Mindfulness meditation practices as a healing practice: Exploring their impact from mental health to self-perceptions of religious beliefs

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Abstract. Mindfulness has attracted increasing attention in psychological research as a useful psychological support technique, especially when stress, depression, and pressures from work, school, or social expectations are on the rise. Mindfulness practice, with its focus on living fully in the present moment and accepting oneself, has been shown in many studies to be effective in reducing stress, improving sleep, increasing self-awareness, and managing emotions. This study explores how mindfulness meditation contributes to psychological healing and shapes practitioners' perceptions of religious beliefs. A qualitative approach was used, involving six long-term mindfulness practitioners in Yogyakarta City who were selected purposively. Data were collected through semi-structured interviews and document reviews, and analyzed using content analysis. Findings show that mindfulness meditation reduces stress, improves emotional regulation, and strengthens self-awareness. Importantly, participants reported changes in their self-perceptions of religious beliefs, ranging from seeing mindfulness as complementary to their faith to experiencing tensions with established religious values. The results suggest that mindfulness meditation can function both as a healing technique and as a catalyst for reinterpreting spirituality. The study implies the need for culturally sensitive approaches in integrating mindfulness into psychological and educational interventions, while also offering directions for future cross-religious research.

1 Introduction

The ability to live completely in the present moment without getting sidetracked by thoughts of the past or anxious about the future is known as mindfulness [1]. Although this idea originated in Buddhism, it is now widely used in a variety of disciplines, including psychology, medicine, and education. The concept of mindfulness (Sanskrit: smṛti) first appeared in the Buddhist scriptures, where it plays an extremely important role in practice and enlightenment. In Buddhism, mindfulness is part of the "Eightfold Path", the path to enlightenment, liberation from suffering [2]. Mindfulness helps practitioners be aware of all actions, words, and thoughts, helping them understand and control their minds thereby

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achieving peace and liberation. One of the core elements of mindfulness is "non-judgmental awareness" - that is, we observe and experience everything without making judgments, criticisms, or worries [3].Thich Nhat Hanh is a Vietnamese Zen monk and one of the pioneers in bringing Buddhist mindfulness teachings to Western life. Practicing mindfulness begins with bringing awareness back to the breath. Thich Nhat Hanh encourages practicing mindfulness in all activities, even the smallest things. Thich Nhat Hanh's understanding of mindfulness is also an important foundation in the study of mindfulness in improving mental health, not only bringing Buddhist understanding, but also the most comprehensive understanding of mindfulness [4].

Meditation can be characterized as a family of mental training practices regulating cognition, emotion, and the self, in which mental and related somatic events are influenced by a specific directing of attention and awareness [5]. Meditation, which is essentially a state of intense concentration, plays an important role in developing the ability to control the mind and emotions. When practicing meditation, a person focuses his or her consciousness on a specific object, such as breathing, sound, or physical sensation, thereby reducing the distraction of the mind. Meditation is not only a method of calming the mind but also a scientific tool to help people achieve a balance between mind and emotions, thereby improving the quality of life [5,6].

Religion as a Meaning System Theory by Crystal L. Park states that religion is a system of meaning that helps people interpret life events, especially negative experiences that cause a loss of belief in the meaning of life or stress from life. People often turn to religion or spirituality when they need to find meaning, especially when they face significant challenges, stress, losses, or personal crises. Through prayer, rituals, and support from the community, religion offers coping mechanisms in addition to spiritual solace. Furthermore, religion has the power to modify how people see bad things, leading to improvements in their outlook on life. Religion provides a frame of reference for people to interpret events, especially stressful or painful experiences. Religion helps individuals create a connection between life experiences and a sense of meaning [7].

