

## What Is Mindfulness?

"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, nonjudgmentally. It's about knowing what is on your mind."

—Jon Kabat-Zinn

The roots of mindfulness come to us from Buddhism, where it remains an important part of the tradition. Yet mindfulness as a modern, Western practice is most often practiced outside of any formal spiritual contexts.

Jon Kabat-Zinn founded the first Mindfulness-Based Stress Reduction (MBSR) program in 1979 and is largely credited with introducing mindfulness to the West. Since then, substantial research has demonstrated that mindfulness really does improve our mental and physical health.

Today, the "Mindfulness Movement" is growing in popularity, with hospitals, schools, prisons, the military, and many workplaces using this life-changing practice. People from all walks of life are turning to mindfulness as a way to bring openheartedness and well-being to modern life.

## How Mindfulness Changes Your Life

Mindfulness gives us the skills we need to create the life we want and the world we dream of. In today's fast-paced society, we can turn to mindfulness as way to not just cope, but really thrive in all aspects of our lives.



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### **Reduce Stress**

Calm your mind and relax more easily so you can ride the waves of life with curiosity, acceptance, and joy.



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### **Stay Healthy**

Reduce pain and inflammation, build a stronger immune system, lower blood pressure, recover faster, and sleep better.



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### **Improve Relationships**

Mindfulness helps us shed our defenses and assumptions so we can connect to others with spaciousness and heart



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### **Increase Performance**

Attention, memory, body Focus, awareness, and other critical skills all improve with mindfulness



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### **Live Longer**

Gene expression can change with regular practice—telomeres grow stronger and longer, correlating with an increased lifespan



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### **Awaken and Expand**

Connect more consciously with your full self and greatest callings, tapping into a limitless space of loving awareness

