



MEDITATION, MINDFULNESS, ACCEPTANCE, & HYPNOSIS

Definitions:

- **Meditation** can be defined as a means or technique to focus on or process the contents of consciousness. Formal meditative states provide a means to concentrate awareness to a degree that, at its highest level, one releases thoughts and emotions to reach a state of equanimity and mindfulness.
- **Mindfulness** can be defined as a focused, non-judgmental, relaxed state of present being that combines attention and awareness such that one experiences the purest state of At-Oneness through the process of freedom from attachment, reaction, or preconception. The mindful meditative state can exist as a formal meditative state or as a life practice. Either way, when in a state of mindfulness, the individual practices a state of awareness free from attachment such that he or she exercises a position of involved neutrality or impartiality. This enables the individual to observe life with clarity and progressively more accurate perceptions of what arrives, lingers, and dissipates during each present moment.
- **Hypnosis** can be defined as attentional focus directed to the point to achieve an altered state of consciousness. This is often done through the use of suggestions to achieve specific goals by utilizing the unconscious processes brought about through that altered state of consciousness.

Interactions of the Modalities: Whole as Greater Than the Sum of the Parts:

All of these methods can be useful for bringing about a sense of calm, relaxation, awareness of the present moment, freedom from negative or intrusive thoughts, alleviation of depression, anxiety, increased rates of healing and immune function, etc. However, hypnosis, because of the implementation of specific suggestions, can be more clearly applied when trying to reframe conscious or unconscious thought patterns, for example, whereas mindfulness and meditation might be seen to be more obvious techniques for building up skills in releasing attachment to the thoughts themselves or in ruminations, for instance.

Since all of these 3 modalities involve focus of attention, release from previous response sets, and directed states of altered consciousness to allow for deeper experiences of the present, the development of skills in each furthers the development of all three.

When individuals learn to enhance their abilities in terms of staying present and focused on or mindful of the present, with less attachment to the past or future and less judgment, therapy or healthcare treatment can progress more efficiently. Without ruminating thoughts, habits, or the replaying of stories or emotions, it is much easier to clarify intentions and to move forward from a place of clarity and choice rather than from a response set that colors the best decisions or ideas of the moment.

Some Simple Applications:

- Simply understanding the key concepts of Mindfulness, Hypnosis, and Meditation and how they are operationalized in theory can be very helpful. It may give an individual a



directed goal for new or refined thinking. This can be seen as cognitive reframing in general or specific ways.

- In Classical Mindfulness, there is a strong correspondence, in my opinion, between the labeling stage and the experience of dissociation that one achieves in the deep trance state of Hypnosis and the deepest stages of Meditation. It can be especially helpful to understand the difference between labeling yourself in a way that constricts you (e.g., “I am afraid,” “I am sad”) versus labeling the process as is done in Mindfulness (e.g., “I am feeling”). The Mindfulness method allows for a movement of energy because it does not define you as a state of being. Instead it defines an active process that is moving. It is not attached and gives you the freedom to observe without judgment. In a similar way, when individuals are in a deep hypnotic trance, they often experience a state of hearing the hypnotists voice, observing occurrences or sensations or feelings from a place of non-attachment. Once clients have these experiences and feel a sense of control from the act of practicing these forms of self-mastery, I find that they begin to feel empowered, calmer, and are more able to then discuss ways of applying these concepts and techniques to everyday life.
- I attempt to approach my clients and those with whom I interact from a place of mindfulness and you might find that it alleviates some of your stress to do the same. I attempt to adopt an attitude of non-attachment and lack of judgment to the stories, response sets, or emotions being expressed. I am personally motivated to set my intention to adopt this mindful way of living and interacting and find that, the more that I do, the calmer and happier I am.
- I often record a short (even 5 minute) practice of mindfulness or hypnosis and encourage clients to practice these techniques throughout the day. You can practice these techniques on your own.

5 Stages of Classical Tibetan Mindfulness:

- Attention
- Awareness
- The bringing together of Attention and Awareness
- Labeling
- At-Oneness (falling into the Gap)

References:

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