Research on mindfulness focuses primarily on its effects on mental, emotional, and physical health, particularly in reducing stress, anxiety, depression, and improving attention. Practicing mindfulness can help us reduce stress, anxiety, and improve mental health. Mindfulness also helps us face unpleasant emotions more gently, instead of avoiding or suppressing them. Instead, we learn to accept and live in harmony with those emotions without letting them control our actions. One of the first and most influential studies on mindfulness was the "Mindfulness-Based Stress Reduction" (MBSR) program developed by Jon Kabat-Zinn at the University of Massachusetts in the 1970s [8]. This study showed that the MBSR program could help reduce stress, anxiety, and improve the quality of life of participants. In addition, studies on Mindfulness- Based Cognitive Therapy (MBCT) - a method that combines mindfulness with cognitive behavioral therapy - have shown positive effects in treating recurrent depression. Previous research has shown that programs such as Mindfulness-Based Stress Reduction (MBSR) improve quality of life and that Mindfulness-Based Cognitive Therapy (MBCT) reduces recurrence of depression [8]. However, how exactly these programs produce change—through attention regulation, emotional acceptance, or body awareness—has not always been elaborated. Furthermore, while numerous studies highlight psychological outcomes, few address the intersection between mindfulness and religious meaning systems. Existing studies have primarily focused on clinical or educational settings, with limited attention to how mindfulness practice influences practitioners' self-perceptions of religious beliefs. This study aims to clarify the psychological and spiritual effects of mindfulness meditation by examining its role in mental health and religious self-perceptions among long-term practitioners. The findings benefit both psychologists—by informing therapeutic integration of mindfulness—and religious communities, by providing

insights into how contemplative practices interact with faith traditions [4].

Mindfulness, defined as the ability to live fully in the present moment without judgment, has become an important construct in psychology, medicine, and education. Although rooted in Buddhism, mindfulness is now studied broadly for its therapeutic potential. Scholars have identified several dimensions of mindfulness—including awareness, non-judgmental acceptance, and present-centeredness and factors influencing its effectiveness, such as cultural context, personal characteristics, and quality of instruction. Meditation is one of the primary ways of cultivating mindfulness. Meditation can be understood as a family of practices that regulate cognition, emotion, and attention. Its effects on mental health include reduced stress, anxiety, and depression, while its implications for religious self-perceptions remain less studied. Some practitioners report that mindfulness complements their faith, while others perceive conflicts with traditional doctrines [3,9].

2 Method

2.1 Participants

The participants in this study consisted of regular mindfulness practitioners (6 person) residing in Yogyakarta City. Selection was based on purposive sampling to ensure that the respondents had consistent and long-term engagement with mindfulness practices, particularly those conducted in temple settings. This group was chosen because of their direct experience with mindfulness as part of their daily or weekly routine, making them well-suited to provide in-depth insights into how mindfulness influences personal choices in healing methods. Approval was obtained from the local institutional ethics committee. All participants provided informed consent, ensured anonymity, and had the right to withdraw at any stage.

Table 1. Demographic and Practice Characteristics of Participants.

Participant Code	Gender	Duration of Practice	Setting of Practice	Religious Affiliation
P1	Male	2 years	Temple, home	Muslim
P2	Female	1.5 years	Temple	Muslim
P3	Male	3 years	Temple, retreat	Muslim
P4	Female	2 years	Home, temple	Muslim
P5	Male	1 year	Temple	Muslim
P6	Female	2.5 years	Temple, retreat	Muslim

2.2 Research Instrument

Document Review Checklist – Developed to systematically extract and record relevant information from prior research, theoretical frameworks, and literature in the field of mindfulness. The checklist included categories such as forms of mindfulness practice, reported psychological and physiological benefits, and links to healing decision-making.

Semi-Structured Interview Guide – Designed to collect rich, narrative data from practitioners. The guide included open-ended questions covering participants' personal experiences with mindfulness, perceived effects on mental and physical well-being, and how these influenced their choice of healing methods, such as *"How has mindfulness affected your emotional well-being?"* and *"Do you perceive mindfulness as complementary or conflicting with your religious beliefs?"*The flexibility of the semi-structured format allowed probing for deeper insights while ensuring coverage of key research themes.

2.3 Data Analysis Techniques

Data were analyzed using a qualitative **content analysis approach**. First, all interview transcripts and document review notes were read repeatedly to ensure familiarity. Codes were then generated inductively from the data, representing key ideas, recurring themes, and relationships. These codes were grouped into broader categories to identify patterns and trends, particularly those linking mindfulness practices to decision-making in healing choices. Triangulation between document analysis and interview findings was employed to enhance credibility, while systematic coding and clear documentation of analytic steps strengthened the reliability of the conclusions.

3 Result and Discussion

3.1 Themes and Sub-themes

1. **Mental health improvements**
    - Stress reduction: participants reported temporary calmness after brief sessions.
    - Emotional regulation: enhanced ability to manage negative thoughts.
    - Physical well-being: improved sleep and reduced anxiety symptoms.
2. **Religious self-perceptions**
    - Complementarity: mindfulness enhanced values such as patience and inner peace within Islam.
    - Tension: some participants perceived conflict between secular mindfulness and traditional doctrines.
    - Transformation: reinterpretation of suffering as impermanence rather than punishment.

