

DEFINING MINDFULNESS

“The awareness that arises out of intentionally paying attention in an open, accepting and discerning way” (Shapiro & Carlson, 2009)

Three Core Elements

1. INTENTION

2. ATTENTION

3. ATTITUDE

ATTITUDE

- **nonjudging**: impartial witnessing, observing the present moment without evaluation and categorization
- **nonstriving**: non-goal oriented, remaining unattached to outcome or achievement
- **acceptance**: open to seeing and acknowledging things as they are in the present moment
- **patience**: allowing things to unfold in their time, bringing patience to both ourselves and to others.
- **trust**: trusting both oneself and others. Trusting the process of the self-regulation practice itself
- **openness**: seeing things as if for the first time, creating possibility by paying attention to all feedback in the present moment.
- **letting go**: non-attachment, not holding on to thoughts, feelings, experiences
- **gentleness**: characterized by a soft, considerate and tender quality; however not passive, undisciplined or indulgent.
- **generosity**: a generous attention to the present moment, given without attachment to gain or thought of return
- **empathy**: the quality of feeling and understanding another person's situation in the present moment—their perspectives, emotions, actions (reactions)—and communicating this to the person.
- **gratitude**: the quality of reverence, appreciating and being thankful for the present moment.
- **lovingkindness**: a quality embodying benevolence, compassion and cherishing, a quality filled with forgiveness and unconditional love

These categories are offered heuristically, reflecting the general idea that there are mindfulness qualities which should be intentionally cultivated during the mindfulness practice.

Mindfulness References

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Websites

Center for Mindfulness in Health Care and Society www.umassmed.edu/cfm

Journal for mindfulness practitioners: www.inquiringmind.com

Buddhism and science: www.mindandlife.org