

# WELCOME!

*Mindfulness In Healing : The Path to Well-being*

Integrating Ancient Wisdom and Modern Science

Jerome Freedman, PhD, CMT, OI  
May 27, 2025

# Mini Mindfulness Break



*Mindfulness In Healing*

# Invocation

This life is the gift of the whole universe: the earth, the sky and many generations.

May we live in mindfulness in order to enjoy the wonders of life and awaken from our illusion of separateness.

# Program

1. **Understanding Mindfulness in Healing** – An introduction to mindfulness and its role in promoting physical and emotional well-being.
2. **Scientific Evidence** – A review of research supporting mindfulness practices in reducing stress, managing pain, and accelerating recovery.
3. **Mind Stories & Guided Meditation** – Engaging narratives and personal experiences to illustrate the power of mindfulness, followed by a guided meditation session to help participants experience mindfulness firsthand.
4. **Integration into Daily Life** – Strategies for incorporating mindfulness into daily life for long-term benefits and incorporating the **7 Principles of Mindfulness In Healing**.



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# Evolution of Mindfulness In Healing

- Evanston 1972 – Met Father Eli
- San Francisco 1975 – Hanging out with Gabrielle Roth
- 1976 – Micah in the hospital – guided meditations = “mind stories”
- Personal Will (Just Knowing) led to Sheldon Ruderman and the tv shows
- 1985 – Thich Nhat Hanh in Berkeley → *Old Path, White Clouds*
- 1997 – Cancer → Retreat → sangha
- 2020 – Enrolled MMTCP → TSM → MMT → RR

# Micah's Story

- Wilm's Tumor in 1976 at age 7
- No one thought he would survive (except me)
- Doctors let us use whatever alternative treatments we wanted
- Trained Micah to do "Mind Stories" – guided meditations for children
- Hired Dr. Sheldon Ruderman for therapy and mind stories

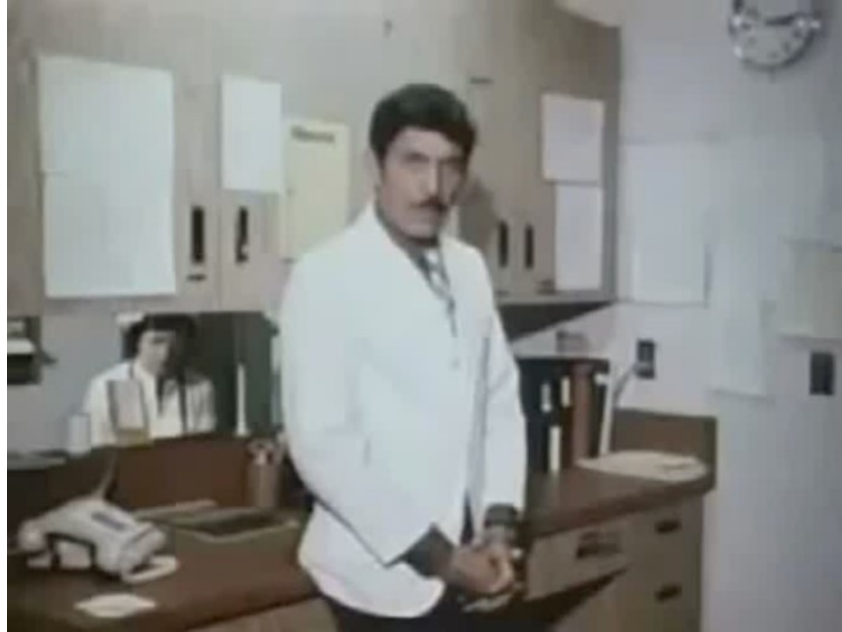


# Micah's Story



- Branson school
- Stanford University
- Lived in New York for 17 years
- 56 years old
- Daughter Ada – 6 years old

# Can Your Mind Cure Cancer?



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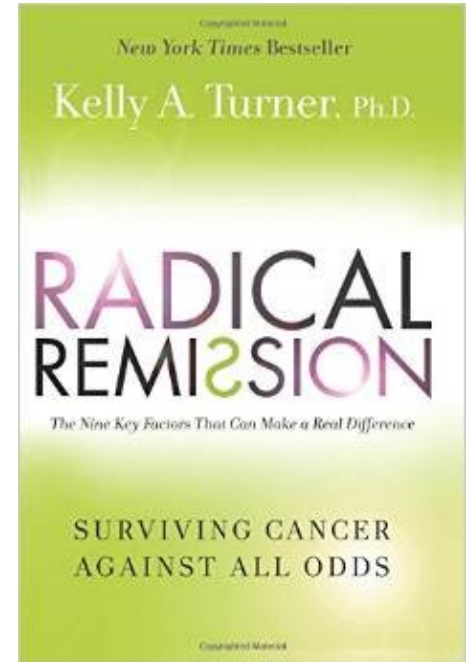
# My Story

