

# Model of the Activities and Predicted Outcomes of Mindfulness

## Activities of Sati (Mindfulness)

- *Focus on the present moment*<sup>1,2,3,4,6,7,9</sup>
- *Awareness* of objects in inner and outer worlds, including thoughts, feelings, and sensations<sup>1,2,3,5,6,7,9,10</sup>
- Non-judgmental<sup>1,2,4</sup> sustained *attention*<sup>1,2,3,4,5,6,7,8,9</sup> and observation on self or object with ability to *switch*<sup>1,2,4,5</sup> back to attention when mind wanders and without *secondary elaboration processing*, *habitual reactions*, or *mental proliferation*<sup>1,2,4,5</sup>
- *Acceptance* of current experience, including thoughts, physical feelings, and environmental physical sensations without attachment, identification, or aversion<sup>1,3,4,5,6</sup>
- *Detachment* of Self from all things physical or material<sup>1,3,4,6</sup>
- *Intention* towards self-regulation → self-exploration → self-liberation<sup>1,4</sup>

## Primary Predicted Outcomes: Reduction in Dukkha (Suffering)<sup>1,2,3,5,9</sup>

- Decrease in mental proliferation and rumination<sup>5,9</sup>
- Increased emotional tolerance and decreased emotional discomfort<sup>1,2,3,4,6</sup>
- Improved emotional regulation<sup>1,2,4,3,8,9</sup>
- Decrease in physical discomfort and improved health<sup>2,3,4,6,9</sup>
- Perspective shifts, including *detachment* and *decentering*<sup>1,4,6,5,9</sup>
- Enlightenment experiences<sup>2</sup>

## Tertiary Predicted Outcomes: Sati-Paññā (Wisdom) and Sati-Sīla (Morality)<sup>3,5,6,7</sup>

- Detachment from ego and goals before rumination or depression<sup>1,2,3,4</sup>
- Insight<sup>7</sup> into self, others, and human condition<sup>2,5,9</sup>
- Patience before judgment or action; allowing events to unfold<sup>1,4</sup>
- Flexible, effective, and adaptive responses to events<sup>2,4</sup>
- Constructive communication skills<sup>2</sup>
- Compassionate service<sup>2,3</sup>
- Value-driven behavior<sup>2,4,6</sup>
- Improved mental and physical wellbeing<sup>1,2,3,4,6</sup>

## Secondary Predicted Outcomes: Sati-Sampaja (Right-Mindedness)<sup>7</sup>

- Access to more information, internal and external<sup>1,2,4,5,9</sup>
- Flexibility of attention and thought<sup>2,4,9</sup>
- Wider and clearer perspective<sup>1,2,6</sup>
- Less processing bias<sup>1,2,4</sup>
- Increased physical, emotional, and spiritual awareness and understanding<sup>1,9</sup>
- Compassion for self and others; non-judgment of self and others<sup>1,2,3,4,7,8,9</sup>
- Clarification of personal values<sup>2,4,6</sup>
- Increased self-trust<sup>1</sup> and autonomy<sup>2</sup>
- Cultivation of *Beginner's Mind*<sup>1</sup>, including practicing kindness, openness, and curiosity even in adverse experiences<sup>2,3,4,9</sup>
- Reduction in defensive thinking and behavior<sup>2,6</sup>
- Equanimity: experiencing events without attachments, aversion, or identification<sup>5,6,9</sup>

## Quaternary Predicted Outcome: Justice, Peace, and Ecological Balance<sup>7,10</sup>

- Improved social connectedness<sup>2,9</sup>
- To become an instrument of social change<sup>7</sup>



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1. Bishop, et al., 2004. 2. Brown, Ryan, & Creswell, 2007. 3. Chiesa, 2013. 4. Shapiro, Carlson, Astin & Freedman, 2006. 5. Grabovac, Lau, & Willett, 2011. 6. Rogge, Lynn, Swanson & Amaro, 2022. 7. Nilsson & Kazemi, 2016. 8. Baer, et al., 2006. 9. Khoury, et al., 2017. 10. Potter, 2016.