**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.

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