

Christian Mindfulness vs Mindfulness

Christian mindfulness

- **Contemplative prayer**, gratitude and quiet reflection
- Meditation in the context of **listening for God's will**
- Focusing on **the present** rather than worries about the future
- Noticing and **letting go** of negative thoughts
- Avoiding "**emptying the mind**"



Mindfulness

- Mindfulness is a **secular awareness practice**
- The goal of mindfulness is to **pay attention to the present moment nonjudgmentally**
- Mindfulness can be practiced while seated, standing, walking, or **as a part of daily life**
- Practices like **gratitude and meditation** are intended to strengthen mindfulness skills

