This thesis explores the pitfalls and potential of mindfulness as a force of self and social transformation under neoliberalism. Mindfulness meditation is now an established part of the self-help industry and is used in a variety of institutional and corporate settings to promote productive behaviors. As I highlight this dangerous narrowing of mindfulness as a tool of responsibilization and discipline that does not challenge oppressive structures, I also pay careful attention to its potential as a radical practice that exceeds its neoliberal cooptation. Practitioners of mindfulness meditation pause to observe their internal experience, and then turn outward...
Meditation can be defined as willfully and purposefully regulating one's own attention, either for the purpose of relaxation, exploring oneself or personal growth and transcending. Cultivating a ‘beginner’s mind’ that remains in the present could also slow down the aging of the brain. This seems to be. Mindfulness means both cultivating nonjudgmental awareness of a specific object and seeing deeply into things. 

Attending to the present: mindfulness meditation reveals distinct neural modes of self-reference. Oxford Journals, Retrieved from http://scan.oxfordjournals.org/content/2/4/313.full.pdf+html. Francis, E. (July, 2012). It is worth distinguishing mindfulness meditation from all the other meditation techniques and traditions available to us today. In this article, mindfulness meditation is framed as a secular practice which is used in medical, therapy, or self-improvement context. Its effectiveness is backed up by 2,500 years of Buddhist tradition, as well as modern science. The concept of mindfulness has originated from Pali Buddhism (the earliest Buddhist tradition). Past research has found that mindfulness meditation training improves executive attention. Event-related potentials (ERPs) have indicated that this effect could be driven by more efficient allocation of resources on demanding attentional tasks, such as the Flanker Task and the Attention Network Test (ANT). However, it is not clear whether these changes depend on long-term practice. In two studies, we sought to investigate the effects of a brief, 10-min meditation session on attention in novice meditators, compared to a control activity. In an initial attempt to examine the effects of brief meditation on attention in novice meditators, we asked participants to listen to a 10-min audio tape: mindfulness meditation vs. control.