



Free Mindfulness -

A project in collaboration

Peter Morgan, 2nd year trainee, writes about his interest in mindfulness and the creation of www.freemindfulness.org

What is mindfulness?

Mindfulness can be defined as, “paying attention in a particular way: on purpose, in the present moment, and non-judgementally” (Kabat-Zinn, 1994, p. 4). Mindfulness training involves a process of becoming more aware of our moment to moment experiences and cultivating a more curious, compassionate and accepting stance to these experiences.



What is the Free Mindfulness project?

Free Mindfulness is a website that acts as a central location for free mindfulness resources. It is a project of collaboration whereby those who have produced mindfulness resources can share their audio files on the site.

Why did you think of setting up this website?

In my work with service users and staff members I found it difficult to locate mindfulness exercises that were free to distribute and of a good quality. On occasions I have recorded mindfulness exercises myself, to provide an exercise that was tailored to the needs of an individual. However, recording audio files can be time consuming and it has not always been possible to provide mindfulness exercises to suit each person. Through discussion with other mindfulness practitioners I came to realise that many people had similar experiences and had produced their own recordings. This led me to think that across the world there must be many people who would be willing to share their hard work so that others could benefit, and thus a library could be created of many different mindfulness exercises to meet a variety of needs.

Where did your interest in mindfulness start?

My interest in mindfulness dates back to studying Buddhism at college – many of the concepts from Buddhism resonated with me as ways to reduce suffering and increase wellbeing. Whilst at University I was considering how Buddhist concepts might be used in psychological therapies and was fortunate to come across a book on mindfulness-based cognitive therapy (Segal, Williams & Teasdale, 2002), which integrates mindfulness and cognitive behavioural approaches in a group program designed to reduce episodes of depressive relapse. Since then I have attended a number of mindfulness courses for personal and professional development,

maintained a personal practice, and used mindfulness in some of my work as a trainee with individuals and groups.

How is the project coming along?

It is still early days for the website and I hope that the site continues to grow over the next few months and years. However, because the response so far has been really encouraging with contributions coming from individuals and organisations in the UK, Ireland, the US and Australia, we now have over twenty mindfulness meditations available for free download. The site is now averaging over three hundred hits a month and visitors are downloading more than one hundred audio files within the same period. Feel free to take a look, use the resources and let us know what you think. We are always looking for new collaborators as well, so if you feel you have something you would like others to be able to use then get in touch. Above all else I hope that the site is useful to you and others in gaining easy access to mindfulness exercises.

Check out the site here: www.freemindfulness.org

References

- Kabat-Zinn, J. (1994). *Wherever you go, there you are: mindfulness meditation in everyday life*. New York: Hyperion.
- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*. New York: Guilford Press.