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and capable of such great achievements, is not at all a “mystical” state, beyond the ken and reach of the average person. It is, on the contrary, something quite simple and common, and very familiar to us.

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Mindfulness Books - Waterstones

Mindfulness, it seems to be on everyone's tongue lately and for good reason. Mindfulness is not just a meditation practice that you can do in your life to help you get through the life that you currently have but it is a technique that when put into practice

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can change your life and help you create the life that you want.

Amazon.com: Mindfulness: Mindfulness Meditation: Changing

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Defining meditation and mindfulness from the historical perspective. In the historical Buddhist context, the term

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meditation is used to translate the Sanskrit term bhāvana and its Tibetan equivalent sgoms. Etymologically, the Sanskrit term connotes the notion of “cultivation,” or “causing to become” and the Tibetan equivalent, refers to “development of familiarity” (Thera, 1962 ...

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in the immediate present. ... Mindfulness denotes concentration, too, here ...

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