

On the deepest level Mindfulness and Heartfulness are the same thing but there are distinctions that can make each useful and unique on its own. On a simplistic level, one could consider Mindfulness as calming the mind and Heartfulness in calming the body.

“Heartfulness is the companion of Mindfulness. Awareness is the result and cause of this beloved union.” Will Hale - founder of the Heartful Harmony Refresh and pioneer in bringing Heartfulness into the mainstream experience.

“In all Asian languages the word for mind and the word for heart are the same word, so in English when you hear the word mindfulness, if you are not hearing the word heartfulness, you are not understanding it fully.” Jon Kabat Zinn - internationally known for his work as a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society.

A One Word Comparison of Mindfulness and Heartfulness

Will Hale www.HeartfulHarmony.com

Mindfulness (MF)

Heartfulness (HF)

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| 1. Mind | Body |
| 2. Thinking | Feeling |
| 3. Breath | Heartbeat |
| 4. Individual | Relational |
| 5. Perception | Experience |
| 6. Understanding | Knowing |
| 7. Complicated | Simple |
| 8. Scared | Hurt |
| 9. Stillness | Calm |
| 10. Wanting | Having |
| 11. Curious | Playful |
| 12. Predictable | Trustworthy |
| 13. Survival | Thrival |
| 14. Body | Soul |
| 15. Particle | Wave |
| 16. Duality | Fractal |
| 17. Oxygen | Carbon |
| 18. Time | Now |
| 19. Buddhist | Sufi |
| 20. Oneness | Unity |