

Thoughts on Mindfulness

Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing.

Mindfulness is at the same time a means and an end, the seed and the fruit. When we practice mindfulness in order to build concentration, mindfulness is a seed. But mindfulness itself is the life of awareness: the presence of mindfulness means the presence of life, and therefore mindfulness is also the fruit. Mindfulness frees us of forgetfulness and dispersion and makes it possible to live fully each minute of life. Thich Nhat Hanh

Mindfulness: The state of being fully present, without habitual reactions. Mindfulness means being aware of what our present experience is without necessarily reacting according to the habits of our minds. Sharon Salzberg

Mindfulness is attention. It is a non-judging, receptive awareness, a respectful awareness. Jack Kornfield

An operational working definition of mindfulness is: the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment. Jon Kabat-Zinn

Martha Whitney, L.M.F.T.
919-485-9738