

A circular botanical illustration border surrounds the central text. It features various plants including ferns, a red leaf, a green leaf, a yellow flower, a purple flower, and a green leaf with a red vein. A horizontal line with a small green leaf in the center is positioned below the text.

Lisette Shanhai MSN, RN, AHN-
BC, HWNC-BC, QTTP

Orlando VA Healthcare System Healing Arts

The Mindful Attention Awareness Scale (MAAS)

The trait MAAS is a 15-item scale designed to assess a core characteristic of mindfulness, namely, a receptive state of mind in which attention, informed by a sensitive awareness of what is occurring in the present, simply observes what is taking place.

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1	2	3	4	5	6
almost always	very frequently	somewhat frequently	somewhat infrequently	very infrequently	almost never

- _____ 1. I could be experiencing some emotion and not be conscious of it until some time later.
- _____ 2. I break or spill things because of carelessness, not paying attention, or thinking of something else.
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- _____ 13. I find myself preoccupied with the future or the past.
- _____ 14. I find myself doing things without paying attention.
- _____ 15. I snack without being aware that I'm eating.

Scoring: To score the scale, simply compute a mean (average) of the 15 items.



The Golden Lotus Flower Healing Meditation

Note: Pick partners before the meditation and decide who will be the "healer" and recipient. The partners will sit in chairs facing each other during the meditation. When the meditation has ended partners will move directly into healing process in silence.

Close your eyes and focus your attention on your heart or the area in the middle of your chest. Notice how this feels in your body.

Imagine there is a closed golden-petaled lotus flower there.

As you breathe, see if you can do so from your heart and allow this energy from your heart to slowly open the petals of the lotus flower. You have all the time you need to open your flower (pause)

As the lotus flower continues to open, your heart is filled with love and light (pause). Notice how this feels in your body. (pause)

As you breathe, this love energy expands, becoming larger and larger, filling your whole chest and possibly your whole body. You may associate some color with this love energy. Maybe purple, or blue. Whatever comes up for you.

Allow this love energy to join and connect with the heart energy of all of those in this group. Notice how this united energy feels. (pause)

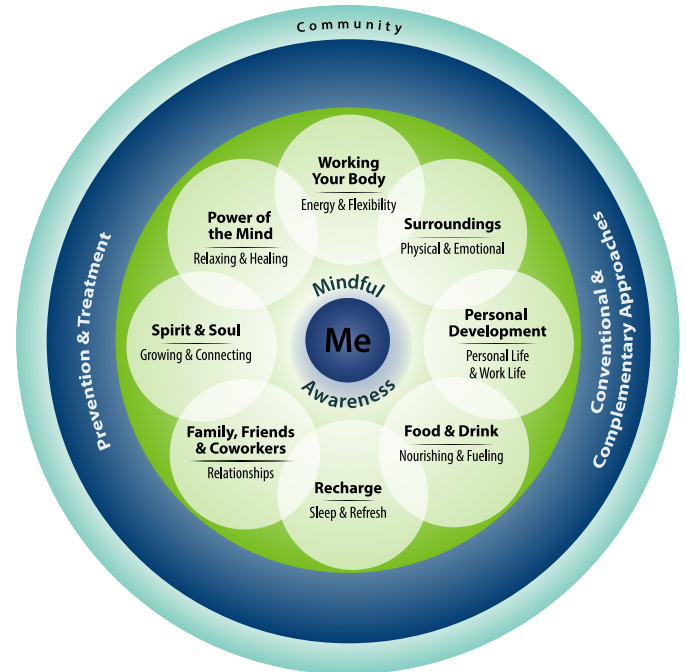
Gently and slowly, at your own pace, open your eyes and allow yourself to return to your awareness back into the room in a more awake, alert and relaxed state.

Adapted from a Therapeutic Touch exercise to connect healers and recipients. Cheri Brady, APRN, M.Ed., QTTT 2008

Personal Health Inventory

Use this circle to help you think about your whole health.

- All areas are important and connected.
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- The inner ring represents your values and aspirations. Your care focuses on you as a unique person.
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Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-Being				
1 Miserable	2	3	4	5 Great
Mental/Emotional Well-Being				
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Life: How is it to live your day-to-day life?				
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What do you live for? What matters to you? Why do you want to be healthy?

