

## Chapter 1 : Zen and the Art of Biopsy – Researchers Examines Self-Hypnosis to Manage Pain During N

*Zen and the Art of Needlecraft explores for the first time the spiritual nature of this beloved craft, detailing such subjects as: Employing "Beginner's Mind" with every new project Zen gift giving with your creations.*

Orenstein For The Record Vol. If a suspicious lump is found through mammography, or by palpitation, a large core needle biopsy LCNB is likely to be performed. Found to be a reliable diagnostic tool, LCNB is typically performed in an outpatient setting, which limits the use of intravenous IV drugs in reducing pain and anxiety. The practical problem is that administering would make the procedure longer, and suite time is typically at a premium. In addition, with the woman lying prone so her breasts are accessible through a hole in the table, IV drugs could be a danger. Studied for More Invasive Procedures Having had success with self-hypnosis during more invasive surgical procedures, Lang and colleagues decided to investigate its use during LCNB. They conducted a study involving women who were undergoing LCNB at the university-affiliated medical center between February and March. Their research showed that self-hypnosis is not only a valuable pain management tool for women undergoing LCNB but also a cost-effective strategy. Lang presented their findings at the Radiological Society of North America meeting in Chicago this past November. Previously, the research group had reported its findings in the September issue of *Pain*, the journal of the International Association for the Study of Pain. The women included in the study were required to give written consent and be able to hear and understand English; they also had to pass screenings for mental impairment and psychosis. The subjects were randomly assigned to one of three types of care: Seventy-six women received standard care with members of the biopsy team comforting the patients in their usual way. Eighty-two women received empathetic attention, where a person in the procedure room was assigned to be responsive to their needs, asking whether he or she could do anything to make the patient more comfortable. The person was also instructed to avoid negative language. For the hypnosis, a research assistant read a script instructing the patient on techniques that would help her relax. The script also suggested how patients could transform their discomfort into a sensation of warmth, coolness, or tingling. The research assistants included one male and one female physician, two female medical students, and one female premedical student with a background in mental health sciences. The script provided the consistency needed to administer the hypnosis techniques for the study. The research assistants received standardized training, under supervision of physicians and psychologists, in empathetic structured attention and hypnosis. They also participated in workshops; used teaching videos, reading materials, and a Web-based course; and performed supervised practice with patients. The researchers then compared several factors, including levels of pain and anxiety, and procedure time and cost. One out of eight women will develop breast cancer in her lifetime. So the odds are very high that a woman undergoing an LCNB knows another woman who has had breast cancer, or worse, she knows someone who had a breast biopsy and had a bad experience. Anxiety was also evaluated in the procedure room using verbal scales of 0 to 10; a rating of 0 indicated no pain or anxiety while 10 indicated the worst pain and anxiety possible. Patients were asked to make pain and anxiety ratings every 10 minutes. Results of the study showed that anxiety increased significantly in the women in the standard care group, while anxiety did not change in the empathy group, and decreased significantly in the hypnosis group. All three groups reported pain during the procedure, but the empathy and self-hypnosis groups reported significantly less pain than the standard care group. The researchers also measured time and cost and found that neither differed significantly among the groups, even though the empathy and hypnosis groups had an additional assistant. The hypnosis group had the shortest procedure time and the lowest cost. Relaxing Staff, Too Lang attributes the shortened procedure time with hypnosis to the decreased level of stress. When using hypnosis, the stress is not only less for the patient, she says, but also for the treatment team. Lang adds that the patients learned a coping tool they can take with them and use to relieve anxiety through subsequent waits and workups related to their diagnosis and treatment. Some people fear hypnosis because they view it as inducing a loss of control, Spiegel says; however, the study shows the opposite is true. In an editorial in the same issue of *Pain* as the Lang group study, Spiegel points out the irony that hypnosis, the oldest form of psychotherapy in Western culture, can be

successfully wedded to one of the newest medical interventions: LCNB for breast cancer diagnosis. Lang, who is now chief medical officer for a biomedical device company, says she plans to continue her research and promote hypnosis as a way of alleviating pain in patients undergoing procedures in the radiology suite. She has begun another large study of the use of hypnosis for patients undergoing an invasive procedure where the blood vessels supplying tumors are blocked. Some physician groups have already adopted their model, Lang says. Orenstein is a freelance medical writer who writes from her home in Northampton, Pa. Great Valley Publishing Co.

