



## Mindfulness Table of Subjective Landmarks

### Level 1

strong mental rumination and self-narrative, distracted, intense affect and reactivity to the content of thought; unconscious of or preoccupied with feelings of anxiety, irritation, sadness; body sensations of restlessness or agitation, difficulty in focusing in the present moment, on breathing or body sensations; breath rate is often above the average adult rate of 16 breathes per minute

### Level 2

moderate rumination, decreased emotional turbulence, able to focus on breath and body sensations intermittently, recurring distractions from intrusive thoughts, feelings or physical discomforts are present

### Level 3

able to concentrate on breathing more often than not, sense of beginning to come back to one's center, significantly less preoccupied with thoughts and emotional content, there is increased physical relaxation, pulse and breath rate are normal

### Level 4

emotions are calm, increased mental clarity, able to concentrate on breath with only intermittent distractions of thoughts, decreased avoidance of and increased ability to be with unpleasant emotions, much reduced judgment of personal feelings and thoughts but some may recur

### Level 5

the conscious self witnesses all content, pleasant or unpleasant, within the life of the person with neutrality, able to compassionately observe the patterns, complexes and attitudes of one's emotional and thought life, feelings of kindness toward the personality are present and stable, an experience of well-being, increased sense of the subtlety and refinement of awareness

### Level 6

awareness is detached, free of any content of the mind, fully in the present moment, alert, focused, centered in "awareness without an object", a sense of being a point at the center of a circle, emotions are still, feelings of bliss, deep full body relaxation, breath rate is lower than average often at or below 4 breathes per minute

### Level 7

consciousness is anchored in pure awareness, an experience of unifying essence, illumination, pure being, transcendence of space and time, feelings of profound compassion and love for one's personality and all beings, a sense of deep knowing and understanding, indescribable sense of well-being

Enso Painting, "Absence of Something" © by Janine Ibbotson

This table is designed to help meditators determine from their subjective experience the depth or extent of their mindfulness state of awareness. It is meant to be used as a feedback guide and not a definitive measurement of one's experience of consciousness nor is it intended to be used as a clinical evaluation of mindfulness. You may find a current list of formal measurement tools of mindfulness at the **The Mindfulness Research Association** <https://goamra.org/resources/measuring-mindfulness/>