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"Mindfulness-based meditation and yoga can help restore both a patient's mental and physical health and can be effective alone or in combination with other treatments such as therapy and medication." Reference. Cynthia Marske, Samantha Shah, Aaron Chavira, Caleb Hedberg, Raelin Fullmer, Christopher James Clark, Olivia Pipitone, Paulina Kaiser. (2020). Mindfulness-Based Stress Reduction in the Management of Chronic Pain and Its Comorbid Depression. *The Journal of the American Osteopathic Association*, 120 (9): 575 DOI: 10.7556/jaoa.2020.096. Follow me on Twitter. I am the author of 40 nonfiction books, including #CHILL: TURN OFF YOUR JOB AND TURN ON YOUR LIFE (William Morrow) and the long-selling CHAINED TO THE DESK: A GUIDEBOOK. Read More. The effect of mindfulness meditation (MM) on attentional control in emotional contexts was examined. In Study 1, MM practitioners (N = 28) categorized. The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84, 822-848. PubMed Article Google Scholar. Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress and levels of cortisol, dehydroepiandrosterone sulfate (DHEAS) and melatonin in breast and prostate cancer outpatients. *Psychoneuroendocrinology*, 29, 448-474. PubMed Article Google Scholar. Carlson, L. E., Ursuliak, Z., Goodey, E., Angen, M., & Speca, M. (2001). Tripathi, Manish Kumar 2013. The Impact of Yoga on Physiological Wellness of Human Being. SSRN Electronic Journal, CrossRef. Measuring mindfulness in insight meditation (Vipassana) and meditation-based psychotherapy: the development of the Freiburg Mindfulness Inventory (FMI). *Journal for Meditation and Meditation Research*, 1, 11-34. Kabat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain based on the practice of mindfulness meditation: theoretical considerations and preliminary results. Mindfulness-based cognitive therapy for depression: replication and exploration of differential relapse prevention effects. *Journal of Counseling and Clinical Psychology*, 72, 31-40. Miller, J., Fletcher, K. and Kabat-Zinn, J. (1995). This study assessed the effectiveness of meditation, yoga, and mindfulness on symptoms of depression, anxiety, and stress in tertiary education students. Methods: We searched Cochrane Central Register of Controlled Trials (CENTRAL), PubMed, PsycINFO and identified 11,936 articles. After retrieving 181 papers for full-text screening, 24 randomized controlled trials were included in the qualitative analysis. MBSR is different from Mindfulness-Based Cognitive Therapy (MBCT) as it includes cognitive therapeutic elements such as cognitive restructuring and is aimed at reducing depressive relapse (14). Yoga is defined as a variety of practices which includes postures, breathing exercises, meditation, mantras, lifestyle changes spiritual beliefs, and/or rituals (15). The Brahma Kumaris teach Raja Yoga, a meditation practice combined with spiritual self-knowledge. The meditation course is not based on a regime of physical postures but rather an insight into the workings of the mind, intellect and subconscious and the ability to apply this knowledge in everyday situations. Know More. Events & Workshops. Brahma Kumaris employs spiritual tools & principles to create courses and events for free of charge. If you are interested in seeing what is going on or would like to attend any of our events, please check below links. Upcoming Events.