

Components of Mindfulness – A Historical Perspective

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ABSTRACT

Due to various benefits of mindfulness, it is implemented in various fields like medicine, Military. Psychiatry, sports, Education etc. It is clear that various psychologists and researchers have identified different levels of components of mindfulness in different angles in the past chronological 3 decades. It is the need of the hour to rethink the components of mindfulness and to be identified appropriate new components based on the impact of social media in our life and the Covid-19 pandemic situation in all over the world.

Keywords: Mindfulness, components of mindfulness

Introduction

Many of us unknowingly think in ways that neglect other pieces of the tale. For example, it's normal to focus solely on the bad parts of a situation, to make assumptions about how it will end, or to spend a lot of time worrying about difficulties. Using mindfulness skills to look at a situation more objectively may have a significant influence on how we see ourselves and our surroundings.

The quality or condition of being conscious or aware of something is known as mindfulness. It is a therapeutic approach that involves concentrating one's consciousness on the present moment while gently noticing and accepting one's feelings, thoughts, and body sensations.

Mindfulness

Though mindfulness has its origins in Buddhist meditation, it has recently gained popularity in the United States as a secular practise. Jon Kabat-Zinn founded the University of Massachusetts Medical School's Mindfulness-Based Stress Reduction (MBSR) programme in 1979. Thousands of research have been published since then, demonstrating the physical and mental health advantages of mindfulness in general and MBSR in particular.

Mindfulness is the simple act of seeing what is going on inside of us and around us in the present moment, without passing judgement. Mindfulness is a technique for managing thoughts and emotions, paying attention to what's going on in a situation, and immersing oneself in the present moment as it unfolds (Canadian Mental Health Association BC Division, 2015). Mindfulness does not imply that you must relax or feel a specific way. Mindfulness is about identifying and embracing your feelings, regardless of how wonderful or awful they are (CMHA BC, 2015).

Components of Mindfulness

Based on the research and practical experiences the psychologists and researchers have identified different levels of components of mindfulness in different angles in the past.

The two parts of mindfulness

Mindfulness may be divided into two categories: attention and curiosity. (CMHA BC, 2015)

- **Attention** means that we set aside time to focus our attention and awareness on bodily sensations, ideas that arise, or the surroundings. We remind ourselves, for example, to focus on things we ordinarily overlook, such as breathing or the feelings associated with sitting. Other ideas or sensations may occur from time to time, but they will go away.
- **Curiosity** means that we observe what comes to our attention without passing judgement. We're curious about the experience rather than trying to modify it. Curiosity is defined as observing but not reacting to a notion or circumstance. Another part of curiosity is approaching new situations with no preconceived notions about how we will react. We are open and truly interested in the notion or circumstance when we are intrigued.

Mindfulness's three essential components

The three key elements of mindfulness are a) Awareness b) Non-judgemental & c) Non-reactive (Neil Bierbaum & Colinda Linde, 2018).

- **Awareness** - Being aware entails paying close attention not only to your surroundings but also to your own thoughts. However, as you've seen, the mind has its own mind, therefore this is a difficult task. As a result, becoming aware is a step in and of itself. To be aware of your thoughts, you must first be aware of your own awareness, as you will discover, in order to stay tuned in to the entire process. This is known as meta-consciousness, or being aware of one's own awareness. When doing something risky like driving a car, for example, you must be aware of what you're paying attention to—and conscious that you're still aware—in order to stay on the track and avoid crashing. Being aware gives you power. It is the critical first step to personal power and personal mastery.
- **Being non-judgemental** - It implies seeing things "as they are," rather than as good or evil, or through the lens of personal judgments based on prior training. When Jiddu Krishnamurti, a brilliant Indian teacher who was known as the "guru's guru," stated that he was going to reveal his secret, his audience's minds were halted in their tracks. "I don't mind what happens," he said simply. This is what being nonjudgmental entails. Being nonjudgmental entails letting go of your need for things to go your way. To the goal-oriented and achievement-oriented Western mentality, this makes little sense. That is why mindfulness is so important.
- **Being nonreactive** - It signifies that you are reacting automatically, which implies that you have no option and that your reaction may not be the best for you or others. You lose presence and mental equilibrium as soon as you fall into your preferences—your strong attachments to what must and must not happen. You become reactive—jealous, possessive, protective, angry, anxious—and act in ways that are either needless or that you will regret later. Being nonreactive is similar to understanding how to stop on a bicycle. Applying that awareness and nonjudgmental attitude to the circumstance so that you don't merely react based on your own conditioned anxieties, but instead respond based on what the situation requires. We are able to apply the three key elements of mindfulness into any context, whether it is emotion regulation, handling stress, decision-making, activating and maintaining a state of flow, and even relating authentically to others. They can also act as a kind of checklist of stages: Am I aware? Am I being non-judgemental? Am I being nonreactive?

The five behavioural components of mindfulness

Commons M.L., & Adhikari. (2016) To better understand crucial mindfulness, researchers have identified five behavioural components linked to behavioural training approaches. To comprehend crucial mindfulness, there are five behavioural components associated to behavioural training processes (1) decent ration training, (2) perception and reality, (3) value of calm, (4) anxiety and being in the moment, and (5) acceptance of mortality (Commons & Adhikari, 2016, p.198).

