

---Mindfulness is pre-symbolic....mindfulness can be experienced---rather easily---and it can be described, as long as you keep in mind that the words are only fingers pointing at the moon. They are not the moon itself.

---The meditation technique called vipassana (insight) that was introduced by the Buddha about 25 centuries ago is a set of mental activities specifically aimed at experiencing a state of uninterrupted mindfulness.

---Mindfulness is very much like what you see with your peripheral vision as opposed to the hard focus of normal or central vision.

---Mindfulness is mirror-thought. It reflects only what is presently happening and in exactly the way it is happening. There are no biases.

---Mindfulness is an impartial watchfulness. It does not take sides.

---Mindfulness treats all experiences equally, all thoughts equally, all feelings equally. Nothing is repressed. Mindfulness does not play favorites.

---Mindfulness is non-conceptual awareness. Another English term for *sati* is “bare attention”. It just looks.

---Mindfulness is present moment awareness. It takes place in the here and now.

---Mindfulness is nonegotistic alertness. It takes place without reference to self.

---Mindfulness is awareness of change. It is observing the passing flow of experience. It is watching things as they are changing.

---In mindfulness, one is an unbiased observer whose sole job is to keep track of the constantly passing show of the universe within.

---Mindfulness is participatory observation. The meditator is both participant and observer at one and the same time.

---Mindfulness is extremely difficult to define in words---not because it is complex, but because it is too simple and open.

---The Pali term *sati* also bears the connotation of remembering.

THREE FUNDAMENTAL ACTIVITIES---

Mindfulness reminds you of what you are doing

Mindfulness sees things as they really are

Mindfulness sees the true nature of all phenomenon