

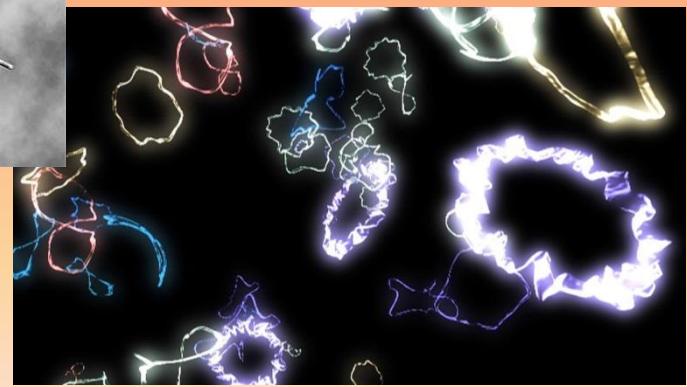
# 身心禪 科學、醫學、佛學

陳家寶醫生

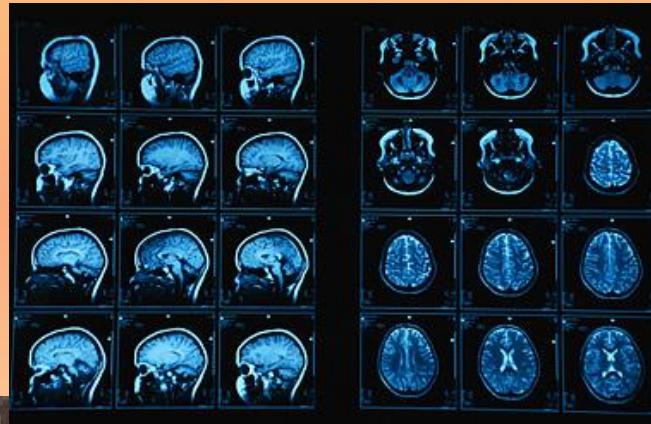
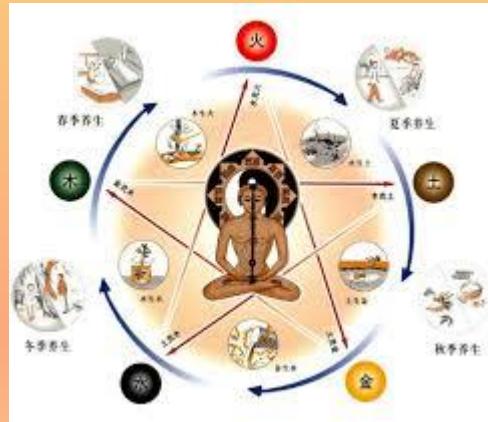
[www.mind2spirit.com](http://www.mind2spirit.com)

4 May 2015

# 科學



# 醫學 醫學



# 佛學



# 禪定的科學研究

- 影響生長因子、細胞因子、端粒（Hoge et al., 2013; Schutte et al., 2014）
- 改善心臟機能（Ankad et al., 2011; Krygier, et al., 2013; Welden, 2015）
- 增加疫苗抗體 (Fortney, 2010)
- 影響神經遞質(腦內啡、多巴胺、血清素、氨基丁酸等)和大腦功能(Arita et al., 2011; Dexter & Oropall, 2015; Ding et al., 2015; Gard et al., 2015; Jindal et al., 2013; Singh et al., 2015; Tang et al., 2015 )
- 腦成像技術，例如 fMRI，PET，SPECT 証明通過禪坐可以改變大腦結構和功能 （Chen et al., 2015; Coghlan, 2013; Fox et al., 2014; Grant et al, 2013; Hasenkamp et al., 2012; Kemmer et al., 2015; Kozasa et al., 2012; Luders et al., 2012; Saatcioglu, 2013）

# 禪修療法的醫學成果

- 醫治高血壓，冠狀動脈疾病，頭痛、慢性腰痛、關節炎、慢性哮喘，尿失禁、失眠、癲癇、癌症 (Ando et al., 2011; Black et al., 2015; Blom et al., 2014; Cvengros et al., 2015; Goldstein et al., 2012; Jeitler et al., 2015; J Kabat-Zinn, 2013; Kim et al., 2013; Sherman, 2015; Song et al., 2015)
- 對多方面的身心病如恐慌症、焦慮、抑鬱、妊娠健康等都有幫助 (Chan, 2010; Foley et al., 2010; Hofmann et al., 2010; Kim et al., 2013; Klainin-Yobas et al., 2012; Liehr & Diaz, 2010; McHugh et al., 2010; Taljaard et al., 2015; Young, 2011; Zeller & Lamb, 2011)
- 改善藥物濫用( Wang et al., 2015 )

# 坐禪對身心的好處

- 禪修的影響包括生理的反應、心理治療的效果和積極正面情緒的增長 (Morgan et al., 2015; Singh, 2015; Walsh & Shapiro, 2006)
- 食禪可以幫助糖尿病患者控制血糖 (Youngwanichsetha et al., 2014)
- 行禪有助改善情緒 (Kim & Ki, 2014)
- 正念禪修(Mindfulness meditation)可以改善人的性格和提升自我的形象 (Crescentini & Capurso, 2015)
- 慈心禪可以改善情緒，減少偏見，令人長壽 (Hofmann et al., 2011; Hoge et al., 2013; Kang et al., 2014; Shobitha & Kohli, 2015)
- 禪修可以增長同理心 (Harris, 2015; Telles et al., 2015)

# 產前健身健心運動





Chan, K.P. (2010). Spirituality and psychoeducation of pregnant Chinese women in Hong Kong : An evaluation of the effect of an Eastern based meditative intervention on maternal and foetal health status. In *Doctoral dissertation*. Hong Kong: University of Hong Kong.

