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Awake Mind Mindfulness Newsletter Fall 2012



Dear Julie,

This quarterly newsletter focuses on **mindfulness with death and dying**, including two research studies and a selection of resources.

Hope you are enjoying Autumn!
Julie Greene

Research on Mindfulness and Mortality

Research Papers

Curiosity enhances the role of mindfulness in reducing defensive responses to existential threat.

Kashdan, T.B. et al, *Personality and Individual Differences*, 2011, 50, 1227-1232

[Link to Free PDF Download](#)

Being Present in the Face of Existential Threat: The Role of Trait Mindfulness in Reducing Defensive Responses to Mortality Salience

Niemiec, C.P. et al, *Journal of Personality and Social Psychology*, 2010, 99 (2), 344-365

[Link to Free PDF Download](#)



Short Summaries of Research

Confronting Death with an Open, Mindful Attitude

Todd B. Kashdan, Psychology Today Blog, Feb. 21, 2011

[Link to Free Online Article](#)

Being 'Mindful' Can Neutralize Fears of Death and Dying

Science Daily, Feb. 28, 2011

[Link to Free Online Article](#)

Resources on Mindfulness and Dying

Video

Mindfulness Death & Dying

Frank Ostaseski. FACES Conference, Oct. 13, 2011

[Link to Free Video](#)

Compassion and the True Meaning of Empathy

Joan Halifax. TedTalks, Sep. 2, 2011

[Link to Free Video](#)

Conscious Living, Conscious Dying

Stephen Levine. Interview with Jeffrey Mishlove, Aug. 23, 2010

[Link to Free Video](#)

Audio

Being with Dying

by Joan Halifax at upaya.org
[Link to Free Material](#)

Help with Hospice & Palliative Care

Belleruth Naparstek
[Link to Audio Purchase](#)

Articles

The Hard Work of Dying

Stan Goldberg
[Link to Free Online Article](#)

Looking at Death We Find Life

Elisha Goldstein Blog, April 21, 2010
[Link to Free Online Article](#)

Guided Meditations to Read Aloud

by Stephen Levine at livingdying.org
[Link to Free Material](#)



Mindfulness, Meditation & EMDR

Advanced EMDR Workshop: 12 CEUs
with Julie Greene, LPC
-- let your friends and colleagues know --

Seattle, Washington

November 9-10, 2012 (Friday & Saturday)

Marina del Rey, CA (Los Angeles area)

February 2-3, 2013 (Saturday & Sunday)

Regular Fee: \$350. Early Bird: \$300.

(Limited to 24 participants so register early)
[more info](#)



Intensive Meditation Retreat

with Julie Greene, Neil McKinlay & Reggie Ray
in Crestone, Colorado

December 16, 2012 - January 13, 2013

Winter Dathün: Entering Sacred World

Through structured training in the practice of meditation, Dathün challenges us to enter a world of openness, wisdom, and joy. Under the guidance of Senior Dharma Ocean Teachers, we will use the somatic practices developed by Dr. Reggie Ray to settle into the body, open the heart, and discover the limitless depths within each of us. Come for weekly segments or the full month. [More Information.](#)



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