

Vipassana vs Mindfulness

Vipassana

- Vipassana is a **type of insight meditation** that is thought to have been first taught by the Buddha. It's one of the earliest forms of meditation
- Vipassana's literal translation is *to see things as they really are*.
- Vipassana is a part of a larger set of Buddhist practices focused on **moving away from suffering and internalizing the truth of impermanence**



Mindfulness

- Mindfulness meditation is in many ways a **secularized version of Vipassana**
- Both techniques focus on **nonjudgmental observation** of thoughts and sensations
- Both feature techniques like sitting meditation, breathing observation and body scans
- However, mindfulness programs **incorporate a broader set of tools** like yoga, mindful eating, stress coping strategies, and gratitude

