



Definitions of Mindfulness

Thich Nhat Hanh [Thich Nhat Hanh Foundation](#)

While there is no universal definition of “mindfulness,” Thich Nhat Hanh often describes it as “being aware of what is happening inside and around you in the present moment.”

Professor Jon Kabat-Zinn [Testing accessibility document \(hee.nhs.uk\)](#)

The awareness that arises from paying attention in a particular way; on purpose, in the present moment and non-judgmentally. [Home - Jon Kabat-Zinn](#)

Ajahn Sumedho (taken for the talk [Mindfulness is an interesting word by Ajahn Sumedho](#))

We need to take into our minds the way it is, what it all implies, and the things that are involved in it. It does not mean just to have an idea that one has to be mindful of each step while walking... as a kind of fixed view of mindfulness. Because that can be merely concentration. Mindfulness allows us to really notice the way it is, where we are, the time and the place.

Professor Mark Williams and Dr Danny Penman

(taken from [Mindfulness: Finding Peace in a Frantic World](#))

Mindfulness is about observation without criticism; being compassionate with yourself. When unhappiness or stress hover overhead, rather than taking it personally, you learn to treat them as if they were black clouds in the sky, and to observe them with friendly curiosity as they drift past.

American Psychology Association [Mindfulness \(apa.org\)](#)

Mindfulness is awareness of one’s internal states and surroundings. Mindfulness can help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them.

Ajahn Chah An abstract from [Aj Chah On Meditation \(abhayagiri.org\)](#)

The trick is to have awareness overseeing the mind. Once the mind is unified with mindfulness a new kind of awareness will emerge. The mind that has developed calm is held in check by that calm, just like a chicken held in a coop... the chicken is unable to wander outside, but it can still move around within the coop.

