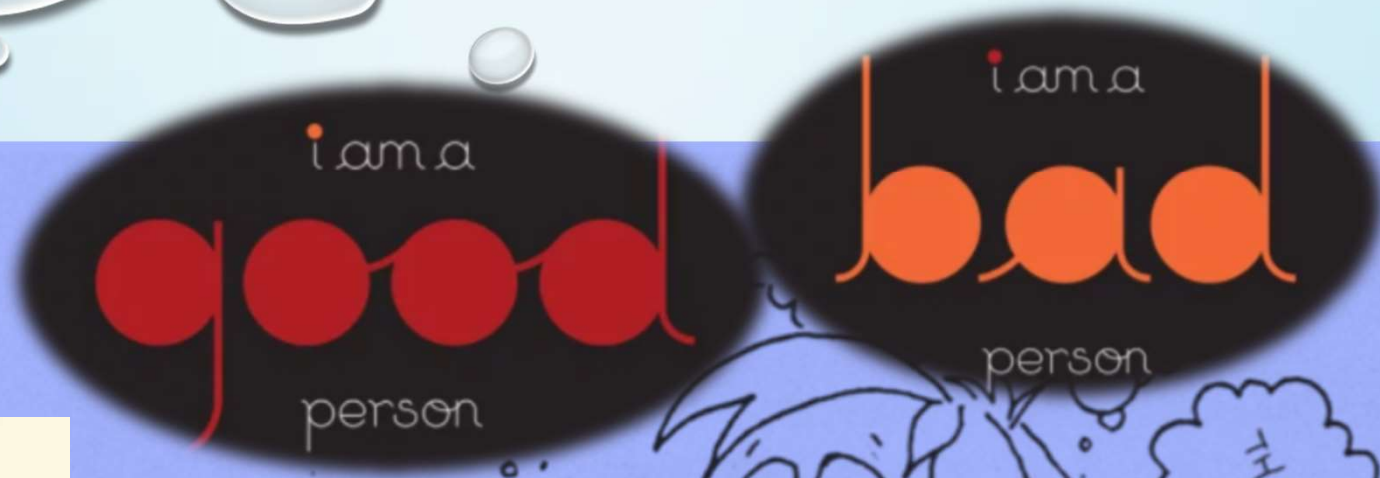
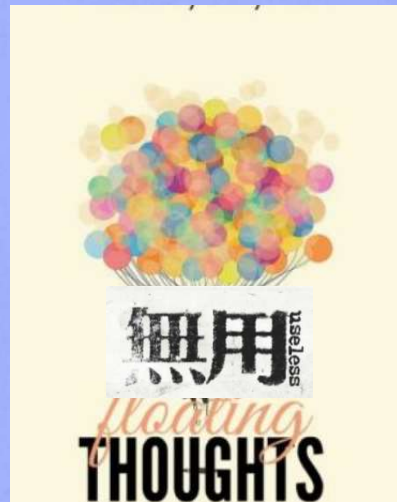
想

