

## **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.