

## WHAT IS MINDFULNESS?

Mindfulness is a meditation practice based on mindfulness of the present moment. It emerged from Buddhism and was adapted in the West as a technique for reducing stress and improving emotional well-being. It is presented as a "neutral" practice, but its spiritual background is still influenced by Buddhist philosophy, promoting a vision of reality without reference to God and without openness to divine grace.

In its original form, mindfulness seeks to achieve a state of enlightenment through detached observation of thoughts and emotions. In its secular version, it is used in psychology and personal development, but it remains focused on mental self-regulation without recognizing God's grace as a source of peace and healing.

Although many practice it for its supposed benefits, it is important to ask yourself:  
Is it compatible with the Christian faith?

Instead of mindfulness, the Catholic Church offers us authentic methods to find peace:

**Eucharistic Adoration:**  
Personal encounter with Christ present in the Eucharist.

**Lectio Divina:**  
Deep meditation on God's Word.

**The Rosary Prayer:**  
A contemplative prayer that brings us closer to God.

**Spiritual Exercises of St. Ignatius:**  
Proven method of discernment and prayer.

*If you have any questions, please consult your parish priest or spiritual director.*



## MINDFULNESS



## TRUE PEACE OR SPIRITUAL DECEPTION?

Learn about its roots and discover true Christian alternatives for inner peace

# SPIRITUAL DANGERS OF MINDFULNESS

## 1. Focus on the self rather than on God

Mindfulness seeks self-sufficiency through self-observation. However, true peace does not come from within us, but from God:

“WITH FIRM PURPOSE YOU MAINTAIN PEACE  
IN PEACE, BECAUSE OF OUR TRUST IN YOU.  
TRUST IN THE LORD FOREVER! FOR THE LORD  
IS AN ETERNAL ROCK.”  
(IS 26,3-4)

## 2. Risk of spiritual confusion

Although presented as a psychological technique, mindfulness is based on Buddhist beliefs that can dilute the Catholic faith and promote dangerous syncretism.

“NO ONE CAN SERVE TWO MASTERS.”  
(MT 6,24)

## 3. Absence of transcendence and relativism

Mindfulness focuses only on the “here and now,” while the Christian faith calls us to live with hope in eternal life and communion with God.

“SEEK WHAT IS ABOVE, WHERE CHRIST IS.”  
(COL 3, 1-22)

## 4. Replacement of the Christian prayer

It is presented as an alternative to prayer, but Christian meditation is an encounter with God, not just a mental exercise.

# WHAT DOES THE CATHOLIC CHURCH SAY ABOUT MINDFULNESS?

*Directory on Popular Piety and Liturgy* (2002): It points out that certain forms of meditation inspired by Eastern religions can distort Christian prayer (n. 90).

*Letter on Some Aspects of Christian Meditation* (1989): It warns that methods taken from other traditions may be incompatible with the faith if they are not rooted in the revelation of Christ. Christian meditation is not an exercise in emptying the mind, but an encounter with God.

*Jesus Christ, Bearer of Living Water* (2003): This document warns that mindfulness and other New Age practices promote a spirituality focused on personal well-being rather than an authentic relationship with God (Section 2.3). This can lead to confusion and draw the faithful away from the truth of the Gospel (Section 3.3).

*Christian prayer: the true path to peace.*

Instead of self-help techniques or empty meditation, the Church invites the faithful to seek peace and healing in their relationship with God:

“HAVE NO ANXIETY AT ALL, BUT IN EVERYTHING,  
BY PRAYER AND PETITION, WITH THANKSGIVING,  
MAKE YOUR REQUESTS KNOWN TO GOD.  
THEN THE PEACE OF GOD THAT SURPASSES ALL  
UNDERSTANDING WILL GUARD YOUR HEARTS  
AND MINDS IN CHRIST JESUS.”  
(PHIL 4, 6-7)

## *Differences between Mindfulness and Christian Meditation*

Mindfulness	Christian Meditation
It is based on Buddhism and Eastern thought.	It is based on the personal relationship with God.
It seeks to empty the mind and focus on the present without judgment.	Seeks to be filled with the presence of God and His word.
Focused on psychological well-being and self-knowledge.	Focused on communion with God and conversion.
It does not recognize sin or the need for redemption.	Recognizes sin and the need for God's grace.
Uses techniques such as breathing and mantra repetition.	It is based on prayer, Holy Scripture and the Sacraments.
Peace depends on human effort.	Peace is a gift from God.

# CONCLUSION

## STAY TRUE TO THE CATHOLIC FAITH

Mindfulness may seem harmless, but its origin and focus are not compatible with Christian spirituality. True peace does not come from mental control, but from a living relationship with God.

“PEACE I LEAVE WITH YOU; MY PEACE I GIVE  
TO YOU. NOT AS THE WORLD GIVES  
DO I GIVE IT TO YOU.”  
(JOH 14,27)

**Choose Christ, not mindfulness!**  
**God is the only source of true healing.**