# 香港華裔產婦靈性健康與心理教育之研究

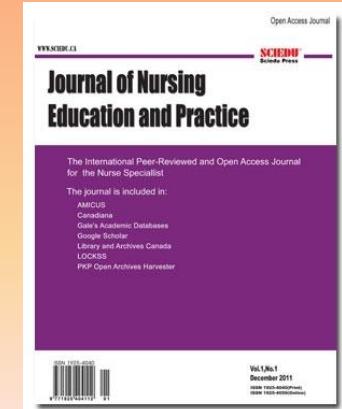
## 有關「產前健身健心運動」對妊娠健康和胎兒健康之影響

研究發現：

- (1) 「產前健身健心運動」對產婦的身體、心理、社會和靈性健康有正面的影響
- (2) 參與「產前健身健心運動」孕婦所生的嬰兒臍帶血皮質醇含量比不參與的為高<sup>1</sup>
- (3) 這些幼兒在六個月時氣質評估顯示容易接受新事物，情緒本質為優質和時常歡笑 → 証明「產前健身健心運動」對胎教的重要

1. <http://authors.elsevier.com/sd/article/S01638314000733>

Chan, K.P. (2015). Effects of Perinatal Meditation among pregnant Chinese women in Hong Kong : a randomized controlled trial. *Journal of Nursing Education & Practice*, 5(1), 1 - 18.



## ORIGINAL RESEARCH

# Effects of perinatal meditation among pregnant Chinese women in Hong Kong: A randomized controlled trial

Ka Po Chan \*

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### Abstract

**Objective:** To assess the effects of Perinatal Meditation among pregnant Chinese women in Hong Kong.

**Design:** A prospective longitudinal randomized control quantitative study. Data were collected using the Prenatal Distress Questionnaire, Prenatal Coping Inventory, Edinburgh Postnatal Depression Scale, Body-Mind-Spirit Well-Being Inventory (BMSWI) and salivary cortisol. Data were collected during first visit, 36th weeks pregnant, 5<sup>th</sup> weeks and 5<sup>th</sup> months after delivery.

**Setting:** Perinatal meditation program (Eastern Based Mediitative Intervention, EBMI) for pregnant Chinese women in Hong Kong who were attending the hospital clinic for routine perinatal care.

**Participants:** 64 pregnant Chinese women were recruited for intervention and 59 were for control. 36 cases were classified as Frequent Practice (FP) in intervention group.

**Results:** Quantitative results showed statistically significant increase in positive appraisal ( $p < .05$ ) at 36th weeks, difference in evening salivary cortisol ( $p < .05$ ) and decreased in physical distress ( $p < .05$ ) at 5<sup>th</sup> weeks postpartum in the Frequent Practice (FP) group.

**Conclusions:** Frequency of practice of meditation is directly related to its effects. Perinatal meditation can help pregnant women to reduce perinatal stress through its effect on coping mechanism and improves physical discomfort in postnatal period which are risk factors for maternal health, fetal health and child health. Perinatal meditation can be added into present perinatal counselling and perinatal program to promote maternal health, child health and family health.

**Key Words:** Coping, Meditation, Physical distress, Pregnancy stress, Maternal health, Fetal health, Child health, Prenatal care, Postnatal care, Program evaluation

### 1 Introduction

Transition to motherhood is a time of psychological stress together with physical discomforts that poses critical adaptation challenges.<sup>[1,2]</sup> Estimates of the prevalence of antenatal psychological distress in pregnant women in industrialized countries are between 8% and 24%.<sup>[3-5]</sup> Woods *et al.*<sup>[6]</sup> reported that antenatal psychosocial stress is com-

mon, and high levels are associated with maternal factors known to contribute to poor pregnancy outcomes. Recent information has found that even minor ailments during pregnancy may have psychosocial factors.<sup>[7-9]</sup> Perinatal stress is well known as an independent risk factor for adverse pregnancy outcomes and affects maternal health, infant health and child health.<sup>[1,6,10-16]</sup>

\*Correspondence: Dr. Ka Po Chan; Email: drchankpo@gmail.com; Address: RM 1202, Onward building, 528 Nathan road, Kowloon, Hong Kong, China.

Chan, K.P. (2014). Prenatal meditation influences infant behaviors. *Infant Behavior and Development*, 37, 556-561.





