

## --Mindfulness--

*Mindfulness is bringing a fullness of attention to whatever is occurring as it is occurring, staying in the present moment and not reverting to the past or future.*

Adapted from Saki Santorelli and others

*Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment.*

Jon Kabat-Zinn

*Mindfulness is awareness of present experience with acceptance.*

Ronald D. Siegel, **The Mindfulness Solution**

*Mindfulness is a cognitive state marked by attentional stability that disengages habitual reactions and self-judgment.*

Jean Kristeller

*Mindfulness is the ability to direct action, in a nonjudgmental and accepting way, to the experiences that take place in the present moment, both within individuals and in their environment.*

Bishop et al, 2004; Kabat-Zinn, 1990

*Mindfulness is a natural universal human capacity for awareness and discernment. It is both a process (mindful practice) and an outcome (mindful awareness).*

Shapiro and Carlson, 2009