

Hi, Dr. Shapiro.

It's been a long time since I first reached out. Time flies! But I want to share our (overly long) mindfulness paper with you. And to say thank you for the encouragement. It meant a lot to me.

I recently left full-time academia to return to industry. It's been a pleasant, exciting, financially beneficial change. I hope you and the family are well and happy, too.

Best,
Robyn

From: dhshapir <dhshapir@uci.edu>

Sent: Saturday, October 24, 2020 10:47:05 AM

To: Robyn Catagnus <>

Subject: OMMM.....NAMASTERe: [E] from the contemplative cave...

Hi Robyn, hope your "mental health retreat" was refreshing and purifying! see some comments in caps below

On 2020-10-20 10:50, Robyn Catagnus wrote:

- > Dr. Shapiro, your email made my day. I saved responding to it for
- > last, before I leave for a short mental health break from work.
- > TOYNBEE TALKED ABOUT THE CYCLE OF WITHDRAWAL AND RETURN. MENTAL HEALTH
- > BREAKS ARE GOOD!! ON SO MANY LEVELS....
- >
- > Woohoo definitely meant joy! And, some days that feels more innate
- > than others, I UNDERSTAND! SOMETIMES JOY BURSTS FORTH; SOMETIMES IT
- > TAKES A WEE BIT OF "WORK!"
- > I was a regular meditator, then covid came along. I've let most self
- > care fall by the wayside, but man, we've got a lot of work done.
- > (Thus the need for a short break). I GET ABOUT THE BREAK! BUT IF I
- > MAY, PERHAPS JUST A WEE BIT OF SELF-CARE AND SELF-NURTURANCE MIGHT BE
- > HELPFUL DURING THE COVID OUTBREAK, TOO. JUST SAYING....E.G., THE THICH
- > NHAT HANH 30 SECOND MEDITATION:
BREATHING IN, I RELAX MY BODY AND MIND
BREATHING OUT, I SMILE...
WHAT A WONDERFUL MOMENT
- >
- > Should we be lucky enough to ever get the manuscript published, I'll
- > share with you, of course. It may take a couple revisions. I KNOW THAT
- > WELL, TOO! PATIENCE (AND DETERMINATION!)
- >
- > And, I didn't know about your book, Precision Nirvana -
- > whaaaatttt?!!. I can't wait to read it.I tried to buy a paper copy
- > on Amazon, and you'll be pleased to know it is listed at \$809. Ha!
- > THAT'S HOW I WAS ABLE TO RETIRE SO EARLY!!? HMM, REALLY. I KNEW IT WAS

> WORTH ITS WEIGHT IN GOLD, EVEN PRICELESS, BUT REALLY, \$809!??! I HOPE
> YOU KNOW YOU CAN READ IT FOR FREE--GO TO
<https://deanehshapirojr.org/category/professional-writings/self-control/page/3/>
ENJOY THE CARTOONS...! ALSO, YOU MIGHT ENJOY THE COMPARISON AND
CONTRAST OF MEDITATION AND BEHAVIORAL SELF-CONTROL FOUR PAGES IN
APPENDIX
4. (SORRY, I NOTICED IT'S VERTICAL, THAT WILL BE CORRECTED WITHIN THE
NEXT COUPLE WEEKS!:))