- 1997 – Muscle Invasive Bladder Cancer
- Research
- Shipley Protocol
- Michael Broffman
- Homeopathy
- Guided Imagery
- Anna Halprin
- 2003, 2010 – BCG
- 2013 – MBIC again
- Dr. Meng
- Neoadjuvant Chemotherapy
- Dr. Rossman - acupuncture
- Homeopathy
- Massage
- BCG
- 2018 – Kidney failure
- Immunotherapy - Keytruda

# Scientific Evidence

- Research by Dr. Kelly Turner found 10 factors that Radical Remission survivors adopted
- These factors mapped directly into the 7 Principles of Mindfulness In Healing that I developed and wrote about
- Kelly Turner had this to say about my book, *Healing with the 7 Principles of Mindful*:

“Dr. Freedman speaks from experience, both as a cancer survivor himself, and the father of a Radical Remission cancer survivor. His book, *“Healing with the 7 Principles of Mindfulness”* gives readers a nurturing, helping hand throughout the entire cancer journey, especially with regard to developing a meditation practice. —**Kelly Turner**, PhD, Author of the NYTimes Bestseller *“Radical Remission: Surviving Cancer Against All Odds”*”



# 10 Radical Remission Factors vs. 7 Principles of Mindfulness

## Radical Remission

1. Changing your diet
2. Empowering yourself
3. Following your intuition
4. Herbs and supplements
5. Releasing suppressed emotions
6. Increasing social support
7. Increasing positive emotions
8. Deepening spiritual connection
9. Having strong reasons for living
10. Exercise & Movement

## 7 Principles of Mindfulness

1. Be your own advocate
2. Investigate alternatives
3. Make health-promoting lifestyle changes
4. Practice daily meditation
5. Create your own medical team
6. Reach out to others
7. Give back

# Harvard Pilot Study

## Harvard Publishes Results on Radical Remission Study



**HARVARD**  
**T.H. CHAN**

**SCHOOL OF PUBLIC HEALTH**

Department of Epidemiology

FOR IMMEDIATE RELEASE - NOV 1, 2024

### **Harvard Study Shows Mind-Body Program Improves Cancer Patients' Quality of Life for at least 6 Months**

BOSTON, MA — A groundbreaking study led by researchers from [Harvard T.H. Chan School of Public Health](#) has demonstrated that a mind-body intervention program improves the quality of life for cancer patients, with benefits lasting at least six months after the intervention.

The research results, published in the 2024;23 issue of [Integrative Cancer Therapies](#) found that participants in the Radical Remission Multimodal Intervention (RRMI) workshops showed a **7.7% improvement in overall quality of life**, as measured by the Functional Assessment of Chronic Illness Therapy—Spiritual Well-Being Scale (FACIT-Sp), after 1 month, **increasing to 10.8% after 6 months**. This benefit was seen across demographics, including gender, ethnicity, BMI, and age.

"This pilot study provides supporting evidence to the scientific community that simple lifestyle changes can be taught to cancer patients in a **short and effective way that leads to positive effects on their quality of life, lasting at least 6 months**," said lead author Junaidah Barnett of Harvard T.H. Chan School of Public Health's Department of Nutrition, and of Health and Healing Research Education and Service.

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# What is Mindfulness?

“Mindfulness means  
paying attention in a particular way;  
on purpose,  
in the present moment, and  
nonjudgmentally  
as if your life depended on it.”

-Jon Kabat-Zinn,  
founder of Mindfulness-Based Stress  
Reduction (1979)



# The Buddha's Mindfulness

Mindfulness supports the moment-to-moment intention to not cause harm, to be kind, and to renounce those thoughts and actions that lead to heedlessness. Without wise intention and wise understanding, mindfulness is aimless, and therefore not the Buddha's.

-Phillip Moffitt



# Benefits of Mindfulness

- Reduces stress
- Can help you lose weight
- Helps to achieve goals
- Provides symptom relief
- Aids in anger control
- Allows you to sleep better
- Increases self-confidence
- Improves mood
- Regulates blood pressure
- Improves general sense of well-being
- Reduces heart disease
- Improves relationships



# Healing vs. Cure

- Healing is the process of the restoration of health for someone who is unbalanced, diseased or damaged
- Cure is the end result of the healing process
- One can be healed, and not cured
- One can have a “Radical Remission”



# Healing Resides in the Heart

The healing power of the spirit naturally follows the path of the spirit. It abides not in the stone of fine buildings, nor in the gold of images, nor in the silk from which robes are fashioned, nor even in the paper of holy writ, but it abides in the ineffable substance of the mind and the heart of man.

