

# **Motivational differences between the mindfulness practice in the tradition of Buddhist Psychology and scientifically proven mindfulness-based interventions**

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The practice of mindfulness and the growing popularity among the lay practitioners in the West did not happen the same way when it is being shared in the East. While more and more Eastern countries are adopting the mindfulness-based intervention protocols for healthcare and educational purposes in the recent decade, the development goes in a different direction. The spiritual roots and the cultural factors are leading to alternative ways for people to interpret the practice.

While a majority of the scientifically proven mindfulness-based interventions were inspired by the presenting needs to deal with physical or emotional distresses, mindfulness practice in the traditional Eastern teachings was mostly guided by the spiritual orientation to proactively work on the afflictions in life and taking the practice as the opportunity to cultivate awareness and ability for transformation.

A review of the differences and how they are causing the challenges and opportunities in engaging people to practice mindfulness in different contexts will be discussed. An example of the mindfulness practice program, Mindfulness Born Peace and Happiness: A Way of Well-being, established by the Plum Village Mindfulness Academy will be taken as an example to illustrate the differences and explore how it can be shared coherently with other mindfulness-based interventions for the promotion of holistic wellbeing.