

MINDFULNESS, CULTURAL APPROPRIATION, AND THE GLOBAL DIFFUSION OF BUDDHIST CONTEMPLATIVE PRACTICES

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ABSTRACT

The chapter explores the growing popularity and global spread of the practice of mindfulness. It is especially concerned with the ongoing process of decoupling mindfulness training from its traditional Buddhist origins, and its deployment in a variety of secular contexts. That includes the teaching and practice of mindfulness techniques in hospitals, schools, and corporate environments, commonly without an acknowledgement of their Buddhist background. Among the questions being asked is whether such secularised uses of mindfulness can be understood to constitute potentially problematic cases of cultural (mis)appropriation.

KEYWORDS

Mindfulness, Contemplation, Theravada, Cultural Appropriation, Secularization, Globalization, Meditation