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**Contemplative sciences: A future beyond mindfulness**

Garcia-Campayo J *et al.* Contemplative sciences: A future beyond mindfulness

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### Abstract

Mindfulness is a psychological technique based on Eastern meditative practices that was developed in the late 1970s by Kabat-Zinn at the University of Massachusetts. Initially, there was a debate over whether it should be considered a scientific technique or labelled as part of the “new wave” practices. Today, mindfulness is omnipresent in modern societies but has suffered from merchandising and banalization, which has been strongly criticized. Despite some limitations regarding methodological aspects of

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Meditation, yoga, tai chi, and yoga are examples of Mind and Body practices (see <https://www.nccih.nih.gov/health/mind-and-body-practices>). Contemplative research may also involve investigation into fundamental principles of well being, including a sense of purpose, meaning, ways of knowing and experiencing the world, altruistic forms of motivation, love, kindness, compassion, ...

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contributions **contemplative science** can make to fields such as positive psychology, it is important to discuss the importance of broadening of the field of **contemplative science beyond mindfulness-based...**

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