- The Dalai Lama, "Brief Teachings "



# What is Meditation?

Meditation is the process of exercising the mind in such a way that brings about mindfulness.



# Types of Mindfulness Meditation



- Sitting meditation
- Mindfulness of breathing
- Mindfulness Breaks
- Guided meditation
- Body scan
- Walking meditation
- Mindful eating
- Sound meditation
- Dance
- Contemplations
  - Gratitude meditation
  - Loving kindness meditation
  - Forgiveness meditation

# Sitting Meditation

- Find a comfortable position
- Choose an object of meditation (breath, mantra, phrase, sound, etc.)
- Take a few relaxing deep belly breaths
- Focus your attention on your object
- When you loose track of your object, notice that and bring your mind back to your object

# Mindfulness of Breathing

- Find a comfortable position
- Take a few relaxing deep belly breaths
- When you breathe in, note that you are breathing in
- When you breathe out, note that you are breathing out
- When you loose track of your breath, notice that and bring your mind back to your breathing

# Mindfulness Break

Have you ever taken a coffee break or a lunch break?

Why not take a mindfulness break?

A **mindfulness break** is a period of mindfulness, a period of living life deeply in the present moment which can be practiced anywhere, any time from a moment, to a minute, to ten minutes, to a couple of hours, to a weekend, to a week, to several months or years.

Here is an example: take a breath in and out, then read this quote: “*We are here to awaken from our illusion of separateness.*” Then think about it for a moment. Then return to whatever you were doing.

Sign up for Mini Mindfulness Breaks at [www.mindfulnessbreaks.com](http://www.mindfulnessbreaks.com).

# Guided Meditation

- A guided meditation is generally led by a qualified individual
- Similar to guided imagery
- You'll be guided to a space in which you feel totally calm and relaxed
- Follow the instructions and take what you get
- Download the *Insight Timer* app for many guided meditations
- Visit [www.mountainsangha.org/first-mindfulness-meditation-practice/](http://www.mountainsangha.org/first-mindfulness-meditation-practice/) for a series of guided meditations on mindfulness of breathing

# Guided Meditation



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# Body Scan

- A *body scan* is a special kind of guided meditation
- Usually done lying down
- Some teachers begin at the toes and slowly work up to the top of the head
- Others will begin at the top of the head and work down to the tips of the toes
- Each teacher has his/her own way of doing it

# Walking Meditation

- In walking meditation, you pay attention to every step that you take and notice the wonders of life in and around you
- For me, this has been a wonderful practice
- Inspired by a poem I wrote in 1997, I use the following words:
  - When I lift my left foot, I think “Healthy”
  - When I lift my right foot, I think, “Free”

# Healthy, Free

Lying still  
Breathing in, breathing out  
Healthy cells grow all by themselves  
I am free of cancer!

Inspired by:

Sitting quietly  
Doing nothing  
Spring comes  
And the grass grows all by itself

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# Mindful Eating

- Mindful eating is the practice of paying attention to each bite of food you take.
- It is contemplating the origin of the food.
- We think about such questions as, where did it come from? How did it get here? Who raised the food for us? What were the circumstances under which it was raised?

# Mindful Eating Guide

- **Slow down** and enjoy every minute of your meal
- **Plan a healthy diet**
- **Completely avoid** soft drinks of any kind, alcoholic beverages, and GMO foods
- **Between each bite**, put down your fork, spoon, or sandwich while you chew each bite of food completely
- **Be grateful** for the food that is on your table

# Mindful Eating Inspiration

*This food is the gift of the whole universe: the earth, the sky, numerous living beings, and much hard, loving work.*

*May we eat with mindfulness and gratitude so as to be worthy to receive it.*

*May we recognize and transform our unwholesome mental formations, especially our greed, and learn to eat with moderation.*

*May we keep our compassion alive by eating in such a way that we reduce the suffering of living beings, preserve our planet, and reverse the process of global warming.*

*We accept this food so that we may nurture our sisterhood and brotherhood, strengthen our community and nourish our ideal of serving all living beings.*

# Sound Meditation

- Two basic types of sound meditation:
  - Mantra meditation in which your object of meditation is the mantra (word or phrase) you were given by your teacher
  - Listening to music which inspires deep relaxation, calm and peace
- I have used both over the years and they are great