Write a few words to capture your thoughts:



Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be”. Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. The goal is not to be perfect in all areas. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

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Reflections

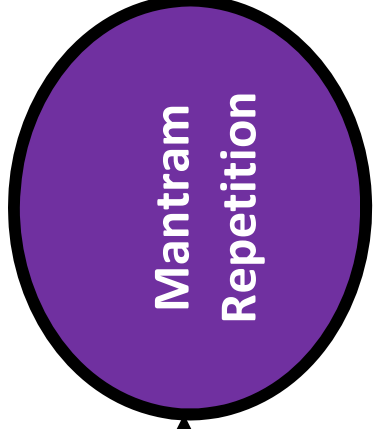
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Are there any areas you would like to work on? Where might you start?

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- In a hurry
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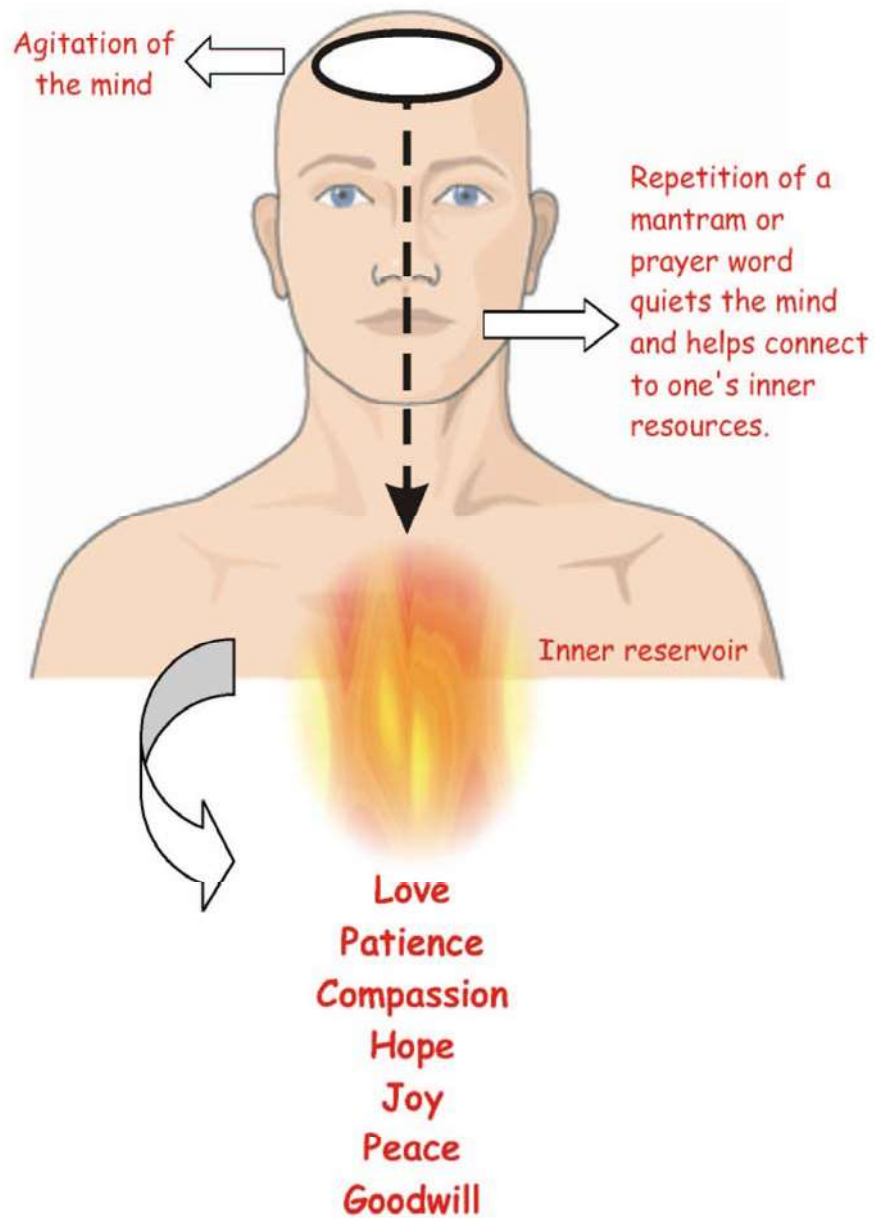


Our Goal!