Full length article

Prenatal meditation influences infant behaviors



Ka Po Chan \*

The Buddhist Institute of Enlightenment (Hk) Ltd., 270 Sha Tsui Road 2/F, Tsuen Wan, Hong Kong

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Fetus  
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Cord blood cortisol  
Health  
Behaviors  
Temperament

ABSTRACT

Meditation is important in facilitating health. Pregnancy health has been shown to have significant consequences for infant behaviors. In view of limited studies on meditation and infant temperament, this study aims to explore the effects of prenatal meditation on these aspects. The conceptual framework was based on the postulation of positive relationships between prenatal meditation and infant health. A randomized control quantitative study was carried out at Obstetric Unit, Queen Elizabeth Hospital in Hong Kong. 64 pregnant Chinese women were recruited for intervention and 59 were for control. Outcome measures were cord blood cortisol, infant salivary cortisol, and Carey Infant Temperament Questionnaire. Cord blood cortisol level of babies was higher in the intervention group ( $p < 0.01$ ) indicates positive health status of the newborns verifies that prenatal meditation can influence fetal health. Carey Infant Temperament Questionnaire showed that the infants of intervention group have better temperament ( $p < 0.05$ ) at fifth month reflects the importance of prenatal meditation in relation to child health. Present study concludes the positive effects of prenatal meditation on infant behaviors and recommends that pregnancy care providers should provide prenatal meditation to pregnant women.

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1. Introduction

Most doctors merely provide antenatal vitamins to pregnant women for the sake of maternal health and fetal health but not provide meditative intervention. Meditation is proven to be an excellent adjunctive treatment for many diseases (Mirams, Poliakoff, Brown, & Lloyd, 2013) but there is little information about prenatal meditative intervention on infant health. Recent research supports the effect of maternal and fetal programming in relation to child health (Dietro, 2012; Melchior et al., 2012). Cognitive functioning and behavioral problems in childhood have been shown to be inversely related to fetal health (Charl, Laplante, Vaillancourt, & King, 2010). Infants of depressed mothers have difficult temperament and attentional, emotional and behavioral problems later in life (Field, 2011). Prenatal maternal anxiety predicts reduced adaptive immunity in infants (O'Connor et al., 2013). Evidences confirmed the extension of the risk of psychiatric disorders associated with prematurity to the late preterm group, and suggest that maternal depression may play a key role in this risk trajectory (Rogers, Lenze, & Luby, 2013). Maternal life stress events in pregnancy linked to children's school achievement at age 10 years (Li et al., 2013). The aim of this study is to examine the effects of prenatal meditation in pregnant Chinese women in Hong Kong to infant behaviors. The conceptual framework is based on the hypothesis that meditation can enhance maternal health and improve fetal health and child health (McCoy et al., 2010). The author has developed an Eastern based meditative intervention (EBMI) for pregnant Chinese women in Hong Kong (Chan, 2010). The theoretical background of EBMI bases on the integration of

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E-mail address: [drchankapo@gmail.com](mailto:drchankapo@gmail.com)