3.2 Themes and Sub-themes

Mindfulness meditation is the process of consciously and non-judgmentally focusing attention on the present moment. When practicing mindfulness, we learn to pay attention to our breathing, sensations, thoughts and emotions without reacting or trying to change them. This helps us to perceive all situations in life with objectivity and calmness, without being dominated by negative emotions or harsh judgments During this process, the practitioner often focuses on the breath or the sensations in the body, in order to create a clear awareness of the mental and physical state of oneself [6].

A mindfulness meditation session usually lasts about an hour and a half to two hours follow these steps: Preparing the space and posture: At the mindfulness meditation practice location, all practitioners will focus on a small room with a quiet space. Practitioners can sit on the floor with a cushion or on a chair, with their back straight but not tense, and their hands placed lightly on their knees or thighs. The eyes can be closed or left open in a relaxed manner, looking down at the ground. The instructor will then guide the practitioner to focus on the breath: Start by focusing on the natural breath, without trying to change the rhythm of the breath. Observe the feeling of air entering and leaving the nose, or the feeling of the chest and abdomen rising and falling with each breath. When the practitioner notices that the mind has begun to wander—thinking about the past, the future, or emotions that arise—the practitioner gently acknowledges the distraction without judgment. Then, the practitioner returns the attention to the breath or the original focus. Next, the practitioner recognizes the thoughts, emotions, or mental reactions that arise in the mind. Simply observe them as they are—for example, “this is worry,” “this is regret”—and then lets them dissolve naturally

without trying to control or hold on to them. Throughout the process, the practitioner keeps the mind open and nonjudgmental, accepting whatever experience is occurring in the present moment. Once finished, the practitioner gently returns the attention to the surrounding space, slowly opens the eyes (if closed), and takes a few seconds to feel relaxed and alert before continuing with the next activity.

Practicing mindfulness meditation is a process that takes a long time to develop and achieve lasting results. Mindfulness meditation is not a skill that can be achieved immediately, but requires patience and regular practice. Initially, practitioners may have difficulty concentrating or feel frustrated because the mind is easily distracted. However, over time, small steps in observing the breath, body sensations, and thinking in a non-judgmental way will help build a solid foundation of mindfulness. It is the persistent repetition and long-term commitment that will bring about positive changes. From that process, the changes or effects from practicing mindfulness meditation on practitioners also differ depending on the time of practice [10].

There are many reasons why people seek out mindfulness practices, stemming from both personal needs and the challenges of modern life. One of the main reasons is the psychological pressure from work, study or relationships, which makes many people feel stressed, anxious, or exhausted. In the context of increasingly busy lives, many people also experience a sense of disconnection from themselves or their surroundings, leading to the need to find inner balance. In addition, mental health problems such as depression, anxiety disorders or insomnia also motivate many people to seek mindfulness meditation as a method to support mental health improvement (Xinli Chi, 2018). In addition, in a world that is increasingly dependent on technology and living in a state of constant connection, many people feel caught up in a whirlwind of information and distraction. This leads to the need to find a space to practice concentration and be present in the present moment. Mr. B-a student in Yogyakarta, shared: *"At first, because of stress from studying and some emotional problems, I sought out mindfulness and meditation practices to solve my mental problems." (P1)*

3.3 The impact of mindfulness meditation on mental health and self-perceptions of religious beliefs

Mindfulness meditation and other techniques drawn from Buddhism have become increasingly popular as therapeutic interventions in psychiatry. In much of this work, Buddhism is portrayed as a psychology closely akin to cognitive psychology. According to Albert Bandura, social cognitive theory (SCT) emphasizes that human behavior is shaped and changed through the interaction of three factors: individual (cognitive, emotional), environment, and behavior. A central concept of SCT is self-efficacy, which is an individual's belief in their ability to perform the actions necessary to achieve a desired outcome. In the context of mindfulness practice, SCT can provide a theoretical basis to explain how this practice improves individual cognition and behavior [11,12]. What is common to all human beings is our consciousness, which includes awareness and attention to our internal and external environments. The distinction, though, is in whether or not we are aware of our consciousness. Compared to those who are not mindful, individuals who have practiced mindfulness are more present-oriented, open to novelty, sensitive to changes in context, and aware of multiple perspectives [2]. This article findings demonstrate that there is a discernible difference from before beginning mindfulness meditation practice to after repeated practice. Participants usually report the first mental and cognitive changes after one or two mindfulness meditation sessions. The majority of participants said they temporarily felt less stressed. Mrs. K a student in Yogkarta shared, *"Within just 10 minutes of focusing on my breathing, I felt much calmer. The chaotic thoughts in my head seemed to disappear, at least*

for that short period of time."(P4)