- One-pointed focus
- Intentionally slowing down
- Living in the present moment
- Self-aware
- Peaceful
- Aware of others' needs

Pause button,
Speed bump,
Buffer

How Frequent Mantram Repetition Works



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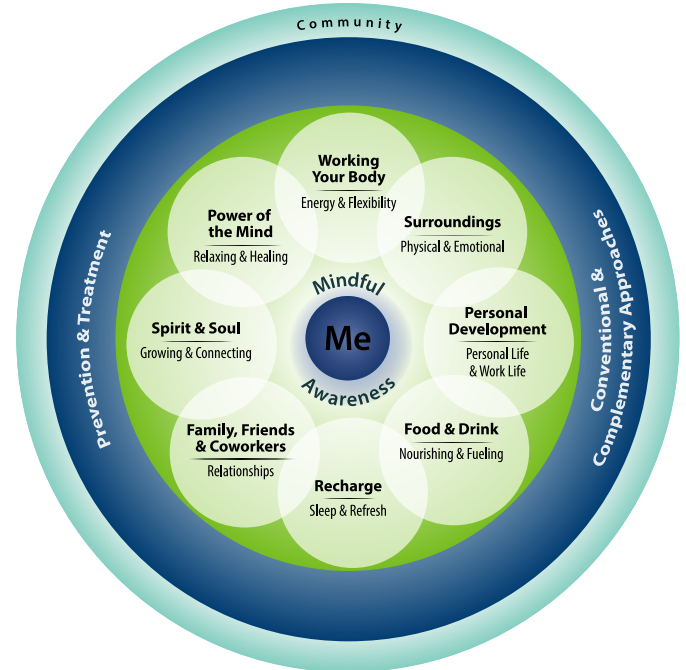
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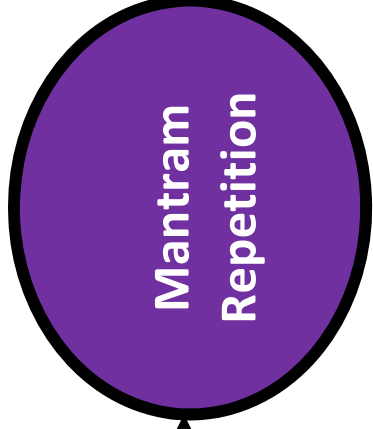
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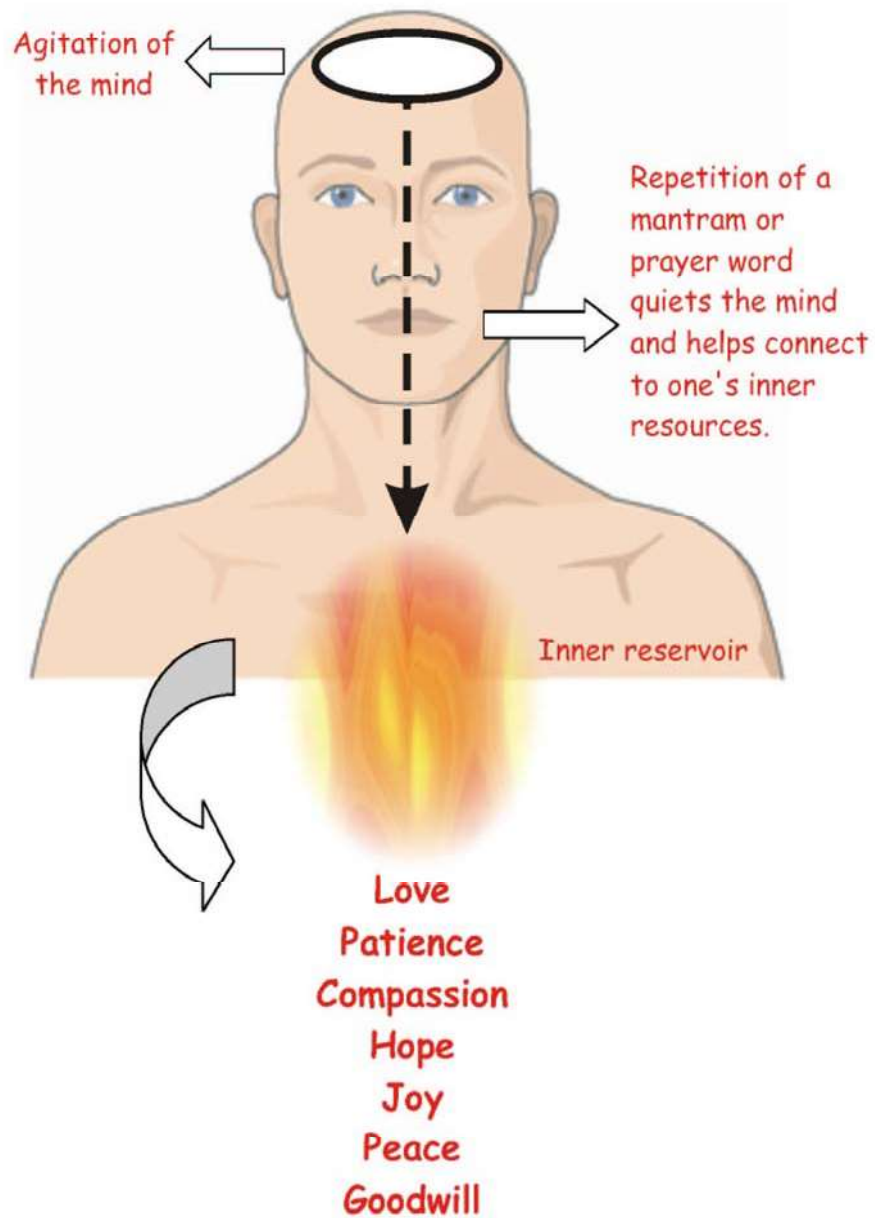