禪坐共修

活動時間：每週一晚上7:00~9:00  
共修內容：八式動禪、靜坐、開示  
參加對象：初級禪訓班畢業者



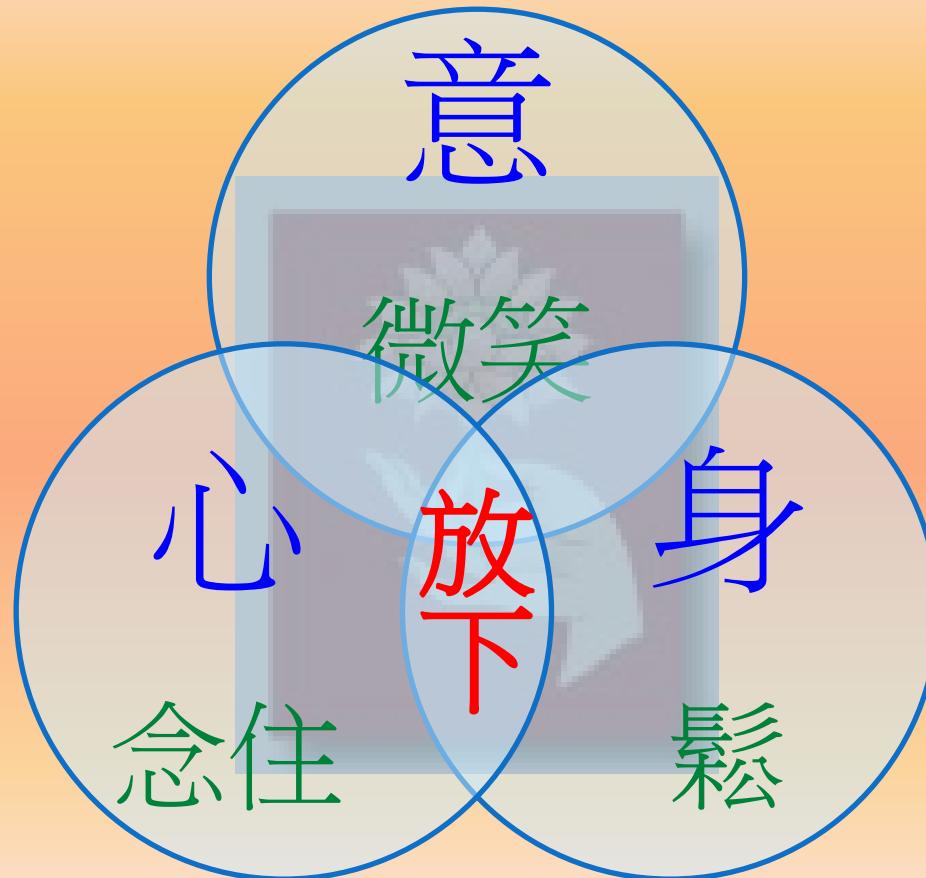
# 身心禪

生活的智慧

轉迷開悟 苦樂自在

『觀自在菩薩，行深般若波羅蜜多時，  
照見五蘊皆空，度一切苦厄』

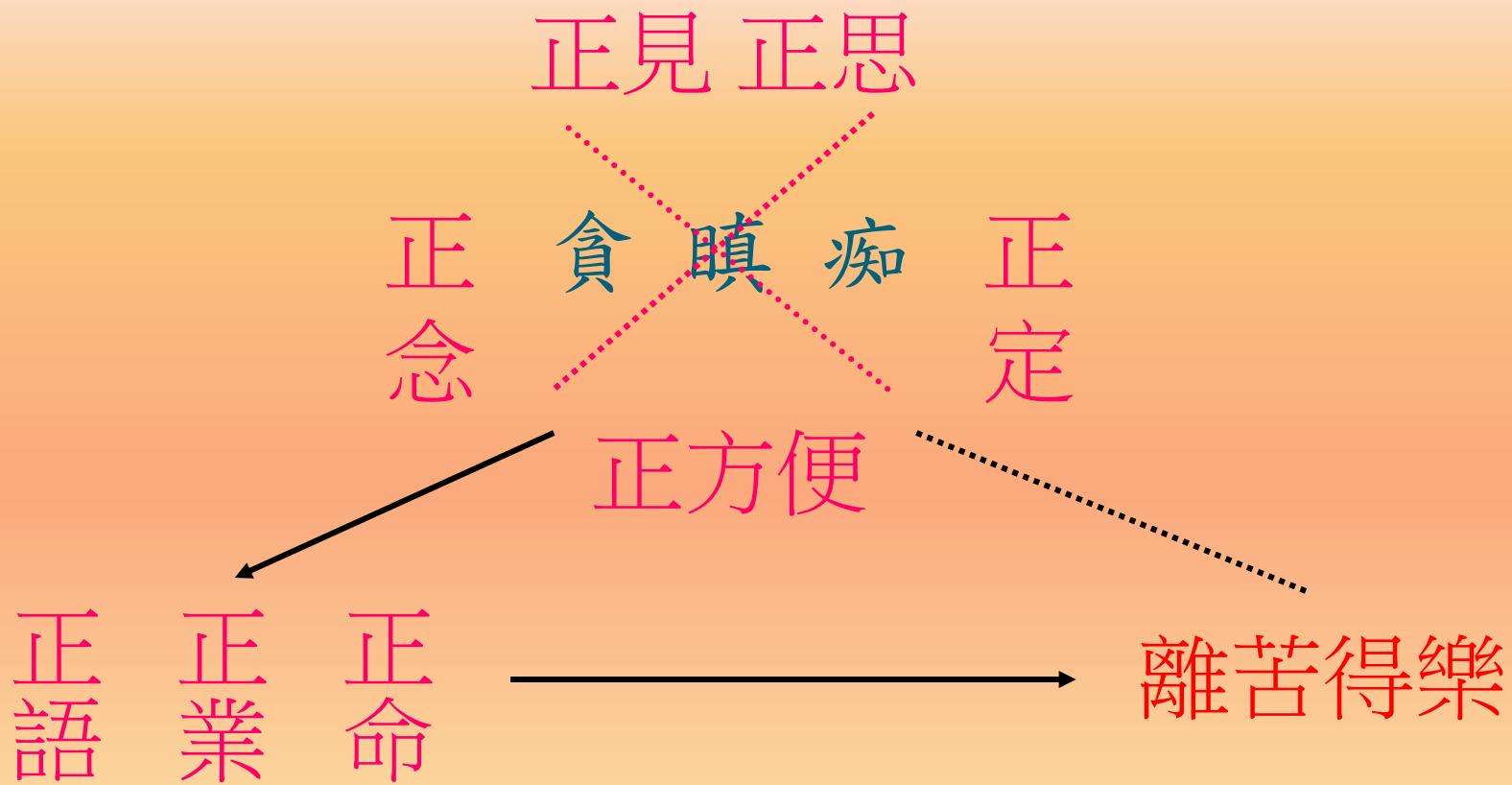
# 身心禪



# 積極心理學 心理教育



# 八正道



中阿含卷七分別聖諦經、四諦論卷四、大毘婆沙論卷九十六

# 四念住

## 身、受、心、法

『正身自重，一其心念，不顧聲色，善攝心法，  
住四念處…

身身觀念住，精勤方便，不放逸行，正智正念，  
寂定於心，乃至知身；

受、心、法法觀念住，精勤方便，不放逸行，  
正智正念，寂定於心，乃至知法』

《雜阿含經》

# 四無量心

# 慈悲喜捨

「四無量心者，慈悲喜捨。」

《大智度論二十》



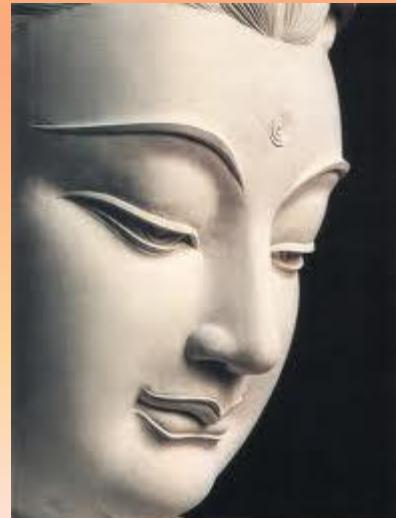
# 般若波羅蜜多心經

『觀自在菩薩，行深般若波羅蜜多時，照見五蘊皆空，度一切苦厄』



# 金剛經

『無我相，無人相，無眾生相，無壽者相』



# 身心禪



包括一系列的心理教育和禪修練習

適合所有人士

行住坐卧

健身健心、修心修身

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身心禪  
強身健體  
優化情緒  
改善人際關係  
提升生命價值