# Sound Meditation Varieties

- Binaural Beats
- Tibetan bells / singing bowls
- Nature sounds like waterfalls, streams, oceans, birds and animals
- Relaxing piano pieces
- Chanting of mantras and traditional prayers



# Dance Meditation

- Chaotic meditation
- 5 Rhythms
- Ecstatic Dance
- Artistic Dance (Anna Halprin – 98 years old)

# Contemplations

- Take a concept or typical virtue as your object of meditation, for example
  - Gratitude
  - Impermanence
  - Interbeing
  - Unsatisfactoriness aka suffering
  - Loving kindness
  - Compassion
  - Sympathetic joy
  - Equanimity
  - Love
  - Forgiveness
  - Generosity
  - Patience
  - Ethics
  - Peace, joy and happiness
- Articles on these topics can be found at [www.mountainsangha.org](http://www.mountainsangha.org).

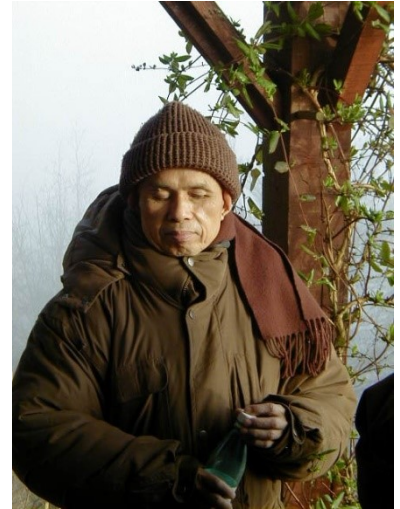
# WIIFM: Practical Applications

Two examples of the applications of these principles:

- Micah Freedman
- Jerome Freedman

# About Jerome Freedman, Ph. D.

- PhD in Computer Science
- Two Masters Degrees in Physics
- Had unexplained experiences growing up
- Began studying yoga in 1971: Swami Rama
- Went to India in 1975, 2000 and 2006
- Followed Thich Nhat Hanh since 1984
- Became OI member in 2008
- Founded Mindfulness in Healing support group in 2009



# Healing Cancer with Your Mind

- Healing Cancer with Your Mind:  
7 Strategies to Help YOU Survive
- Website:  
<https://mountainsangha.org/healing-cancer-mind/>

## Healing Cancer with **Your Mind**

*7 Strategies to Help YOU Survive*



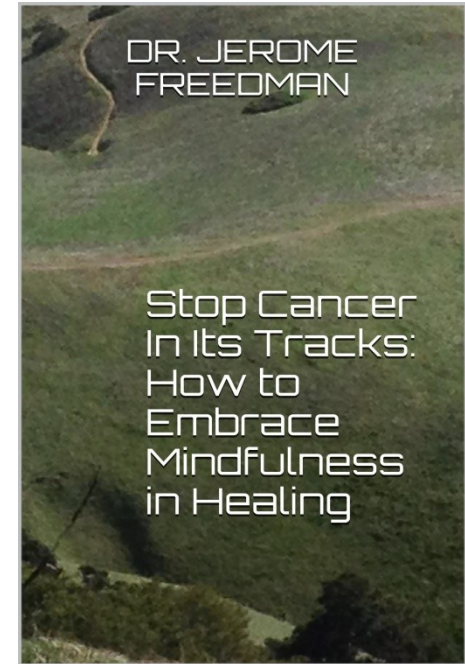
Jerome Freedman, PhD

*Foreword by Martin Rossman, MD*

*Mindfulness In Healing*

# Stop Cancer in Its Tracks

- Stop Cancer in Its Tracks: How to Embrace Mindfulness in Healing Yourself
- Website:  
<https://mountainsangha.org/stop-cancer-tracks>



# How to Use Mindfulness to Be Happy!

- How to Use Mindfulness to Be Happy!
- Website:  
<https://mountainsangha.org/2behappy>