> I really like the '_care and maintenance of the mind_'.'THANKS! Yours and
> I
> collaborate to lead a small lab related to cognition and the mind, and
> mindful awareness, here at TCSPP. TERRIFIC!
>
> If you were not happily ensconced in retirement and the contemplative
> cave, it would be fun to see an update to the book. It think it is
> much needed in our field. You know, I worked at a fancy pants
> neuroscience consulting firm for many years, and so many of the
> recommendations in your book are things the 'guru' there
> recommended based on neuroscience. How things cycle through the
> public, are monetized, lost and regained again and again. OMMM, THANKS
> FOR YOUR KIND THOUGHTS. I THINK IT WAS THE RIGHT BOOK FOR ME TO
WRITE
> AT THAT TIME. I STILL ENJOY IT'S SERIOUS PLAYFULNESS.
>
> But, I suspect you've more fun things to do with family and
> grandkids, and rightfully so. AHHH, OMM AGAIN! Your recent
> celebrations sound lovely.
> Many of the Jewish traditions are beautiful. I am often envious when I
> talk to my friends about their experiences. A colleague is very
> consistent with leaving work on Friday for Shabbat, and never varies,
> regardless of any corporate or 'real' work crisis. It fuels her
> and we've had many thought provoking discussions about faith and
> commitment. LOVELY TO HAVE A "SANGHA" COLLEAGUE LIKE THAT (I STILL
> INVITE YOU TO TAKE A LITTLE BIT OF TIME EACH DAY (EVEN, OR ESPECIALLY"
> DURING COVID. IN JUDAISM (AND ALL SPIRITUAL TRADITIONS) THERE ARE
> CERTAIN LOVELY RITUALS: E.G. WHAT DO YOU SAY FIRST THING YOU WAKE UP
IN
> THE MORNING!? ONE RITUAL IS "GRATEFULNESS": FIND SOMETHING TO BE
> THANKFUL FOR, EVEN IF IT'S JUST "STILL BREATHING!" THEN IN JUDAISM
> THERE IS AN AFTERNOON PRAYER OF "HAPPINESS TO BE IN THE WORLD, SING
> HALLELUJAH"; AND AN EVENING PRAYER OF FORGIVENESS. it TAKES JUST A
FEW
> MINUTES A DAY, BUT CREATES A "SPIRITUAL SPINE: AWAKE IN GRATEFULNESS,
A
> BOOST OF HAPPINESS AND SONG IN AFTERNOON, AND GO TO SLEEP WITH
> FORGIVENESS....

>
> I won't take more of your time, but rest assured, we WILL be dancing
> and finding joy! FANTASTIC!!! ONWARD AND INWARD....NAMASTE, DR. S
>
> With appreciation,
> Robyn and Yors and Dorothy, too!
>
> On October 17, 2020 at 10:37:04 AM, dhshapir (dhshapir@uci.edu) wrote:
>
>> Caution: Sender is External
>>
>> Hi Robyn, What a joyful email, (and the personality behind it?
>> innate or
>> learned!?) Very kind. During this final phase of life, I live in a
>> metaphoric "contemplative cave" and your missive resonated with a
>> "wahoo!" indeed. Good luck with your paper. A few comments in CAPS
>> in
>> your notes below (I use caps to make sure i comment in dialogue on
>> your
>> missive, NOT because i have a loud voice (it's actually very soft:)
>>
>> On 2020-09-29 17:35, Robyn Catagnus wrote:
>>> I should clarify, we read both the 1978 paper and the earlier,
>> 1976
>>> Zen Meditation and Behavioral-Control. Woo hoo! (I DON'T KNOW
>> EXACTLY
>>> THE MEANING OF WAHOO IN THIS CONTEXT, BUT I "FEEL" IT'S JOY. (SEE
>> MORE
>>> COMMENTS BELOW)
>>>
>>> -----
>>>
>>> From: Robyn Catagnus
>>> Sent: Tuesday, September 29, 2020 7:24 PM
>>> To: dhshapir@uci.edu <dhshapir@uci.edu>;
>>> Subject: Thank you!! From behavior analysis nerds who also enjoy
>>> meditation
>>>
>>> Hello!
>>>
>>> This email is just to say.... Thank you. I've been wrestling
>> with a
>>> manuscript, trying to explain how repertoires described as
>>> 'mindful,' can be conceptually systematic with behavior
>> analysis. I'D
>>> BE CURIOUS THE "ANTECEDENTS" TO YOUR "WRESTLING. DO YOU

MEDITATE?