身心禪

每日一事

念念禪修

全心運動



# 每日一事

日行一善  
轉危為機  
微微一笑  
放下無求

# 日行一善

善待自己，善待別人



<http://www.wretch.cc/blog/sana217>

想聽好話  
得先自己說出口



# 日行一善

說好話 停一停、想一想

行方便 做多一點點



# 用智化苦 轉危為機

停一停

想一想





# 用智化苦 轉危為機

面對悲痛

接受現實

從另一角度透視痛苦…消失、得著

不要想著自己失去甚麼，多想自己擁有甚麼

放下過去，活在當下

希望在明天



# 微笑行動

微笑並不難學習

難的是如何讓微笑成為習慣

It is not difficult to learn bliss but it is hard to turn it into a habit

# 微笑行動

## 佛陀的微笑

吾有正法眼藏，涅槃妙心，付囑摩訶迦葉





# 微笑行動

一笑解千愁

二笑泯恩仇

三笑無我無求

放下自在  
不嫉妒 不比較 無對錯



放下

無求

無我相

無人相

無眾生相

無壽者相

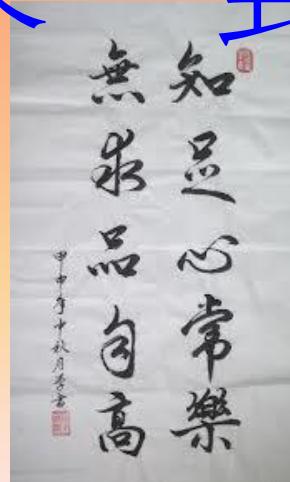


放下

無求

對眾生無求  
對健康無求

對名利無求  
對解脫無求



# 放下

只有放下 才有得著





# 每日一事

# 活在當下

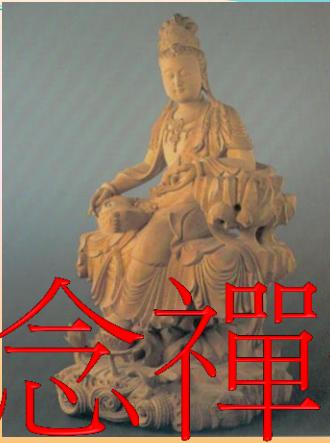
# 念念禪修

行 住 坐 卧

『行亦禪，坐亦禪，  
語默動靜體安然。』

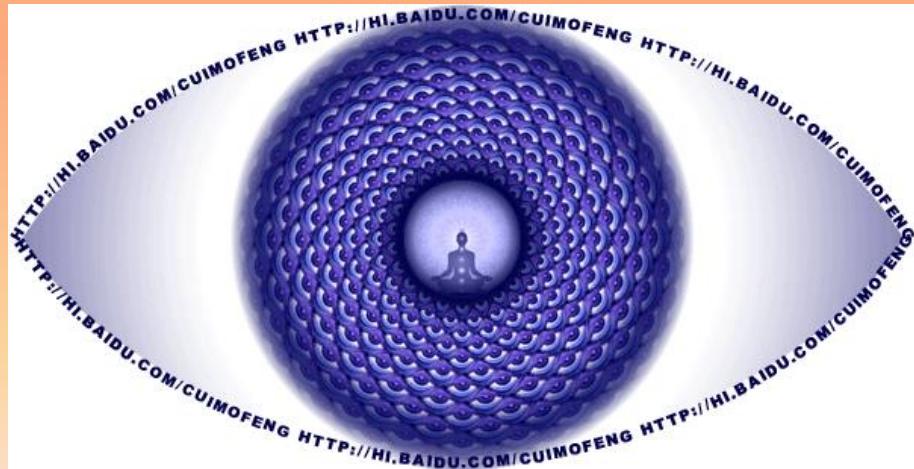
(永嘉 玄覺大師 證道歌)





# 念念禪修

# 鬆禪





# 念念禪修

食禪 行禪 住禪

動禪 坐禪 睡禪

# 食禪



(專注覺察咀嚼訓練)

慢慢咀嚼

覺察舌頭與口腔的活動感受  
食物的味道

# 行禪 (專注覺察漫步訓練)

## 從步行開始

### 輕鬆行禪法

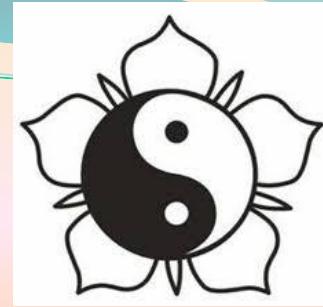
- ① 先將雙手置於腹上
- ② 集中於自己呼吸
- ③ 吸氣一次，前行一步；  
呼氣一次，再前行一步
- ④ 如於室外，可吸氣一次，  
前行2步，呼氣一次，前行3步