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How Frequent Mantram Repetition Works





Mary Oliver, “The Journey”

One day you
finally knew

what you had to
do, and began

though the voices
around you kept
shouting

their bad advice –

though the whole
house

began to tremble



Mantram Repetition Program

A *Mantram* is a spiritual word, phrase or brief prayer that we can repeat silently to calm the body, quiet the mind and improve concentration to restore the spirit. It can be repeated at any time, any place and intermittently throughout the day.



How Veterans at Orlando VAHCS use Mantram Repetition

While going through MRI machine and fell asleep

Anxiety related to going to court

Waiting in line and feeling more power and peace

With deep breathing exercises

“It’s my medication”

While walking in the evenings

“Writing it give me a sense of accomplishment”

Using Mantram on bus ride while feeling anxious

While gardening

To cope with stress of discharge from domiciliary

Using it to fall asleep or when waking up in the middle of the night

While kayaking

To manage pain

While exercising

When stuck in traffic

Before a planned situation like an appointment or an important conversation



Mantram Sharing

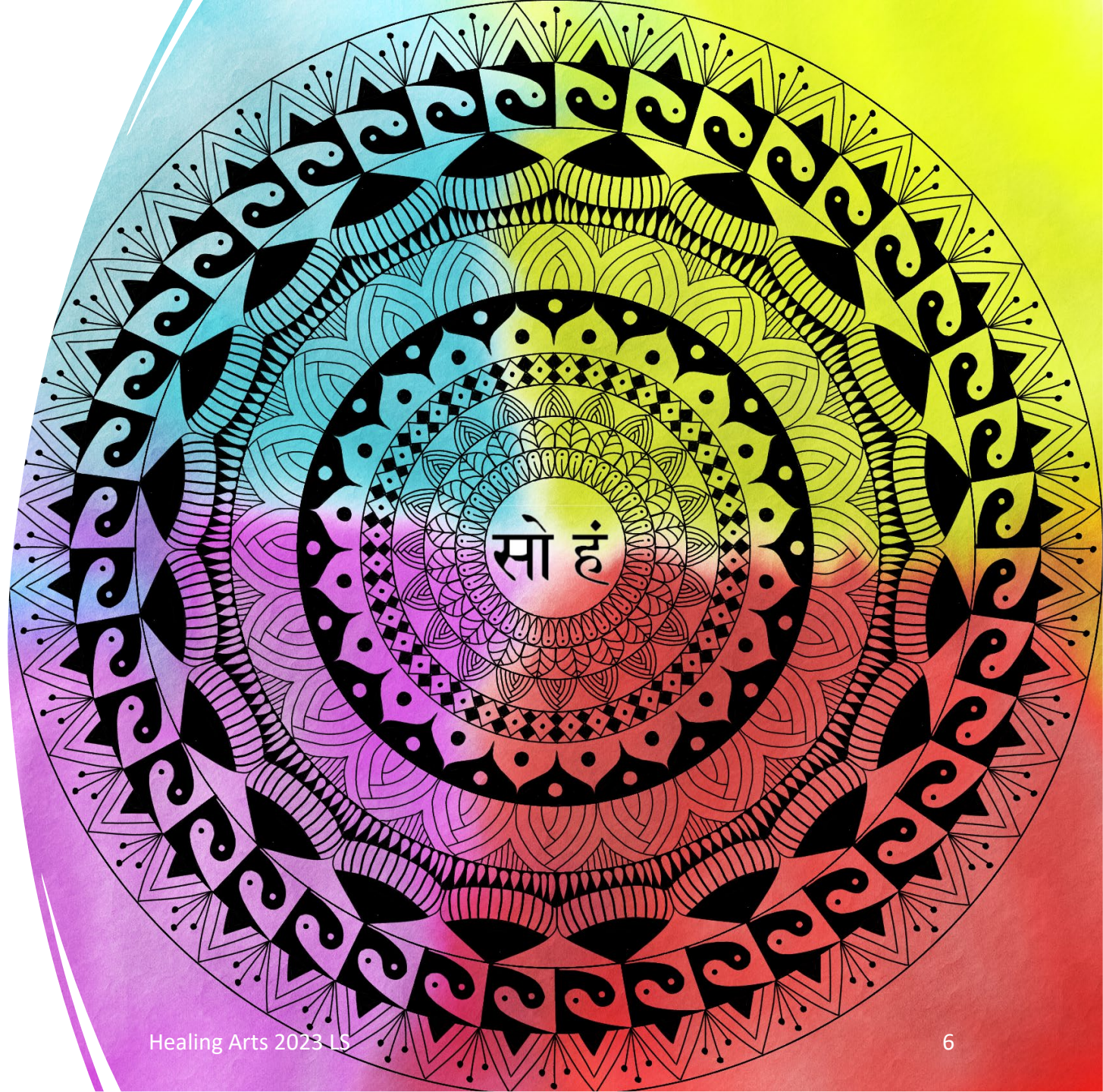
“It was something very much needed for me at this stage in my life. It has helped me greatly in my recovery process and I will continue to use it and increase in getting deeper in the techniques as I learn more on my own.”

“What was reaffirmed and strengthened in your class is the idea that we can have that peace and joy within us. It's already there we just have to bring it to the surface so we can feel it.”