A common application of mindfulness is in meditation sessions. When we meditate, we focus on our breathing, observing each inhalation and exhalation without trying to change. Mindfulness is useful not only in quiet moments but also in everyday life [5]. For example, when eating, we can practice mindfulness by paying attention to the taste, texture, and smell of the food, instead of eating quickly while thinking about work or other worries. This way we can enjoy each meal to the fullest, and at the same time improve our health because we eat more consciously. Although mindfulness has been shown to have many benefits for mental and physical health, practicing mindfulness also has some limitations and challenges. There have been many studies on meditation to practice mindfulness and the benefits of meditation and mindfulness, but no studies have shown the disadvantages of meditation or practicing mindfulness incorrectly. These limitations can stem from many factors, including personal characteristics, social background, and cultural environment. One of the biggest challenges in practicing mindfulness is the ability to maintain focus on the present moment. Most of us are in the habit of thinking about the past or worrying about the future, making it difficult to focus on the present moment [9]. When practicing mindfulness, participants may feel confused or frustrated when they find their minds frequently "wandering" and have difficulty keeping their attention on their breath, feelings, or what is happening right now. This is a natural part of the learning process, but for beginners, it can be frustrating and easy to give up. Example: when you have too much work, family responsibilities, or other activities in your life, it's easy to feel like you don't have enough time to practice mindfulness. Many people may think that meditation and mindfulness require a long time or cannot be done in short bursts, which can put them off from the start. However, for many people, especially those who have experienced traumatic events or tend to avoid negative emotions, having to face unpleasant emotions directly can be a huge challenge. Mindfulness often requires a quiet period of time to meditate or focus on breathing, which can be difficult in the context of a busy life, stressful work, or in environments with a lot of noise and distractions. Mindfulness is an individual-focused practice, and in some cases, practitioners may feel isolated, as they focus only on themselves and their own feelings without social interaction or sharing with others This can make them feel disconnected from those around them. After all, these challenges may be the basis for more complete future research [7,13].

Observations at a meditation and mindfulness practice site in Yogyakarta have shown that mindfulness practice can lead to positive changes in mental health, such as reduced stress, increased self-awareness, and feelings of well-being. However, in some cases, the practice can interfere with the religious beliefs of practitioners. This may be due to the non-religious or religiously neutral nature of mindfulness as it is taught in psychological or therapeutic programs. This can lead to internal conflict in people with strong faith, as they feel that mindfulness practice reduces their connection to traditional values, rituals, or beliefs in their religion. Furthermore, the focus on personal experience in mindfulness can sometimes lead practitioners to rely less on a supernatural power or religious community, thereby causing changes in the way they approach or feel about their religion [7]. Following a few mindfulness meditation sessions, participants reported experiencing mild psychological changes, including an improvement in sensations of relaxation and well-being. They did admit, though, that deeper impacts, including notable increases in focus or sustained stress reduction, had not yet been observed. This result is consistent with previous studies, which have shown that the effects of mindfulness meditation often require regular practice to produce more significant changes in the mind and body. Initial changes are mainly related to breathing regulation and focus on the present, which temporarily relieve psychological pressure. For beginners, multiple sessions of mindfulness meditation have been shown to reduce stress and improve concentration. Other studies have shown that after just a few weeks of practice, mindfulness meditation can reduce levels of cortisol – the stress hormone – in

the body. New practitioners often clearly feel improvements in their ability to be aware of the present moment, helping them reduce anxiety and better regulate their emotions. However, it can be difficult at first because the mind is easily distracted, requiring patience to build the habit. The initial changes are usually temporary, helping to improve mental health and increase the ability to manage emotions. According to Mrs A, who practiced mindfulness after 2 times shared: *"After practicing mindfulness a few times, I felt that my mind was a little more relaxed. However, the effect was not too obvious, perhaps because the practice time was short and I was not really familiar with the method. However, focusing on breathing and the present moment made me temporarily feel calmer in stressful moments." (P2).*