資料來源：法欽法師



# 站禪





# 動禪

## 『鬆公』



大禮拜 跑香

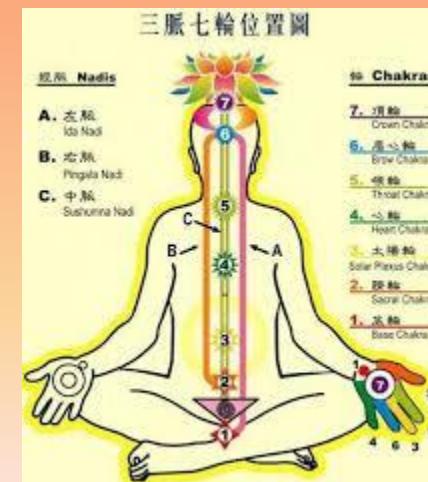
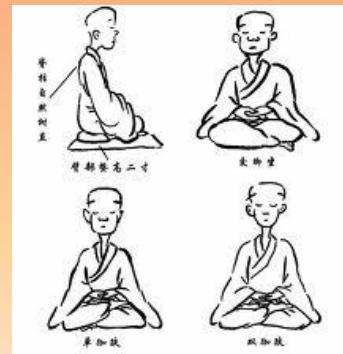
八式動禪 易筋經 八段錦

禪武醫

太極禪

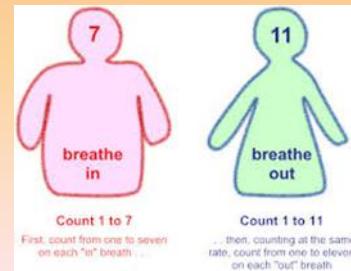
瑜珈禪

# 坐禪 (專注覺察呼吸訓練) 數息



# 呼吸

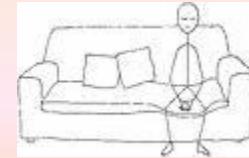
- 呼吸就是生命
- 情緒、思想、身體動作的寒暑表
- 覺察呼吸
- 帶你回到當下，此時此地
- 在日常生活中，我們可以隨時把注意力轉到呼吸上



# 覺察呼吸

- 無論你在那里，呼吸與你時刻相伴，專注於呼吸，可把你帶回當下—此時此地
- 基本要訣：頭、頸、背部保持垂直，以挺直莊嚴的姿勢，反映內在自主、耐心和覺察的態度
- 練習時可坐在椅子上或地上

# 覺察呼吸

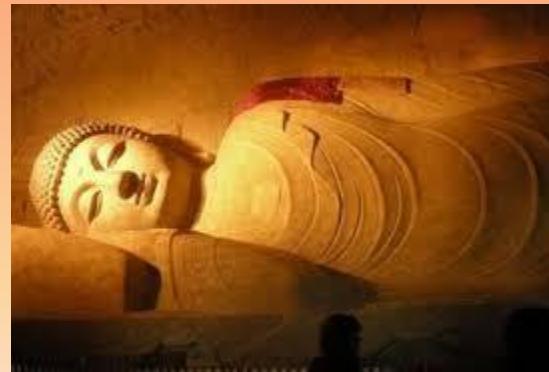


- 頭、頸、背部保持垂直，以挺直莊嚴的姿勢，反映內在自主，耐心和覺察的態度
- 坐在直背的椅子上，雙腳平放在地，背自然垂直
- 留心空氣進出鼻孔的感覺
- 注意下腹的變化
- 不要用任何方法控制呼吸
- 數息：由一到十，數出息或入息
- 雖然會不斷分心，但每一次覺察到分心，就可以恭喜自己，又回到當下！重新留意呼吸
- 覺察呼吸，帶你回到當下



