Abstract

Open peer commentary on the article “Assessing Subjective Processes and Vulnerability in Mindfulness-based Interventions: A Mixed methods Exploratory Study” by Sebastián Medeiros, Carla Crempien, Alejandra Vásquez-Rosati, Javiera Duarte, Catherine Andreu, Álvaro I. Langer, Miguel Ibaceta, Jaime R. Silva & Diego Cosmelli Sánchez.

Abstract: Mindfulness is phenomenology and good phenomenology is a kind of methodological mindfulness. Mindfulness is not a Buddhist concept, but a human universal psychological resource. The target article does a good job of putting that into practice in using phenomenology to study experiences of mindfulness practitioners.

Citation & Link

Walach H. (2021) Mindfulness is phenomenology, phenomenology is mindfulness. Constructivist Foundations 16(2): 236–237. https://constructivist.info/16/2/236