
Professional Certificate in Holistic Wellness

Mindfulness and Meditation Practices

****A****

Anapanasati: A Buddhist term that means “mindfulness of breathing.” This meditation practice involves focusing one’s attention on the sensation of breathing, observing each inhale and exhale without trying to control the breath.

Awareness: The state of being conscious or alert to one’s surroundings, thoughts, and emotions. In mindfulness meditation, cultivating awareness involves paying attention to the present moment without judgment.

****B****

Bodhipakkhiyadhamma: A term from the Pali Canon that refers to the 37 factors leading to enlightenment. This includes the four foundations of mindfulness, the four right efforts, the four paths to enlightenment, the five faculties, the five powers, the seven factors of enlightenment, and the noble eightfold path.

Buddho: A Pali word that means “awakened one.” In mindfulness meditation, practitioners may use the word “Buddho” as a mantra to help focus the mind on the present moment.

****C****

Chakras: Energy centers in the body according to Hindu and Buddhist traditions. There are seven chakras that run along the spine, from the base to the crown of the head. Each chakra corresponds to different aspects of one’s physical, emotional, and spiritual well-being.

Concentration: The ability to focus one’s attention on a single object or thought for an extended period. In meditation, concentration helps to quiet the mind and develop mindfulness.

****D****

Dhyana: A Sanskrit term that means “meditation” or “absorption.” In Buddhist meditation, dhyana is the fourth of the eight jhanas, or meditative absorptions, that lead to enlightenment.

Dukkha: A Pali word that means “suffering” or “unsatisfactoriness.” In Buddhism, dukkha is one of the three marks of existence, along with anicca (impermanence) and anatta (non-self).

****E****

Ego: The part of the mind that is responsible for one’s sense of self, identity, and individuality. In

mindfulness meditation, letting go of the ego involves observing thoughts and emotions without identifying with them or becoming attached to them.

Emetophobia: An irrational fear of vomiting. Mindfulness meditation can help individuals with emetophobia to manage their anxiety and develop a more compassionate relationship with their thoughts and emotions.

****F****

Five Hindrances: Obstacles that can arise during meditation practice, including sensory desire, ill will, sloth and torpor, restlessness and remorse, and doubt.

Four Foundations of Mindfulness: A framework for mindfulness practice that includes mindfulness of the body, feelings, mind, and mental objects.

****G****

Gatha: A short verse or poem that is used as a focus for meditation. Gathas can help to cultivate mindfulness and concentration during daily activities.

Greed: An excessive desire for material possessions, pleasure, or status. Greed is one of the three poisons in Buddhism, along with hatred and delusion.

****H****

Hatha Yoga: A branch of yoga that focuses on physical postures and breathing exercises. Hatha yoga can help to prepare the body and mind for meditation.

Heart Sutra: A Mahayana Buddhist text that explores the concept of emptiness, or the lack of inherent existence in all phenomena.

****I****

Insight: The ability to see things as they really are, without the filters of ego, attachment, or judgment. Insight meditation, or vipassana, involves cultivating mindfulness to develop a deeper understanding of the nature of reality.

Intention: The motivation or purpose behind an action or thought. Setting an intention before meditation can help to focus the mind and create a sense of direction and purpose.

****J****

Jhana: A meditative absorption that involves deep concentration and a one-pointed focus of the mind. Jhanas are described in Buddhist texts as leading to higher states of consciousness and ultimately to enlightenment.

Joy: A positive emotion characterized by feelings of happiness, contentment, and well-being. Joy is one of the seven factors of enlightenment in Buddhism.

****K****

Karuna: A Pali word that means "compassion." In Buddhism, karuna is one of the four immeasurables, along with loving-kindness, sympathetic joy, and equanimity.

Kleshas: Obstacles to spiritual growth in Hinduism and Buddhism, including ignorance, egoism, attachment, aversion, and fear of death.

****L****

Loving-kindness: A positive emotion characterized by feelings of warmth, friendliness, and goodwill towards oneself and others. Loving-kindness meditation, or metta, involves cultivating feelings of love and compassion towards oneself and others.

****M****

Mantra: A word or phrase that is repeated during meditation to help focus the mind and develop concentration.

Metacognition: The ability to observe one's own thoughts and emotions from a detached perspective. Metacognition is an important aspect of mindfulness meditation, as it allows individuals to develop a greater awareness of their own mental processes.

****N****

Nirvana: A Sanskrit term that means "extinction" or "blowing out." In Buddhism, nirvana refers to the state of liberation from suffering and the cycle of birth and death.

Non-judgmental: A quality of mindfulness that involves observing thoughts, emotions, and sensations without labeling them as good or bad.

****O****

Open monitoring: A type of mindfulness meditation that involves observing one's present-moment experience without focusing on a specific object or thought.

****P****

Pali Canon: The collection of scriptures that contain the teachings of the Buddha, written in the Pali language.

Paramitas: Perfections or virtues that are cultivated on the path to enlightenment in Mahayana Buddhism,

including generosity, morality, renunciation, wisdom, energy, patience, truthfulness, determination, loving-kindness, and equanimity.

****R****

Right concentration: The eighth factor of the noble eightfold path in Buddhism, which involves developing deep concentration through meditation.

Right effort: The fourth factor of the noble eightfold path in Buddhism, which involves making a conscious effort to cultivate positive mental states and let go of negative ones.

****S****

Samadhi: A Sanskrit term that means "concentration" or "absorption." Samadhi is a deep state of meditation characterized by a one-pointed focus of the mind.

Samsara: The cycle of birth, death, and rebirth in Hinduism and Buddhism.

Sati: A Pali word that means "mindfulness." Sati is the seventh factor of the noble eightfold path in Buddhism, and involves cultivating a non-judgmental awareness of the present moment.

****T****

Thich Nhat Hanh: A Vietnamese Buddhist monk and peace activist who is known for his teachings on engaged Buddhism and mindfulness.

Thoughts: Mental events that arise in the mind, often in response to external stimuli or internal emotions. In mindfulness meditation, thoughts are observed without judgment or attachment.

****U****

Upekkha: A Pali word that means "equanimity." In Buddhism, upekkha is one of the four immeasurables, along with loving-kindness, compassion, and sympathetic joy.

****V****

Vedanta: A school of Hindu philosophy that emphasizes the ultimate reality of the self, or Atman.

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