

Mindfulness of Mind

In Mindfulness of Mind we turn our attention from the content of the mind (*sensations, emotions, thoughts*) to the mind itself. We explore the quality of the mind, the underlying mood or attitude. These mind-states tend to be more pervasive and longer lasting than the more ephemeral emotions. At times they can last for hours, days or even be a near-constant “backdrop” in our lives.

In becoming mindful of mind, it is useful to distinguish between what is happening at any given moment and what our relationship is to what is happening. Mindfulness practice helps to tease these apart so that we can be more discerning about how our opinions, judgments, attitudes and feelings may or may not accurately represent what is happening. The space between what is happening and our relationship to what is happening is a door to peace.

*Introduction to Mindfulness Meditation:
Online Course Materials, pages 38–40
Gil Fronsdal and Inez Freedman*