

## **Mindfulness Monday Message #38 – 13 February 2017**

The cornerstones of well-being, according to the research from Positive Psychology, are getting into the flow, enduring relationships and meaning-making. The ancients of all religious traditions understood that mindful practice opens up the possibility of a spirituality that has compassion and kindness at its core. These attitudes help us make meaning in the daily life of a stressful and turbulent world. But how could this work?

Jon Kabat-Zinn, one of the current influential thinkers on mindfulness, defined the word “spiritual” as experiencing wholeness and interconnectedness. Mindfulness practice, over time, can lead to a deepened capacity for meaning-making because it increases our ability to reappraise experiences of negative thinking and suffering. It expands the affective experience related to the good and positive things in life, through savoring, and becomes part of our growth-process. Mindfulness can help us redefine ourselves in a positive life-giving way.

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