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Mindfulness

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Definition

Mindfulness refers to one's ability to maintain awareness and see clearly what is happening in our daily lives in a nonjudgmental manner, despite distractions and interruptions. The power of mindfulness lies in its practice and applications. This practice is based on a Buddhist perspective of

living in harmony with oneself and the world. Methods, such as mindful movement, the body scan, and sitting meditation, allow individuals to appreciate present moments. When mindfulness is not practiced, one lacks the understanding of their own mind and how it influences perceptions and actions. Mindfulness is a concrete way to be more in touch with yourself and the world through processes of self-observation, introspection, and mindful actions.

References and Readings

- Cullen, M. (2011). Mindfulness-based interventions: An emerging phenomenon. *Mindfulness*, 2(3), 186–193.
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