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How do you think being mindful has changed you as a physician and as a person?  
Probably a better question to ask my wife and patients. The shortest answer is that I am a happier  
guy, spend much less time pissed off or frustrated, and am better able to deal with the  
unexpected, unresolvable, and unfortunate.

What attracted you to mindfulness?  
I may not be the best person to talk about mindfulness in any structured way. While I have read  
extensively on it, I am not a "practitioner" in any sense in that I do not meditate or participate in  
any of the martial arts or anything like that. I am not a very mystical guy. What attracts me to  
mindfulness is that it unshackles you from past behaviors and fears of the future and frees you to  
be here now, as Alan Watts used to say. This is particularly important for people who experience  
episodic, chronic pain.

Why do you think more and more physicians are looking into this topic for themselves and  
their patients?  
Medicines are good, but you don't have to do what we do for very long to realize medicine alone  
does not heal. Mindfulness, as well as biofeedback, counseling, arts like Tai Chi and Yoga, are  
essential to move from the sick state to health. Physicians have a long tradition in every culture  
of cleaving to what works. Sometimes, we even figure out why it works, but that is another story.

How long have you been interested in the subject of mindfulness?  
To be honest, I didn't know I was interested in mindfulness until my nurse practitioner, a  
practicing Buddhist, told me that much of what I was counseling my patients to do was to  
practice mindfulness. As you know, there are many paths, and mine is typically circuitous and  
meandering. I seem to have come to mindfulness through my own struggles in dealing with pain  
and the vicissitudes of life. The more time you spend in the present, the better off you are. I think  
the subject of mindfulness is the subject of living in the moment and I have been interested in  
that for a long time.

How do you incorporate mindfulness into your daily life?  
My approach is a mish-mosh of things that work for me. I like technology. I have an alert on my  
computer that goes off every hour. It reminds me to stop what I am doing, assess my body  
posture, breathing, thought processes, etc. I find ritual very helpful, so I try to maintain certain  
patterns in my daily activities, including exploring new things. Over the years I have gotten  
pretty good at self-monitoring my reactive self and letting the negative stuff go. Not always, but  
usually.