- **Decent ration Training** - Piaget and Cook in his theory of cognitive development Children shift from an egocentric, self-centered world to a world shared with others, according to research. This is referred to as decentration. Cognitive growth, according to Piaget, entails a sequence of decentrations in which the kid realises that the universe does not revolve around them. Older children begin to be able to pay attention to

more than one item at a time as their decentration abilities grow. Decentralization is also used to describe the areas of social identity and interpersonal connections. A mature personal connection demands the capacity to perceive people as individuals with their own unique needs and perspectives, and to accept them for who they are. A person learns to perceive himself as a part of the world rather than the world being all about him through decentration training. Decentration training includes the capacity to pay attention to different aspects of an item or circumstance, which fosters diverse views. Eventually, the person learns to progress from egocentrism and early individualism to advanced reality and decentered thinking. Buddhists believe that they are not at the centre of the universe, but rather that they are a part of everything.

- Perception and Reality - Perception is the information was used to create a belief framework. The genuine condition of things is reality. Through training, one learns to perceive things for what they are, rather than focusing on instances that support one's opinions. It is advised to recognise impressions as distortions or even outright misrepresentations. Perceptions are also encouraged to be modified so that they become more aligned with reality. People begin to respond more adaptively when they learn to pay attention to situations as they are. For example, careful attention can help people predict their emotional states more accurately, which is known as emotional forecasting. It has a positive impact on emotion regulation. This also reduces critical self-talk. Reduced self-talk may help people behave more effectively by reducing irrelevant, if not unsettling, ideas that divert attention and cognitive resources away from the issue at hand.
- Value of Calm - Mental calm is the state of not showing feelings of a) nervousness b) anger c) other emotions. In a speculative model, According to a Stanford quantum mathematician, the present effect of four thousand calm minds would result in a directly calculable 25% reduction in violent crimes. Meditational activities are used to teach people how to relax. Calm conditions reduce one's ability to pay attention to one's surroundings and accept one's feelings. In meditation, one begins by learning how to relax and concentrate the mind. When people exercise mindfulness, they improve their capacity to concentrate and relax. With regular practise, one can instantly calm and focus the mind, as well as deal with stressful events in everyday life.
- Anxiety and being in the Moment - Mindfulness-based intervention therapy is a viable treatment for anxiety disorders and mood difficulties. Reminiscing, looking forward, or daydreaming tends to make individuals more unhappy and worried, according to Harvard University psychologists who conducted a research with 2250 volunteers. Individuals learn how to be less nervous in the moment via mindfulness training. Furthermore, mindfulness training involves slow and deep breathing, which may help to decrease physical symptoms of discomfort by balancing sympathetic and parasympathetic reactions.
- Acceptance of Mortality - People are typically preoccupied with their own mortality, which can lead to unreasonable dread and worry. Terror management theory is a mindfulness technique that emphasises the acceptance of death as a part of life.

Seven Pillars of Mindfulness

Jon Kabat-Zinn (2017) proposed Seven Pillars of Mindfulness which are a) Non-judging b) Patience c) Beginner's Mind d) Trust e) Non-Striving f) Acceptance g) Letting Go. The seven pillars of mindfulness were developed to assist people in finding inner peace. Following these guidelines can assist you in leading a more balanced and healthy lifestyle.

Nine core attitudes that are necessary to cultivate mindfulness

Olivier Devroede, explored the There are nine key attitudes that must be developed in order to build mindfulness. The nine core attitudes are: a) Non-judging b) Acceptance c) Patience d) Beginner's mind e) Trust f) Non Striving g) Letting Go h) Gratitude

i) Generosity (Olivier Devroede, 2020).

Perceived Benefits of Cultivating Mindfulness

Initially thought to be a part of Buddhist culture, the notion of mindfulness has gained popularity in recent years among both scientific and laity populations as a way to battle a wide range of physical and mental ailments

(Chiesa, 2013). Cultivating mindfulness leads to varied significances: a) increased awareness of diverse viewpoints in problem-solving,

b) increased receptivity to new information, c) creation of new categories for organising perceptions, and d) increased consideration of one's surroundings. In the context of unpleasant events, regular mindfulness practise is thought to lessen anxiety and emotional response. Emotional neuroscience study shows that mindfulness enhances brain activation in regions related with happy emotion, according to a slew of behavioural and self-reported evidence. e) Mindfulness training is also beneficial in later life to maintain emotional and cognitive well-being (Ficco & Mallya, 2015).

Conclusion

Due to various benefits of mindfulness, it is implemented in various fields like medicine. Military. Psychiatry, sports, Education etc. It is clear that various psychologists and researchers have identified different levels of components of mindfulness in different angles in the past chronological 3 decades. It is the need of the hour to rethink the components of mindfulness and to be identified appropriate new components based on the impact of social media in our life and the Covid-19 pandemic situation in all over the world.

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