## How to Use Mindfulness to Be Happy!



**Jerome N. Freedman, Ph.D., CMT**

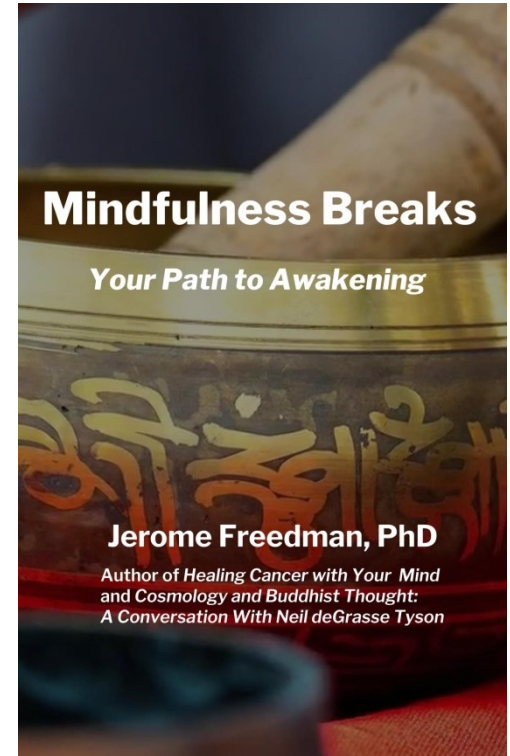
Forward by Dharma Teacher, Eve Decker

Author of *Cosmology and Buddhist Thought:*  
A Conversation with Neil deGrasse Tyson

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# Mindfulness Breaks

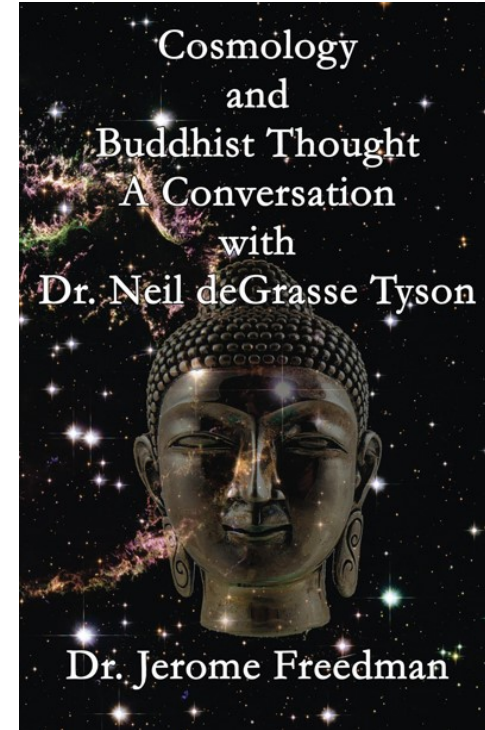
- Mindfulness Breaks: Your Path to Awakening
- Website:  
<https://www.mindfulnessbreaks.com/mindfulness-breaks-your-path-to-awakening/>





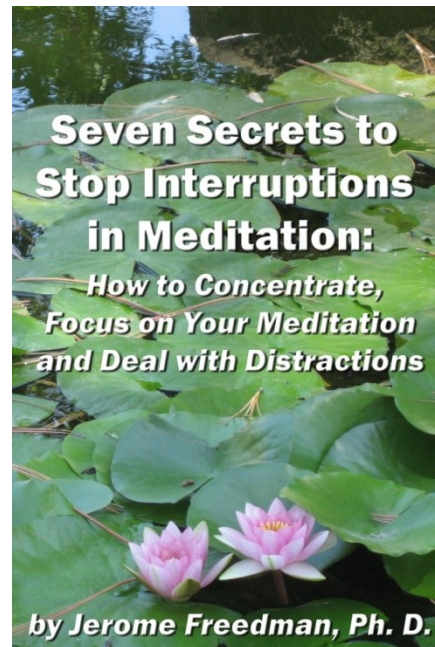
# Cosmology and Buddhist Thought

- Cosmology and Buddhist Thought: A Conversation with Dr. Neil deGrasse Tyson
- This book is based on an in person interview I was granted in 2011
- Website:  
<https://mountainsangha.org/cosmology-buddhist-thought>

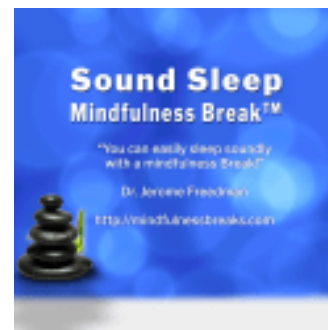


# Seven Secrets to Stop Interruptions in Meditation

- Seven Secrets to Stop Interruptions in Meditation: How to Concentrate, Focus on Your Meditation and Deal with Distractions
- Website:  
<https://mountainsangha.org/seven-secrets-stop-interruptions-meditation>



# Mindfulness Breaks



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## “Here’s My Card”

Jerome Freedman, Ph. D., C. M. T., O. I.  
Certified Mindfulness Teacher

Email: [jerome@mountainsangha.org](mailto:jerome@mountainsangha.org)

Phone: 415-299-0428

Meditation Practices and Presentation:  
<https://mountainsangha.org>

# Disclaimer

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