

Mindfulness	Christian Meditation
<ul style="list-style-type: none"> • Rooted in Buddhist practice • Technique • Mind activity • Attention is on self (time limited) • Focus on the present • Measurable results focus (self-regulation, calming) • Way of preparing for meditation by calming the mind and harmonizing mind and body • Benefits include reducing stress, self-regulation, increased self knowledge and acceptance, increases sense of well-being and harmony, increases the desire to build community with others, calmness, enhances learning • Transactional 	<ul style="list-style-type: none"> • Rooted in our Christian Tradition • Surrender - contemplation is not the result of a well-honed technique but of grace. • “Pure prayer” of the heart • Attention is coming off yourself (leaving the self behind) • Focus on the present • Faithfulness and trust focus • Produces mindfulness – makes you more aware, mindful • Benefits include reducing stress, self-regulation, increased self knowledge and acceptance, increases sense of well-being and harmony, increases the desire to build community with others, calmness, enhances learning • Fruits – “But the fruit of the Spirit is love, joy, peace, patient endurance, kindness, goodness, faithfulness, gentleness and self-control” (Galatians 5: 22) • Transformational