



Who We Are

The Mindfulness Meditation Institute is a worldwide secular organization founded by author and meditation teacher, Charles Francis. Its primary purpose is to help spiritual seekers achieve freedom from their suffering, and find true inner peace through the practice of mindfulness meditation. Our aim is to help beginners get started and stay motivated, and help experienced members get more from their efforts through the “12 Steps of the Mindfulness Meditation Practice.”

Our philosophy is to transmit the practice in a clear and simple manner. We try to present the teachings in a way that is adaptable to each person's level of experience, and keeps them moving forward. Beginners can learn the basics of mindfulness meditation, and experienced meditators can learn how to get the most from their practice.

We welcome people from all different spiritual traditions. Since mindfulness meditation is a practice and not a religion, practitioners don't have to abandon their current spiritual faith. In fact, we encourage them to develop a deeper understanding of their faith.

We are aware that the mindfulness meditation practice can have a significant positive impact on our social, economic, and environmental systems. Through mindfulness, we will gain a much deeper understanding of the nature of our interconnectedness with our environment, and the principles that govern our evolution.

It is our sincere hope that mindfulness meditation will bring you great joy and happiness in your life, and that it helps you realize your full potential as a human and spiritual being.

www.MindfulnessMeditationInstitute.org