## Chapter 2 : Sandra Detrixhe (Author of The Everything Sewing Book)

*Guided by the deft hands of an experienced sewer, Zen and the Art of Needlecraft is a remarkable journey to the heart of a much-practiced and much-loved hobby.*

Or, one can carelessly stab at the rind with stubby fingers, extracting chunk by little chunk, ending up sticky and frustrated. Similarly, one can write a Zen and the Art of book using piercing wisdom to enlighten the reader on how a given hobby archery, motorcycle maintenance , when done correctly, can unlock the secrets of the universe. Or, one can choose a hobby, throw together some potted wisdom, and trick the reader into thinking they have unlocked the secrets of the universe. Of course, peeling an orange perfectly is a painstaking, arduous task. Gaining piercing wisdom can also be painstaking and arduous. Thankfully, using my simple four-step process, you will be able to publish your very own Zen and the Art of book, without having to do all that annoying soul-searching and grueling transcendence. Declare the utter simplicity of your activity. Many people mistakenly believe that enlightening hobbies must be complex. This is not the case. In fact, the simpler the activity the higher the potential for melding hobby, mind, and body into an all-encompassing-oneness. Because universal secrets cannot be divulged by building exact replicas of all thirty Major League Baseball stadiums. That is just dorky. You must write about how simple said hobby is, because said hobby is not the important thing here, the important thing here is the metaphor: Declare the utter complexity of your activity. Many people mistakenly believe that enlightening hobbies must be simple. Am I not contradicting myself? Well, no, because this contradiction is not only pre-meditated, it results in paradox, and paradox is the life-blood of these books. People go totally ape-shit for it. If it were really just as simple as becoming one with a random hobby, nobody would need your book. However, it is in stage two where you show the reader that no, building model cars is not just about becoming one with super glue and plastic note: Of course, only those with a keen insight can truly understand the paradox, and thereby resolve it, attaining the highest hobby-chakra. They are ready for the culmination, in which you resolve the paradox and blow their minds with your ridiculously good logic. Is kite flying simple or is it complex? Simplicity and complexity are merely two points of view. How many points of view are possible? All that talk about simplicity and complexity was merely to butter your reader up for the big revelation: Step three is the big payoff, where the reader understands how misguided he or she was all along. Jewelry-making, pottery, knitting, are simply the most complex things you can do. Follow my steps and you will see that writing a Zen and the Art of book is actually the easiest thing in the world, once you have given up all distinctions between easy and hard, teaching and tricking, and can rest in the middle of the circle, looking at all the viewpoints surrounding you, and shaking your head, gently, with a fake smile smeared across your all-knowing face. Rake in the cash. But this is the main reason you are smiling.

### Chapter 3 : Zen and the art of maintaining it - Page 30 - Team-BHP

*Explores needlecraft as a means of balancing the mind, achieving enlightenment, and living consciously every day. Whether embracing the Zen principles in gift giving or creating projects conducive to spiritual growth, author leads the reader along the Zen path in the way that only another serious.*

Meal Verses 15 Nov 9: As you can see, everyone was in a good mood at the end of the retreat! For future reference, the following are two versions we use: We regard greed as the obstacle to freedom of mind. We regard this meal as medicine to sustain our life. For the sake of enlightenment we now receive this food. Alternative used by Mindfulness Communities: May we be fully present to appreciate this meal. Zen and The Art of Needlecraft 18 Aug 4: Here is the excerpt which really caught me italics mine: Any needlecraft, if we do it out of love of the process, is a decidedly Zen experience. Zen is the Japanese translation of a Sanskrit word meaning meditation. Zen is a form of Buddhism, which emphasizes meditation or self-discovery and understanding as a way to enlightenment, rather than studying or following rules. The goals of Zen practice are threefold. The first is to balance the mind, or, in other words, to find the right combination of spontaneity and self-control. The second goal is enlightenment, which is a kind of superalertness. We experience this alertness when we give ourselves over to our hobbies, leaving the rest of our stressful lives behind for awhile. The third goal is to live that enlightenment in our daily lives. We shift gears so often: Half the time, or perhaps more, we are thinking about everything except the current activity, the current moment. We look without seeing, hear without listening. We rehearse the future and relive the past, failing to appreciate the here and now. We need to learn to work and play mindfully-that is, aware of and appreciating the moment we are living in. The way to learn to do this is to practice it where it is easiest to achieve, with our beloved hobby. Sewing with a measure of Zen awareness just might teach us how to bring that same peace and joy into the other aspects of our lives. I encourage everyone to find an art into which they can pour themselves this way and experience this.

### Chapter 4 : Art Between Creativity Exploring Knitting Knitting Links Spirituality Zen - Crochet and Love

*Explores needlecraft as a means of balancing the mind, achieving enlightenment, and living consciously every day. Whether embracing the Zen principles in gift giving or creating projects conducive to.*

Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. Ritchie joined the Needle Exchange Van more than six years ago -- after a midlife career change from furniture sales that was brought on by watching two friends and fellow Marine veterans start using, contract HIV, and die. The Boston Department of Public Health has funded this mobile unit since as part of an outreach effort to encourage safe intravenous drug injection for active users. Its services target some of the greatest dangers of opioids like heroin and other injected drugs: Here and across the country , these efforts run parallel to programs that connect users to detox centers and help them maintain sobriety. Ten minutes into my visit, the first client enters with a barked hello and finds the sharps disposal to deposit his grocery bag of used needles. He turns to the right wall and starts to rifle through bins of alcohol swabs, matchsticks with CPR instructions, tourniquets, bleach kits, and condoms. Once he leaves, Ritchie shows me another popular van offering -- a booklet on safe drug injection co-written by users that includes diagrams of veins on the arm and distinctly street-credible language. In , Massachusetts legislators made it legal for any adult to buy needles from a pharmacy without a prescription. But the van still serves an important role, says Ritchie: You get the needles for free without the stigma that would come with public acquisition, and you can get tested for HIV and other blood-borne infections. Beyond needle exchange, overdose prevention has become a major focus of the van, particularly in light of rising rates of opioid-related death. A recent report from the Massachusetts Health Council, Inc found that in , the greater Boston area had the most emergency room visits involving illicit drugs among the 11 largest U. Ritchie and Sarah teach clients how to rescue fellow users with intra-nasal Naloxone -- a medication that reverses the deadly breath-slowing effects of opioids. In the past five years, Sarah estimates that these trained opiate overdose responders have saved 1, lives in the Boston area. Twenty more minutes pass and several clients enter at once, so Ritchie and Sarah split up to go through the intake questions and record the answers on an anonymous, trackable form. Have you shared a needle in the past year? When was your last HIV test and what did it show? One client tells Sarah she loves her. Sarah says it back. But as I sit in the van, I feel conflicted along another axis. Harm reduction is the purview of public health workers, and is decidedly uncomfortable for the doctor trained to target individual patients. When each client comes in, I want to tell them to stop using, to block the door and prevent them from leaving just to get high. But Ritchie, Sarah, and the many others doing this work know what they are doing. These sorts of interventions have shown more benefit and life-saving potential than plenty of things we do in within hospital walls. Sarah later wrote to me in an email, "We are a harm reduction centered program, and thus celebrate any positive change an individual makes in their life. For more by Ishani Ganguli, click here. For more healthy living health news, click here. Suggest a correction [MORE](#):

## Chapter 5 : Zen and the Art of Harm Reduction | HuffPost Life

*Zen and the Art of Needlecraft is a perfect gift for the person in your life who is just beginning to work with a needle, and it is the quintessential vacation book for those thread crafters who have a bit of practice.*

Zen and the art of maintaining it Quote: Originally Posted by swamyzen Hi everyone, I had to go out of the country for a month and hence I had handed the keys of my Zen to my brother in Mysore for the month. He came to Bangalore to drive down Zen from Bangalore. As I was half way through to the Airport, my brother called me and said he had stopped at a relatives house and he had parked the car on a slope and saw a drop of oil on the ground. He asked if there was a leak and if it happened before and I forgot to tell him. He called back 2 minutes later and said the level was fine. So he drove to Mysore without any problem. For a week he noted that every-time he parked on a sloped area oil would leak but if he parked on a flat surface no oil would leak. After about 12 days he saw that even when parked on a flat surface it would leak. When he parked overnight he saw about drops on the floor. So he called me and asked me what might be the problem. He felt the packing in the oil pan was faulty and this had happened about 4 years ago, so I did agree with him. I asked him to visit a MASS and just make sure everything is fine. So next day he topped up oil and he drove down to Mandovi Motors in Mysore and after inspection the SA said engine bedding was gone and engine needed overhaul and the engine should be removed from the chassis and it would take 10 days for engine overhaul. So he just drove back because he as well as I know that the engine is not burning oil, has excellent pick up and gives good FE. Also was it something complex and big if you did face such a problem? Thanks in advance, swamyzen P S: When the SA was asked what does engine bedding mean he just "piston ring something something not working fine". So I would like to ask if anyone here understood what he meant by that. The engine bedding is basically a rubber part that is used to sit the engine on the chassis. There are 3 beds in your car, one is on the left Engine bed , the other is on the right Gear Box Bed and there is a third below. Its a easy job to change the beds and does not require lifting out the engine. Also this has no co-relation to oil leaks.

## Chapter 6 : Zen and the Art of Zen and the Art of Books < Killing the Buddha

*Zen and the Art of Needlecraft explores the spiritual nature of this beloved pastime, including such subjects as How to employ Beginner's Mind with every new project, the Zen philosophy behind making gifts, the sisterhood of knitting groups, quilting bees, classes, etc. and the uplifting tonic of the creative process.*

## Chapter 7 : Zen and the art of embroidery - Origami Zoo

*DOWNLOAD ZEN AND THE ART OF NEEDLEWORK EXPLORING THE LINKS BETWEEN NEEDLECRAFT SPIRITUALITY AND CREATIVITY zen and the art pdf So this is a bit different.*

## Chapter 8 : Red Clay Sangha - Written in the Clay Blog

*Needle Arts, as implied, pretty much covers anything made with a needle and/or with textiles. So knitting, sewing, crocheting, beading, embroidery, weaving, would all apply. Along with lace-making.*

## Chapter 9 : Ravelry: Zen and the Art of Pretty String pattern by Jessica Anderson

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