# 睡禪

放下 放鬆 入睡



# 念念禪修 活在當下





# 全「心」運動

心的運動    心的訓練



「心」的運動  
心的解脫  
積極語言  
行為上的訓練  
心念上的訓練

# 全「心」運動

慈 悲 喜 捨





無量  
無限量

心念的擴展

願我...至親...朋友...各界人士...敵人



# 慈心的修習

願我...至親...朋友...各界人士...敵人

願眾生無敵意

願眾生無仇恨

願眾生身心無礙

願眾生喜樂自在



# 悲心的修習

願我...至親...朋友...各界人士...敵人

願眾生遠離苦惱

願眾生積極面對

願眾生轉危為機



喜無量心的訓練

願我...至親...朋友...各界人士...敵人

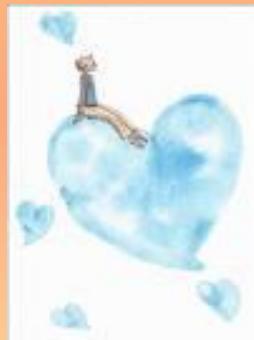
。 。 。 隨喜微笑。 。 。



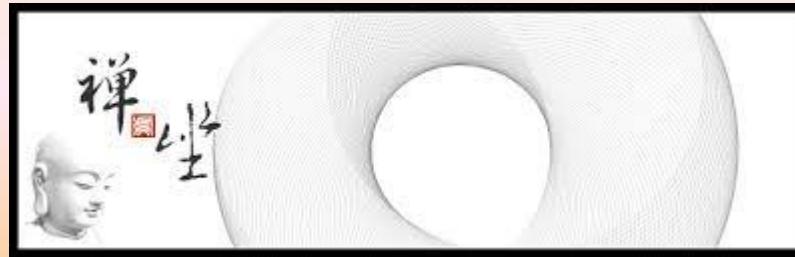
# 捨無量心的訓練

願各界人士...我的朋友...至親...我的敵人...我  
。。。放下自在。。。

# 全「心」運動



慈...憎恨  
悲...痛苦  
喜...嫉妒  
捨...比較



# 全「心」運動

願我…至親…朋友…各界人士…敵人

化瞋為慈  
用智化苦  
不妒忌  
不比較

知足常樂  
轉危為機  
隨喜微笑  
放下無求



# 全「心」運動

慈悲無量 微笑放下

# 全「心」運動



# 三分鐘呼吸運動

專注呼吸，覺察當下

放鬆

放下



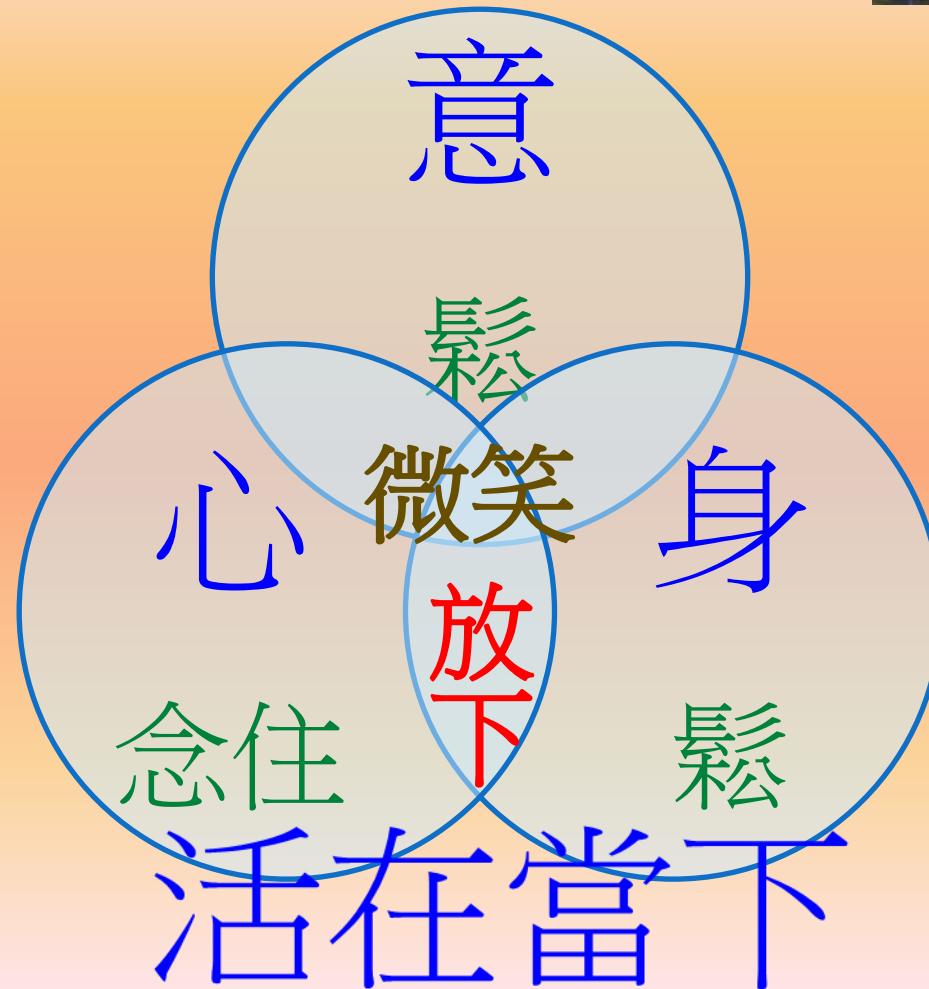