>> I

>>> WOULD GUESS THERE WAS SOME PRECIPITATING "MEDITATIVE EXPERIENCES"?

>>

>>> THEN AFTER (OR MAYBE DURING!) YOU WONDERED, WHAT IS GOING ON.

>> (gOOD

>>> FOR THE INQUIRING SCHOLARLY MIND, NOT SO GOOD FOR THE MEDITATIVE EXPERIENCE (AT LEAST I FOUND THAT TRUE!:))

>>> It's been an embarrassingly long process (months) and we are finally

>>> submitting a little lit review of single-subject mindfulness-based interventions.... tomorrow. CONGRATS!!! AH, THE CONCEPT OF

>> COMPETENCE AND

>>> A FEELING OF "SENSE OF CONTROL!"

>>>

>>> And, then I find your 1978 paper in Psychologia. This probably sounds

>>> _ridiculous_, given your research prominence. But, your work is not

>>> widely circulated within the current behavior analysis community. I

>>> hope to change that, to a small degree, by highlighting your behavioral account of meditation. And, I'll be assigning your

>> paper

>>> as required reading in my classes and our lab. THANK YOU, AGAIN VERY

>>> KIND.

>>>

>>> The paper is just lovely, technical, nerdy, and clear. AWW, It is still so,

>>> even all these decades later. Well done, and thank you. I mean, you

>>> even suggested _successive approximations of the lotus position_! So

>>> fun. AGAIN, THAT GREAT "PERSONALITY" FILLED WITH JOY!!! IT REMINDS ME

>>> OF THE

>> EPILOGUE PICTURE I USED IN PRECISION NIRVANA: SELF-CELEBRATING, THE ART

>> OF THE COSMIC CHUCKLE. I THINK YOU'D LIKE THAT PICTURE (AND MAYBE EVEN

>> THE DISCUSSION OF "BE HUMOROUS!!:) (AH, THE FREEDOM REFLEX AND THE INITIAL EFFECT OF "SELF-CONSCIOUSNESS"

>>

> (<https://deanehshapirojr.org/wp-content/uploads/2016/03/Chapter-8-epilogue.pdf>)

>>
>>
>> ONCE YOUR ARTICLE IS PUBLISHED, WITH YOUR PERMISSION I'D LIKE TO PUT
>> IT
>> UP ON THE CONTROLRESEARCH WEBSITE (CONTROLRESEARCH.NET) : SEE
OTHER
>> PUBLICATIONS;
>> AND/OR IN THE MEDITATION (OR SELF-CONTROL) SECTION AT THE
>> DEANEHSHAPIROJR.ORG WEBSITEA
>>
>> KEEP UP THE GREAT WORK (AND GREAT ATTITUDE!)
>> WE'VE JUST COMPLETED THE "DAYS OF AWE" IN JUDAISM, BEGINNING WITH
>> ROSH
>> HASHANAH, THE NEW YEAR. A RITUAL IS TO DIP AN APPLE IN HONEY AND
>> WISH
>> EACH OTHER A "SWEET" YEAR. THIS PAST WEEK WAS "SIMACHAT TORAH" IN
>> WHICH
>> WE ARE INVITED TO "DANCE." IN THAT CONTEXT, I WISH YOU AND YOUR
>> COLLEAGUES,
>> A YEAR OF PEACE, HEALTH, HAPPINESS, AND JOY...KEEP DANCING!
>>
>> NAMASTE, DR. S
>>>
>>> I've copied my co-authors here, too.
>>>
>>> With appreciation,
>>> Robyn
>>>
>>> Robyn Catagnus, EdD, LBS, BCBA-D
>>>
>>> _Associate Chair & Associate Professor_
>>>
>>> The Chicago School of Professional Psychology
>>>
>>> Applied Behavior Analysis Department
>>>
>>> Online Campus
>>>
>>> | 479-244-2227 [1]
>>>
>>> Pronouns: she, her, hers