Improving our mindfulness can help us become more moral in our lives. For example, individuals who regularly mindful are less likely to cheat on a test.

Mindfulness often delivered by untrained practitioners (only one week of training). Mindfulness is potentially vulnerable to people with mental illness, including depression and anxiety, so it needs to be taught by people who know the basics about those illnesses.

It is also adapted from Buddhist ideas:
- “The Dark Night” – too much meditation
- Cognitive and perceptual abnormalities
- Loss of a sense of self
- Impairment of social relationships
- “An irreversible insight into emptiness”

No major ethical issues.

Conclusion: Mindfulness is ethical as it doesn’t cause any major ethical issues such as psychological harm. It improved being more moral in our lives.