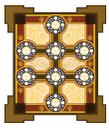


MINDFULNESS

myths & misunderstandings



Mindfulness is religious

While mindfulness has its roots in Buddhism, the modern practice is 100% secular. It is a completely non-religious activity, endorsed by the medical profession.



Mindfulness requires special tools

You don't need any special equipment to practice mindfulness. It can be done anywhere at any time, although not while driving or operating heavy machinery.



Mindfulness means sitting still

There are many different forms of mindfulness practice. If sitting mindfulness does not work for you, try walking mindfulness.



Mindfulness means emptying your brain of thoughts

Not at all. The mind is made to think, and that is what it is supposed to do. People who have been practicing mindfulness for decades have thoughts during every session.



Mindfulness = Meditation

While all meditation might constitute mindfulness practice, not all mindfulness practice has to be meditation. Anytime you consciously bring your attention to yourself in the present moment, you're being mindful practicing mindfulness.



You need particular physical surroundings to practice

You can do mindfulness anywhere. A quiet place where you won't be interrupted is ideal, but not required. Some people dedicate an uncluttered corner of a room in their house, but it's not necessary.



Mindfulness cannot be measured objectively

Modern technology, including fMRI scans, shows that long term mindfulness practice changes the brain for the better, increasing areas of executive function, and decreasing the dinosaur brain fight or flight response.*



Mindfulness is just another fad

Mindfulness practitioners have observed its benefits for centuries. Give it a try and see if it helps you.



I don't have enough time for this - I have enough stress in my life now

Mindfulness doesn't take much time. While our goal is to encourage everyone to establish a daily practice, 5-10 minutes a few times a week is enough to experience the many benefits of mindfulness. We agree that it is hard to find even 5 minutes, but give it a try.



I've tried mindfulness before, but I always fall asleep

Not a problem. It just means that at that particular time, you needed sleep more than you needed mindfulness. Try practicing at different times of day to see what works best for you.



I'm worried that I will not be able to do mindfulness correctly

Here's the biggest secret of mindfulness:

You can't do it wrong.

Your experience is your experience.

Whatever happens is completely fine.