**Definitions of Mindfulness**

*“Mindful awareness is a state of present attention where one clearly perceives thoughts, physical sensations, emotions and events at the moment they occur without reacting in an automatic or*

*habitual way”.* *UMASS Programme*

“Mindfulness is the awareness that emerges through paying intention on purpose, in the present moment, and non-judgementally to the unfolding of experience moment by moment”

*Jon Kabat-Zinn*

*“The present is the only time that any of us have to be alive - to know anything – to*

*perceive - to learn - to act - to change - to heal.“* *Jon Kabat-Zinn*

Jon Kabat-Zinn concluded that among his Stress Clinic clients:

“Those people that came with a sceptical but open attitude do the best. Their attitude is, ‘I don’t know whether this will work or not, I have my doubts, but I am willing to give it my best shot and see what happens.’”

**Attitudinal foundations of Mindfulness:**

There are certain qualities that we bring to the practice of mindfulness and that mindfulness in turn fosters in us, such as:

Non-judging

Patience

Beginner’s Mind

Non-striving

Acceptance

Curiosity

Kindness and self-compassion