



Mindfulness Skills





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Introduction

This document includes a wide range of guidance, tips and ideas for how to practice mindfulness. It is recommended you try as many as possible and then choose the ones to practice regularly that feel right and meaningful to you. You don't have to like them all and you may even find some of them irritating, so be choiceful and remember you are searching for what works for you and there is no right or wrong way to be mindful as long as the desired goals are achieved, these are:

Goals of Mindfulness Practice



Reduce Suffering and Increase Happiness - Reduce your pain, tension, and stress by changing your relationship to these things from thought-based judgement to non-judgmental observation.



Increase Control of Your Attention - To stop being controlled by your thoughts by taking charge of your attention.



Experience Reality as It Is - Through your five senses as the primary sources of information, which leads to a sense of inner spaciousness and in-the-moment awareness of yourself, others and your surroundings.



To Experience Freedom - By letting go of attachments to the demands of your own desires, cravings, and intense emotions, and radically accepting reality as it is.



To Increase Love and Compassion - toward yourself and toward others through developing a feeling of deep connection, compassion and empathy to yourself first and then, by extension, to all other beings.



What Is Mindfulness?



Intentionally living with awareness in the present moment (Waking up from automatic or rote thoughts and behaviours to steer your life, participate and be present to your life to what is happening right now.)



Without judging or rejecting the moment (Noticing consequences, discerning helpfulness and harmfulness and taking action when appropriate but letting go of evaluating, judging, avoiding, suppressing, or blocking the present moment.)



Without attachment to the moment (Attending to the experience of each new moment, rather than ignoring the present by clinging to the past or grabbing for the future.)

What Is Mindfulness Practice?

Mindfulness and mindfulness skills can be practiced at any time, anywhere, while doing anything, for example, you can practice mindfulness when performing any activity such as cleaning teeth, washing up, eating, walking, brushing hair etc. Intentionally paying attention to the present moment, which is the information coming in from your five senses, without judging anything or holding on to anything or wishing things were different.



Meditation is practicing mindfulness and mindfulness skills while sitting, standing, or lying quietly for a pre-determined period of time. When meditating, we focus the mind (for example, we focus on body sensations, emotions, thoughts, or our breath), or we open the mind (paying attention to whatever comes into our awareness).

There are many forms of meditation that differ mostly by whether we are opening the mind or focusing the mind—and, if focusing, depending on what is the focus of our attention.



Mindfulness movement also has many forms. Examples include yoga, martial arts (such as Qigong, Tai Chi, Akido, and Karate), and spiritual dancing. Hiking, horseback riding, and walking can also be ways to practice mindfulness.

Mindfulness Skills

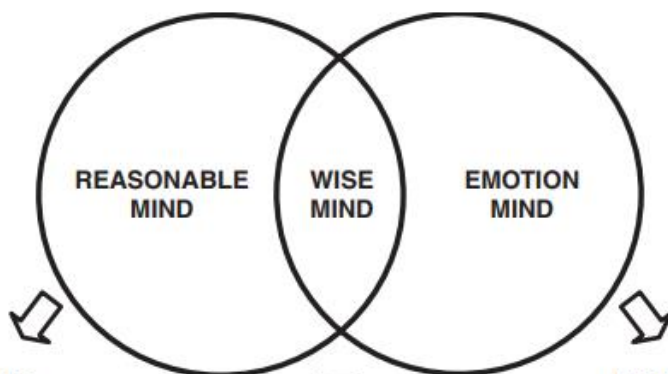
Mindfulness skills require a lot of practice. As with any new skill, it is important to first practice when you don't need the skill. If you practice in easier situations, the skill will become automatic, and you will have the skill when you need it in more difficult situations. Here are some practices to help you develop the ability to find the calm, trusting and peaceful centre of yourself. Try them all then select those that resonate best with you to keep practicing regularly.



1. Wise Mind Skills



'Wise Mind' is the wisdom within each person, where you can see the value of both reason and emotion and you are able to bring both together and to take the middle path so that facts, reason and logic and equal to but not better than emotions and values, and vice-versa.



Reasonable Mind Is:

- Cool
- Rational
- Task-Focused

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

Emotion Mind Is:

- Hot
- Mood-Dependent
- Emotion-Focused

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

Wise Mind Is:

- The wisdom within each person
- Seeing the value of both reason and emotion
- Bringing left brain and right brain together
- The middle path

Ideas for Practicing 'Wise Mind' Skills

Stone flake on the lake



Imagine you are by a clear blue lake on a sunny day. Then imagine you are a small flake of stone, flat and light, tossed out onto the lake and you are gently, slowly, floating through the calm, clear water to the lake's smooth, sandy bottom.

Notice what you feel as you float down slowly towards the bed of the lake. As you reach the bottom, settle your attention there calmly within yourself. Notice feelings of serenity and become aware of the calmness and quiet deep within you at the centre of your self, then settle your attention there.



Walking down a spiral staircase



Imagine that within you is a spiral staircase, winding down to your very centre. Starting at the top walk very slowly down the staircase, going deeper and deeper within yourself. Notice the sensations. Rest by sitting on a step, or turn on lights on the way down if you wish. Do not force yourself further than you want to go. Notice the quiet. As you reach the centre of your self, settle your attention there—perhaps in your gut or your abdomen.

