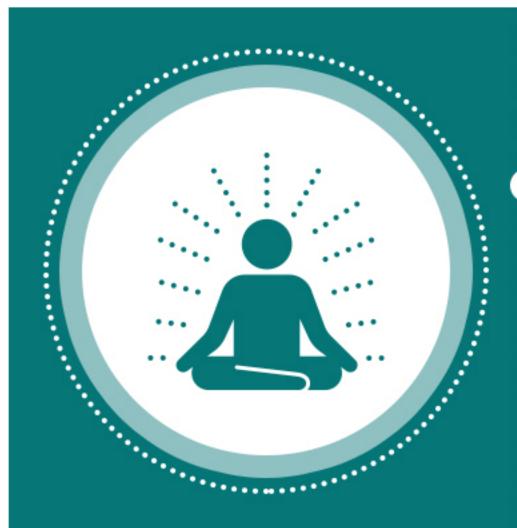
MINDFULNESS What & Why?

The English word mindfulness has its roots in the Sanskrit word "Smrti" and the Pali word "Sati". Sanskrit and Pali being two ancient-sacred languages. Therefore mindfulness original meaning was "to remember" or "to recollect" (the object of focus) and not to forget or be distracted. A popular definition introduced by Jon Kabat-Zinn is "paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally".



MINDFULNESS IS

- A quality of a well-trained consciousness
- The ability to be fully present with people and tasks
- A mental state resulting from high awareness (self, others and environment)
- A practice used to train attention and increase mental effectiveness
- A strategy used to enhance focus and reduce susceptibility to distractions
- A superpower in a VUCA world



MINDFULNESS IS NOT

- Absence of thoughts
- Being complacent or religious
- Stop thinking or "switching off" your mind
- Becoming a doormat or a lifeless, non-judgemental blob



BENEFITS

- It improves sleep quality
- It sharpens focus and attention
- It boosts memory and creativity
- It reduces stress, anxiety and depression
- It can improve mood, happiness and quality of life
- It supports the arising of compassion
- It's effective for pain management
- It strengthens social connections

ZEN

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