Unified Mindfulness
The Brass Tacks

What is Mindful Awareness?
• A certain way of paying attention to what is happening around and within you.

What defines Mindful Awareness?
• A skill set consisting of three skills working together:
  ◦ Concentration
  ◦ Sensory Clarity
  ◦ Equanimity

What is Mindfulness Meditation?
• Any intentional application of Concentration, Clarity, and Equanimity for the development of these skills, the application of these skills to a specific situation, or both.
• Any exercise that systematically raises a person’s baseline level of Mindful Awareness.

Why practice Mindfulness Meditation?
As simple as the practice appears, it can have profound and lasting benefits. Do mindfulness meditation in order to:
• Reduce suffering due to physical or emotional discomfort. (Note that this is not necessarily the same as being without discomfort.)
• Derive greater fulfillment from physical and emotional pleasure.
• Change habitual behaviors that have negative consequences, or create behaviors that have positive consequences.
• Understand deeply who (and what) we really are.
• Joyously serve our fellow beings.