



Why mindfulness does not work?

Published on 27 Aug 2019

I was recently invited by the Rotary Club of Queenstown, Singapore to speak on mindfulness. I told my German friend, Andy, that there are probably two dozen mindfulness talks in Singapore each month. Hence would the following title “Why mindfulness does not work?” be more intriguing for the audience? And he said, "Why not?"

While researching for this talk, I was curious to find out the (revenue) market size of mindfulness training in the United States. So, I googled and guess what? It was a whopping US\$1Billion in 2016! (source: <https://www.inc.com/bartie-scott/best-industries-2017-meditation-and-mindfulness-training.html>)

As a change consultant and a student of mindfulness practice since 1985, I feel that I have a moral obligation to share through educating people the following three important points about mindfulness practice:

1) That mindfulness practice is not an instant cure for our challenges in life. Nor it is the sole reason why someone gets promoted at the workplace (after attending a mindfulness training).

2) Any mindfulness training or certification program is a starting point of a life time journey of self-investigation and discoveries. Being certified has little or no co-relation to one's ability to be mindful. The practice of mindfulness is about attuning to our inner self and less so about achieving different levels of certification.

3) For mindfulness to “work”, we need consistent daily practice and other EQ based competencies and leadership skill-sets.

As I wrote this article, I was acutely aware (mindful) that I left judgment at the doorsteps. And maintained an attitude of open mindedness and curiosity. The following might be another two-good read for you:

<http://www.bbc.com/future/story/20180502-does-mindfulness-really-improve-our-health>

Here's What Mindfulness Is (and Isn't) Good For (by Daniel Goleman)

It won't solve every problem. (<https://www.mindful.org/heres-mindfulness-isnt-good/>)

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