



## **What Is Mindfulness Meditation?**

Mindfulness meditation is a secular form of meditation that has its roots in the oldest form of meditation the Buddha taught over 2,500 years ago. The main goal of the practice is to attain freedom from suffering. This is accomplished by developing self-awareness, or mindfulness, because it is our inaccurate views of the world that trigger our negative emotions and harmful actions.

With mindfulness meditation, we can develop an awareness of the true nature of reality. By observing what is happening within our mind, body, and the world around us, we'll begin to lift the veil of illusion that creates the suffering in our lives. This is essentially what a spiritual awakening is.

The foundation of the practice is the development of concentration and mindfulness. These are our primary tools of observation. By developing them, we're able to look deeply into the true nature of reality. Mindfulness meditation is a training of the mind that will help us overcome our fears and painful emotions, so we can be free of our suffering. It is our path to inner peace.