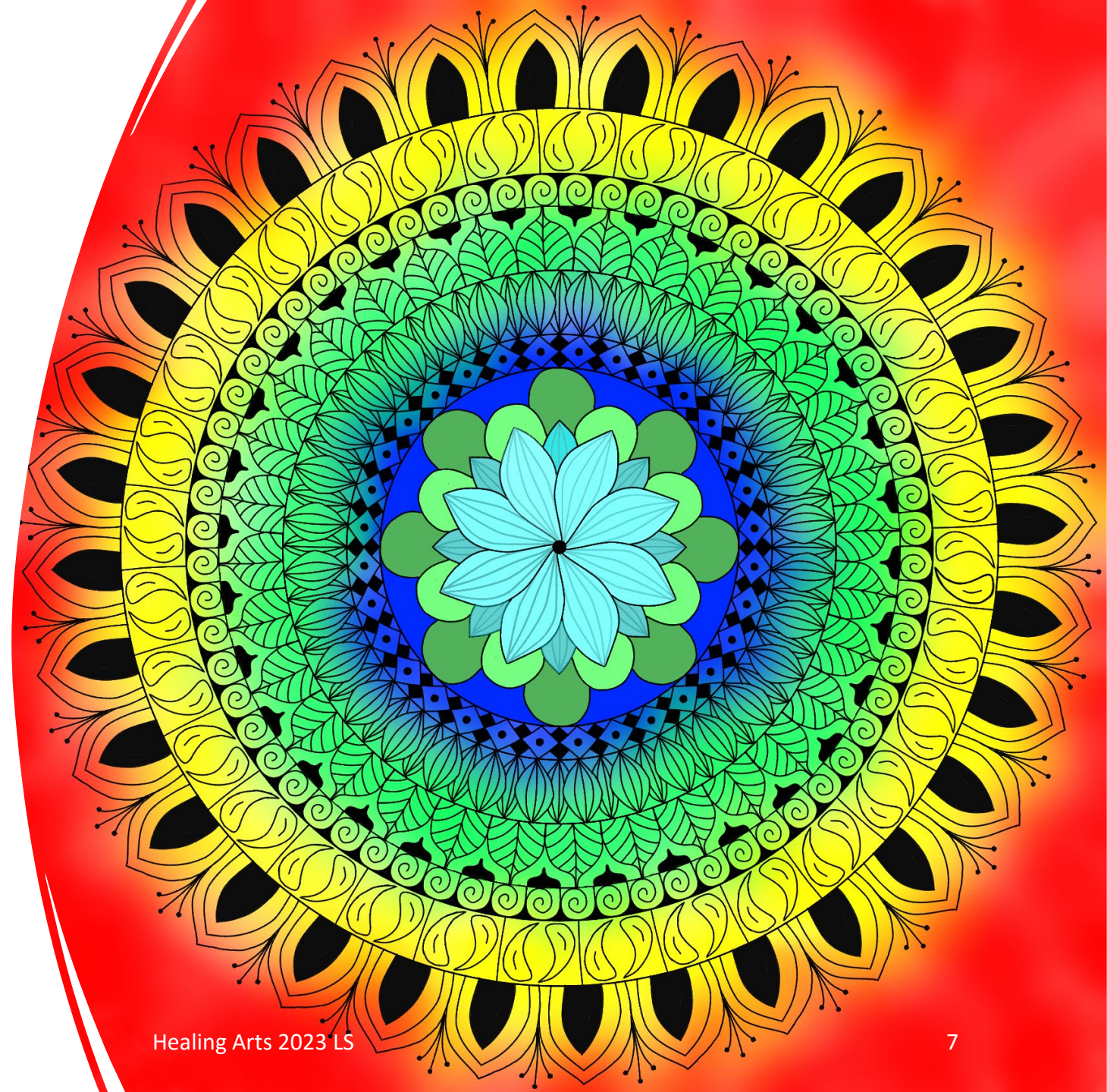
“Thanks to all of your efforts in mindfulness, I was able to stop catastrophizing get myself back into wise mind. It took all night but I'm happy to report I'm back in control without lapsing. I can't begin to tell you how grateful I am for the wonderful gift you have given me.”



Mantram Art



Mantram Art





Therapeutic Touch

Dolores Krieger, PhD, RN and Dora Kunz co-created this modality. TT is a holistic, evidence-based practice that incorporates the intentional and compassionate use of universal energy to promote balance and well-being. It is a consciously directed process of energy exchange during which the practitioner uses the hands as a focus to facilitate the process.



Reiki

Reiki is a healing practice that promotes balance and well-being in body, mind, spirit. Mikao Usui developed the system of Reiki in the early 1900s. Japanese in origin, *Rei*, meaning universal and *ki*, which refers to the vital life force energy that flows through all living things. Reiki is used all over the world, in hospitals, clinics and hospices to complement other forms of health treatments.

A lush green vine with heart-shaped leaves and clusters of purple flowers with white centers, growing against a bamboo fence. The scene is brightly lit, suggesting a sunny day. A white circular graphic with a thin black border is overlaid on the left side of the image.

Healing Story

Healing Practice

The Mindful Attention Awareness
Scale

The Golden Lotus Flower Healing
Meditation



Book List

The Mantram Handbook By Eknath Easwaran

Strength in The Storm By Eknath Easwaran

Conquest of Mind By Eknath Easwaran

A Healer's Journey to Intuitive Knowing By Dolores Krieger

Accepting Your Power to Heal By Dolores Krieger



References

Easwaran, E. (1977). *The mantram handbook*. Nilgiri Press.

Easwaran, E. (2005). *Strength in the storm*. Nilgiri Press.

Krieger, D. (1993). *Accepting your power to heal: The personal practice of Therapeutic Touch*. Bear & Company Publishing.

Krieger, D. (2021). *A healer's journey to intuitive knowing*. Bear & Company Publishing.

Lipinski, K. & Van De Velde, J. (2020). Defining a healing practice for nursing. *Nursing Clinics of North America*, 521-536. <https://doi.org/10.1016/j.cnur.2020.06.017>



Thank you

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VAHCS Veterans

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