
A Model of Mindful Practice

—three core elements—

Intention—Attention--Attitude

(Adapted from **The Art and Science of Mindfulness**, Shapiro and Carlson, 2009)

Intention, attention and attitude are not separate processes or stages—they are interwoven aspects of a single cyclic process and occur simultaneously, ... informing and feeding back into each other.

Intention.

“Your intentions set the stage for what is possible. They remind you from moment to moment of why you are practicing in the first place.” (Jon Kabat-Zinn) Intentions are often dynamic and evolving as a person’s needs and motivations change. It is necessary to be clear about one’s intentions and also to reflect upon whether they are wholesome (of benefit to self and others).

Attention.

Paying attention involves observing the operations of one’s moment-to-moment internal and external experience, suspending (or noting) all the ways of interpreting experience and attending to experience itself, as it presents in the here and now. Mindful practice involves a dynamic process of learning how to cultivate attention that is discerning and nonreactive, sustained and concentrated, so that we can see clearly what is arising in the present moment (including one’s emotional reactions, if that is what comes up).

Attitude.

The qualities, or attitudes, one brings to the art of paying attention are crucial.