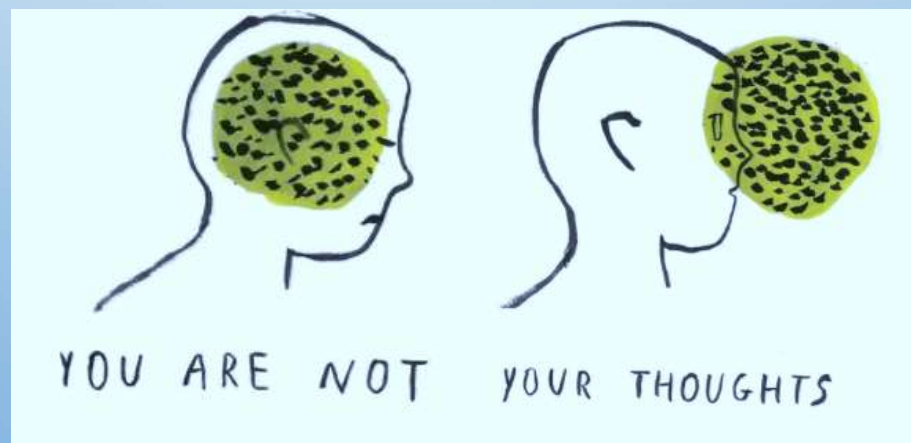
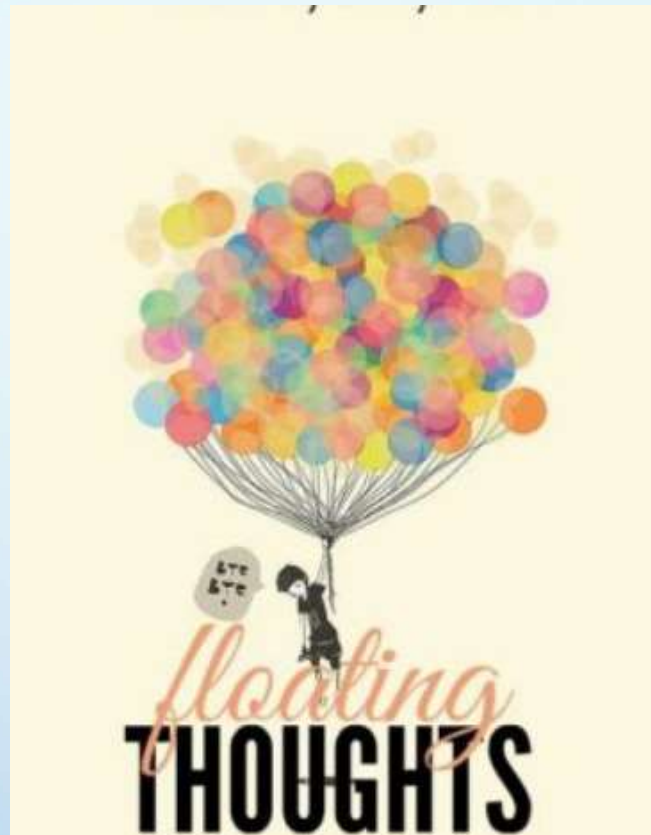


Let Go

Go





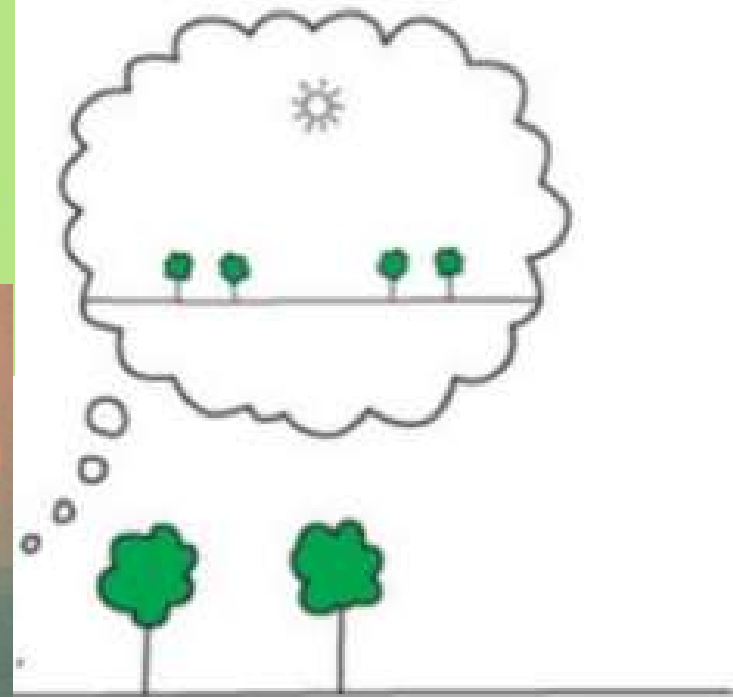


“Mindfulness means
paying attention
in a particular way;
On purpose, in
the present moment,
and non-judgmentally.”