For those who have practiced mindfulness for a long time, the impact on their self-esteem and mental health is often more obvious. They may notice significant improvements in stress management, reduced anxiety levels, and increased ability to focus. Some people shared that mindfulness helps them better recognize and regulate their emotions, leading to a more peaceful and balanced state of mind in their daily lives. Additionally, long-term practice can improve sleep quality and increase empathy in social relationships. The initial reasons for choosing to practice mindfulness often stem from the need to cope with stress, work pressure, or the desire to find inner peace. Others are attracted to the scientifically proven health benefits, or are inspired by the positive experiences of participants around them as well as the mindfulness meditation instructor. Whatever the initial reason, maintaining a regular practice helps them develop the ability to apply mindfulness in many aspects of life, from work to personal life.

In the process of observing and researching the impact of mindfulness meditation, in addition to the obvious benefits for mental and psychological health, meditation practice also has a profound effect on the participants' religious beliefs. When practicing mindfulness meditation, participants not only improve their ability to manage stress, reduce anxiety, and increase mindfulness, but can also experience changes in the way they perceive and connect with spiritual and religious values. Specifically, meditation helps practitioners increase their awareness of themselves and the universe, arousing a deep connection with the ethical and spiritual principles inherent in beliefs or daily religious activities [12]. Sharing from an interviewee, *"Within 10 minutes of focusing on my breathing, I felt calmer. The chaotic thoughts disappeared."* (P2) In the context of the study, the majority of participants who practiced mindfulness were Muslims; however, they overcame their initial religious barriers to engage in this activity regularly. This indicates an important change in their attitudes and thinking about their existing religious beliefs. Some argued that mindfulness practice, although rooted in Buddhism, does not require the renunciation or change of personal religious beliefs, but rather, it can complement and support the development of mindfulness and inner peace. Many participants, although still holding strong Muslim beliefs, found that mindfulness meditation helped them achieve a relaxed state of mind that did not contradict Islamic values of self-restraint and spiritual connection with God. However, some mindfulness practitioners report feeling disoriented by their existing religious beliefs, especially when faced with questions and difficulties in life that they cannot explain. This feeling arises from questioning whether the challenges are sent by God, or whether there might be another explanation for the suffering they are experiencing. A fundamental aspect of Islam is the belief in God. Muslims hold that everything that happens in life is predetermined by God, and that every hardship and suffering serves a purpose in His larger scheme. However, some people may feel lost and unable to comprehend why they are going through such difficulties when confronted with unfathomable adversities. In this situation, a change in perspective can be brought about via mindfulness meditation. A Muslim salesperson who participated in mindfulness meditation shared that*: After practicing mindfulness 4 months, they felt more clearly the presence of God in every*

moment, and they were also able to maintain stillness and peace in their busy lives without feeling conflicted with their faith. Daily prayer (sholat) is also more effective." (P5).

According to a senior student in the research area*, "After participating in mindfulness meditation for a year, I began to feel a change. Practicing meditation helped me realize that there are times when suffering is not a punishment but a natural part of life, a part of impermanence that I need to learn to accept." (P6).*

Mindfulness meditation, also known as "Vipassana" in Buddhism, has its roots in the teachings of the Buddha, emphasizing living in the present moment and observing the movements of the mind without judgment. From a Buddhist philosophical perspective, especially in mindfulness meditation, the concept of suffering (Dukkha) is considered an integral part of life. Buddhism teaches that suffering is a natural part of existence, not caused by any supernatural force but is the result of human attachment and delusion. Practicing mindfulness meditation helps participants realize that suffering comes from not accepting reality and clinging to illusions of self. Buddhism does not offer a supernatural explanation for suffering, but guides people towards understanding and accepting the impermanent nature of life . This can help practitioners find inner peace, not through metaphysical explanations of suffering, but through reducing resistance and accepting it. In general, when engaging in mindfulness practice, participants may experience a transformation in their understanding of suffering and their religious beliefs.

