



Mindfulness and Meditation

What's the difference?



Mindfulness

can be practiced any time and anywhere: while walking, talking, eating - even commuting to work. It can also be practiced during meditation.

Meditation

is a formal, intentional practice within a set timeframe.



Meditation

is TRAINING the mind.

Mindfulness

is BEING WITH the mind.



There are numerous kinds of **meditation** with different purposes and traditions.

Mindfulness

is one type of meditation *and* it's possible to be mindful without meditating.

