



MINDFULNESS MEDITATION may not be as unfamiliar as you think. **PRAYER** is actually considered to be very similar to mindfulness meditation.

“The journey of a thousand miles begins with one step.”

—Lao Tzu

“All that we are is the result of what we have thought.”

— Buddha

The practice of meditation dates back centuries. While tied to many different teachings, the simple goal of meditation is to increase calmness and wellbeing.

At a time when stress is at an all-time high, it’s no wonder that nearly one in five adults in the US practice some form of meditation.

There are many different types of meditation including mantra meditation, spiritual meditation and mindfulness meditation which is getting a lot of attention right now.

In fact, the phenomenal growth of mindfulness meditation is not surprising given the reasons people choose to practice it.

Top 5 Reasons For Mindfulness Meditation:

1. Reduce stress levels of relaxation
2. Feel better emotionally
3. Gain a sense of control over one’s health
4. Improve memory or concentration
5. Sleep better

Feelings of curiosity, openness and acceptance have been attributed to mindfulness meditation.

Focusing on the present, not the past or future, creates a real sense of living in the moment.

There are many different avenues where you can explore the practice of mindfulness meditation, from apps to actual guided classes. The internet can certainly guide your way.

*7 Attitudes of Mindfulness by Kabat-Zinn:**

1. Be non-judgmental
2. Be patient
3. Look at things as if for the first time
4. Be yourself
5. Be OK doing nothing
6. Accept things as they are
7. Allow your thoughts to flow freely and unedited

*Kabat-Zinn J. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York, NY: Bantam Books Trade Paperback: 2013: 19-38.