Many people feel the need to seek physical and mental recovery as a result of the upheaval and catastrophe produced by the COVID-19 outbreak. Religion is a major source of spiritual strength that individuals instinctively turn to when they are experiencing anxiety, loss, or uncertainty about the future. People frequently seek protection and healing from higher entities by believing in a supernatural influence during difficult times As a result, there is a greater need to look for spiritual healing techniques, such as mindfulness meditation, as a means of assisting in the soul's restoration of equilibrium. In order to alleviate psychological discomfort, lessen trauma, and get rid of insecure and negative thoughts, healing activities are becoming more and more popular, especially among young people . Mindfulness meditation is not simply a quiet activity, but also a way for people to heal themselves and restore their mental health during the pandemic. Combining mindfulness meditation with religious beliefs creates a powerful combination of spiritual healing and protection, helping many people find peace and hope in the midst of challenges. Meditation has helped many people escape from crisis-related emotions while fortifying their religious convictions, bringing spirituality and healing techniques into harmony during the pandemic. Many religious persons claim that by feeling a connection to a spiritual power and their community, engaging in religious activities has provided them with a sense of stability and hope. They have also found inner peace and lessened the symptoms of anxiety and despair through practices like prayer and meditation. During the COVID-19 epidemic, engaging in religious activities can enhance psychological resilience [7,13].

Although mindfulness meditation has been shown to have many physical and mental health benefits, if practiced incorrectly or without a full understanding of the process and its implications, mindfulness meditation can have unintended consequences. Lack of proper guidance can leave practitioners feeling anxious or overwhelmed by deep negative thoughts they are not prepared to deal with. Furthermore, misunderstandings about the purpose of meditation, such as expecting to achieve immediate peace, can lead to frustration and a sense of failure. In addition, during this research, some people who practice mindfulness without formal guidance have reported experiencing symptoms such as headaches or physical discomfort. This phenomenon mostly occurs in beginners.

The cause of this phenomenon may be related to focusing too much on the body or breathing without a proper understanding of the technique. When the practitioner tries to adjust or control the breath unnaturally, this can lead to muscle tension in the neck, shoulders, or head, causing pain. In addition, forcing yourself to concentrate for long periods of time without a break can cause mental stress, which in turn contributes to symptoms such as headaches [9,14]. This phenomenon emphasizes the importance of practicing mindfulness under the guidance of experienced people, as well as the need to take a gentle, non-forceful approach to avoid unwanted effects. Findings align with [11] and [8] showing stress reduction and improved self-regulation. Tensions identified mirror [7] findings during the COVID-19 pandemic, where mindfulness both supported and conflicted with traditional belief systems.

4 Conclusion and Implication

This study sheds light on the role of mindfulness meditation practice not only as a psychological healing method but also as a factor that can change an individual's perception of religious beliefs. The results show that mindfulness meditation has the ability to reduce stress, anxiety, and depression, while improving self-awareness and the ability to regulate emotions. In particular, mindfulness practices help people connect more deeply with themselves, thereby raising questions about meaning and purpose in life, factors often associated with religious or spiritual experiences. Mindfulness meditation practice does not necessarily replace religious beliefs, but can facilitate individuals' understanding of the relationship between their mind, emotions, and their own spiritual experiences. This highlights the importance of approaching mindfulness meditation as a flexible method that is suitable for many different cultural and religious contexts.

Mindfulness is a skill that needs to be learned and practiced in a certain way [15]. Engaging in supportive therapy programs or practicing mindfulness under the supervision of professionals can assist those with severe psychological issues in lowering their risk of over-evoking unpleasant emotions. Being aware does not entail facing intense emotions head-on right away. The tension brought on by negative emotions can be lessened without leaving the practitioner feeling "overwhelmed" by being sensitive to and nonjudgmentally monitoring feelings. Although mindfulness has many benefits, practicing it is not always easy. Limitations such as difficulty maintaining concentration, dealing with unpleasant emotions, lack of time and suitable environment, and the possibility of creating adverse effects for people with serious mental health problems are challenges that need to be noted. To overcome these limitations, having proper guidance, perseverance in practice, and support from the community or experts are very important. In short, mindfulness is a powerful tool to improve the quality of life. It helps us slow down, become more aware of ourselves and the world, and maintain a peaceful mind amidst the hustle and bustle of modern life. When we practice mindfulness, we not only improve our mental health but also build deep connections with ourselves and those around us. Mindfulness meditation is not just a psychological technique or a healing method, but also carries philosophical and spiritual elements that require a sensitive approach, especially when applied in communities with different cultural and religious backgrounds. Without empathy and deep understanding, integrating mindfulness meditation into mental health care can be misunderstood or lead to conflicts with existing religious values and beliefs. Therefore, participating in mindfulness meditation has not only impacted their thinking about religious beliefs but also helped them expand their ability to feel and practice their beliefs in their daily lives.

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