Mindfulness definitions.

Jon Kabat-Zinn:
Paying attention
On purpose
in the present moment,
and non-judgmentally.

Sam Harris
A state of clear, non-judgmental and undistracted attention to the contents of consciousness, whether pleasant or unpleasant. There is nothing passive about mindfulness. One might even say that is expresses a specific kind of passion—a passion for discerning what is real in every moment. It is a mode of cognition that is, above all, undistracted, accepting and non-conceptual. Being mindful is not a matter of *thinking* more clearly about experience; it is the act of *experiencing* more clearly, including the arising of thoughts themselves.

<u>Shinzen Young</u>

Modern Mindfulness denotes contemplative-based psycho-spiritual growth working in concert with science. A practice that Develops Skills to Optimize Happiness

Mindful Awareness Skills: Concentration Power, Sensory Clarity and Equanimity working together.

- **Concentration Power**: ability to bring your attention to whatever you deem relevant. Focus can be narrow or broad. Goal: To elevate *base level* which is present in ordinary life
- **Sensory Clarity:** two sides to Clarity.
  - Discriminate different qualities at finer and finer levels.
  - Detect subtle sensory phenomena
- **Equanimity:** Allowing sensory experience to come and go without resistance or attachment. This is often mistakenly confused with indifference to objective circumstances.