

# The Emergence of Mindfulness in Western Psychology: Cultural Clash or Coalescence?

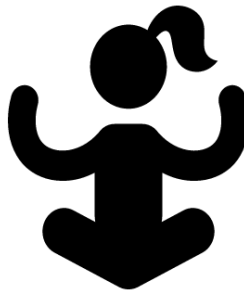
Pali translation: sati - "clear awareness"

"The awareness that emerges through paying attention on purpose, in the present moment, and non-judgementally to the unfolding of experience moment by moment"



Sit or lie still and place your awareness on a particular aspect of experience...

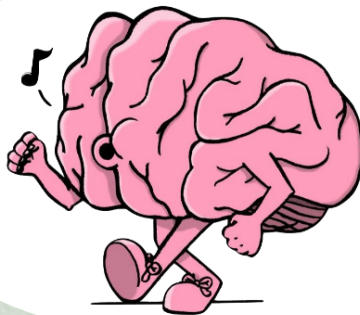
When you realise you are lost in thought, start again!



The rhythm of breathing

Physical sensations

Chosen mantra



- Cognitive resilience
- Emotional regulation
- Creativity
- Addictive behaviours
- Reduced stress and athlete burnout
- Pain management
- Self-esteem

## MBSR

- For the general population (stress, grief, pain etc)
- Teaches healthy responses (acceptance, non judgement)
- Reduces avoidance coping



## MBCT

- Prevents depressive relapse
- Enhances awareness of ruminative thought patterns
- Uses mindfulness and CBT exercises



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