Stress Reduction

JON KABAT-ZINN

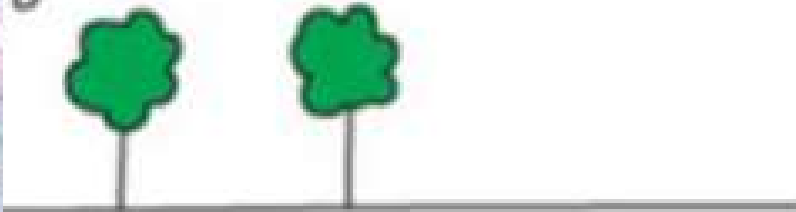
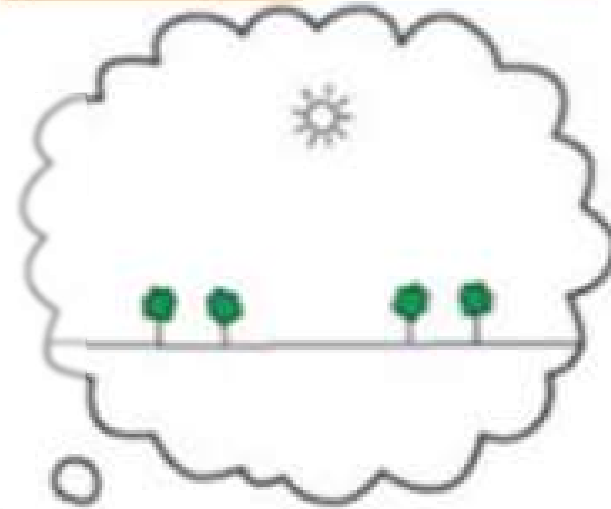


Mindful

静观其变



Let Come



Mindful

心灵技巧

ATTENTION

WHAT'S GOING ON INSIDE ME AT THIS MOMENT?



唔想啱或唔啱 只觀察

Don't analyze, just watch. ~Eckhart Tolle







Surviving an Emotional Storm

healingfrombpd.org



根深不怕風移動
情緒風暴也不怕

負面思想及情緒

靜觀其變



負面思想及情緒

靜觀其 (負面思想及情緒的) 變

Feelings are just
visitors.

Let them come
and go. ⌚



負面思想及情緒

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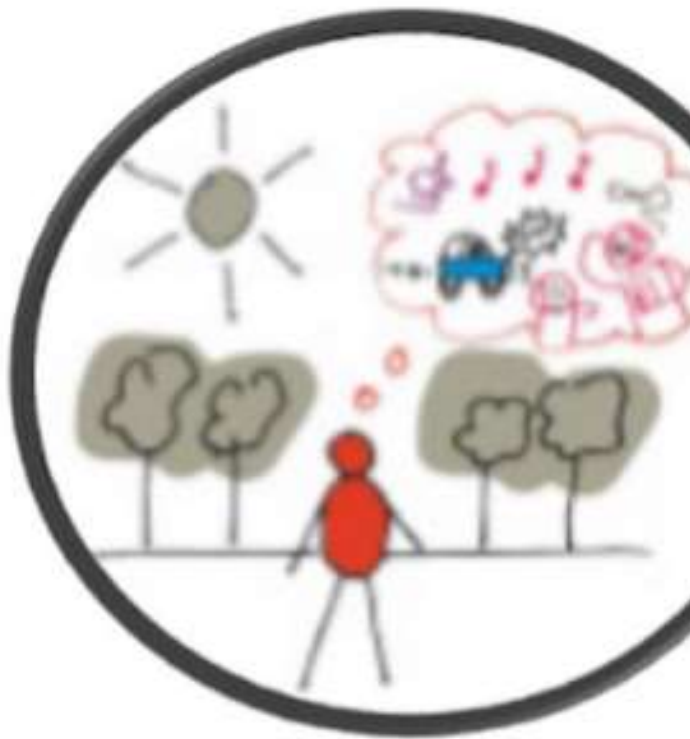
個人意識

變

靜

Personal
Consciousness





Mindless



Mindful



Ethereality

超逸

姑妄正念妄念止
靜觀其變自變靜

未完待續

to be continued...