身心禪

念心 念身

鬆

念茲在茲

# 身心禪

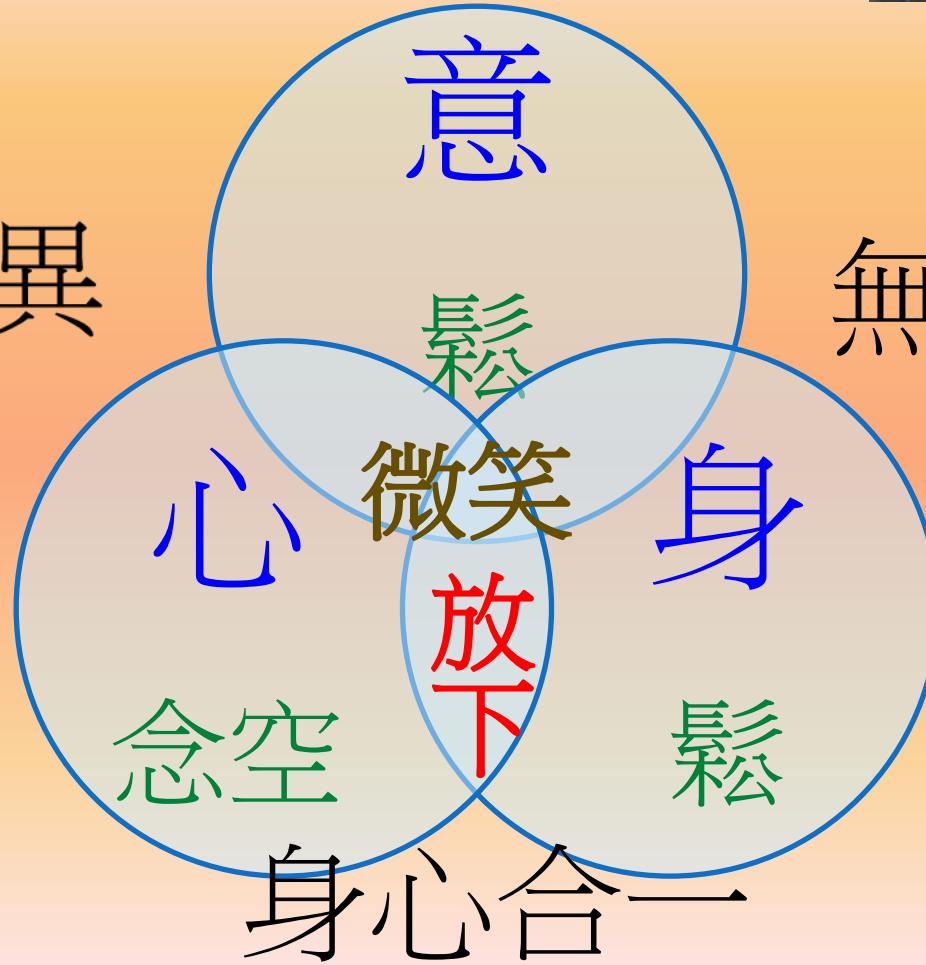


# 身心禪

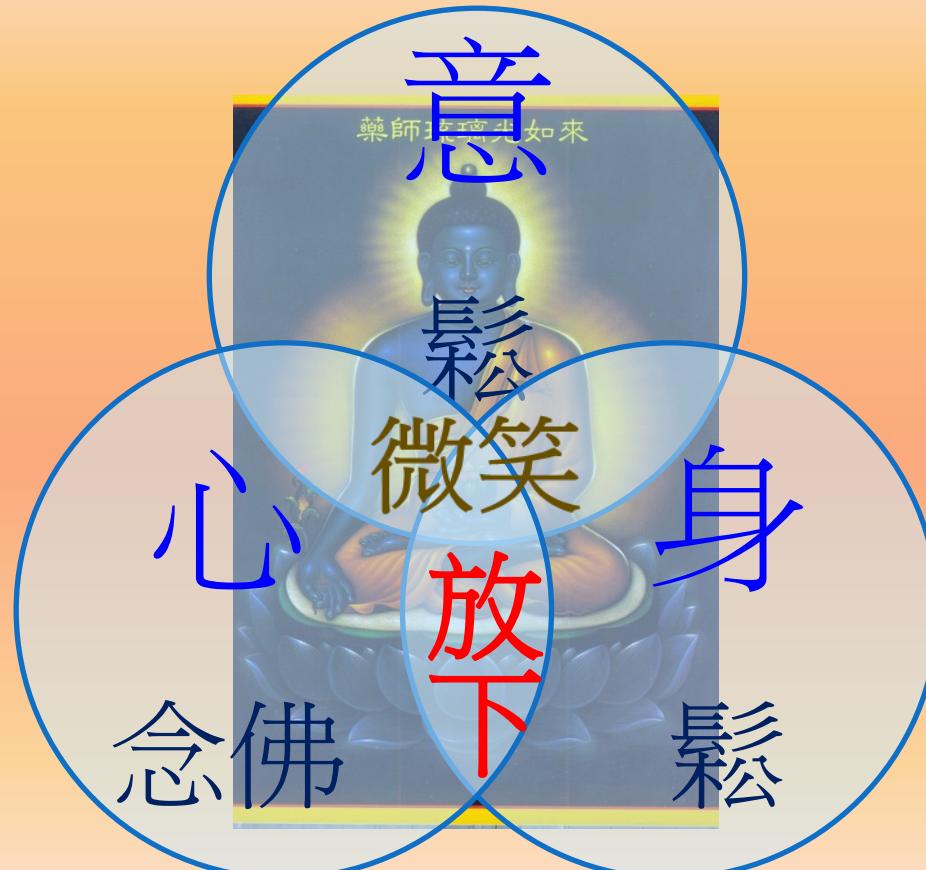


相空不異

無我無求



# 身心禪



自力+他力



# 身心禪

環保生活      自他淨土





# 解脫者境界 涅槃 科學例證

# 預防勝於治療

「身心禪」疫苗對治身心煩惱





香港居士林  
Buddhist Lodge of Laity



## 6月份特別工作坊

### 「身心禪」工作坊

現代科學研究結果顯示，二千年前流傳至今的佛教禪修訓練，可以作為醫學上的輔助療法，在促進身心健康方面，有顯著的效果。「身心禪」是為現代人設計的禪修運動(mind body meditation)，特點是把禪修融入日常生活中，令生活繁忙的人可以把握分秒的時間做身心運動。「身心禪」包括一系列的心理健康教育和禪修練習，可以促進身心健康，紓緩面對的壓力，優化情緒，提升生命價值和改善人際關係。

本工作坊由陳家寶醫生主講，內容主要介紹由實修經驗和科研結果所整合的禪修運動，以達致身心健康的目標。

義務講師：陳家寶醫生

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日期：2015年6月9日(週二)晚上 7:00 - 9:30

\*學員請穿著鬆身衣服，堂上將進行禪修

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