Breathing 'Wise Mind'



As you slowly breath in, say to yourself, 'Wise'" and as you breath out, say to yourself 'Mind'. Focus your entire attention on the word "wise," then, focus it again entirely on the word 'mind'. Continue until you sense that you have settled into Wise Mind within yourself.

Asking 'Wise Mind' a question



Breathing in, silently ask 'Wise Mind' your question, then breathing out, listen for the answer. Listen and wait, do not give yourself the answer, just quietly wait and listen for it. Continue calming and gently asking your question on each in-breath for some time. If, after a while, no answer comes, try again another time.

Ask "Is this thought/action from 'Wise Mind'?"



When you are unsure if a thought or action is coming from Wise Mind, breathing in, ask yourself, "Is this (whatever the thought or action is) coming from 'Wise Mind'?", then breathing out, listen for the answer. Listen and wait, do not give yourself the answer, just quietly wait and listen for it. Continue calming and gently asking your question on each in-breath for some time. If, after a while, no answer comes, try again another time.

Mindful or Conscious Breathing



Pay close attention to the different physical sensations in your body as you breathe in and breathe out. Notice the air in your nostrils, slightly warmer on the in breath, slightly cooler on the out breath, notice your tummy and rib cage expand as you breath in and then go back to resting as you breath out. Let your attention settle in your forehead or "third eye" for a moment at the top of each in breath and then at the bottom of each out breath let your attention settle in your tummy or solar plexus.



Wise Mind from a Spiritual Perspective

<p>Wise Mind as . . .</p> <p>Contemplative practice</p> <p>Mindfulness Meditation Contemplative prayer Contemplative action Centering prayer</p>	<p>Thoughts, attitudes, and actions designed to help us express or experience connection to:</p> <ul style="list-style-type: none"> • The sacred, the divine within, the transcendent. • God, the Great Spirit, the Absolute, Elohim, the nameless one, Brahma, Allah, Parvardigar. • Ultimate reality, the totality, the source, our essential nature, our true self, the core of our being, the ground of being. • No self, emptiness.
<p>Wise Mind experience from a spiritual perspective</p>	<p>Experience where a deeper layer of reality rises to consciousness. A reality that has always been there but has been misperceived. An experience of expansion of consciousness; the experience of unity and oneness within the sacred.</p>
<p>Wise Mind from the perspective of mysticism (seven characteristics of mystical experiences)</p>	<ol style="list-style-type: none"> 1. Direct experience: Experience without words of <i>ultimate reality</i>. 2. Experience of unity: Awareness of oneness and of no distance between oneself, reality, and all other beings. 3. Without words: Experience of reality that cannot be grasped and can only be described with metaphors and stories. 4. Certain: During the experience, certainty of the experience is total, undeniable, clear. 5. Practical: Experience that is concretely beneficial to one's life and well-being. 6. Integrative: Experience that establishes harmony of love, compassion, mercy, kindness; quieting of extreme emotions. 7. Sapiential: Experience that leads to wisdom, enhances capacity for intuitive knowledge.



2. Observing Mindfulness Skills



Observing is bringing your mind away from thoughts and to the sensations of your body and information coming in from your five senses without judgement. The idea is to notice each sensation in your body and to notice the information coming to you through your eyes, ears, nose, skin and tongue/mouth. It is paying attention on purpose only to the present moment and what is happening right now and learning to control your attention so that any thoughts that might come in to distract you and take you out of the present moment are noticed but attention is brought back to the physical sensations in your body and to the information coming in from your five senses. Nothing is judged, nothing is pushed away nothing and nothing is clung onto. It is wordless or thoughtless observing, whatever thoughts come into your mind, let them pass by like clouds in the sky. If you notice emotions, let them rise and fall like waves coming in to shore then flowing back out again.

Ideas for Practicing Observing

Observe with your eyes



Sit or lie on the ground and watch the clouds in the sky. Stop somewhere with a view and notice everything you can see: buildings, flowers, trees, birds etc. Sit outside and watch people and vehicles go by without following them with your head or your eyes. Notice the facial expression and movements of another person but refrain from judging or labeling the person's emotions, thoughts, or interests etc. Pick up a leaf, a flower, or a pebble and look at it very closely, trying to see each and every small detail. Find something beautiful to look at, and spend a few minutes contemplating it.

Observe sounds



Stop for a moment and just listen to everything you can hear around you, notice any rhythms, listen to the pauses between the sounds. If someone is talking, listen to the pitch of the voice, to the smoothness or roughness of the sounds they make. Listen to music, observing their rhythms, each note as it comes and the spaces between the notes and beats. Listen to the sound of your own breathing..

Observe smells around you



Breathe in and stop to notice any smells around you. Bring something close to your nose to smell such as coffee or an essential oil, notice the sensations of smelling it close up then take it away from your nose to notice the smell gone or less intense, then bring it back to your nose to smell again. Stop to notice the aroma of food as you eat it or when you are cooking, notice the smell of the individual ingredients and seasonings. When bathing, stop to smell the soap and shampoo that you use. When walking outside, stop to notice the smell of the air, of the trees and flowers.

Observe taste and the act of eating



Put something in your mouth, like a mint or a raisin and pay attention to the taste, resist the temptation to chew and swallow for a while, just keep it in your mouth, and notice all the taste sensations. When eating, stop to pay attention to the taste of each mouthful, chew slowly, be in no hurry, savour every taste in each mouthful.



Observe urges to do something



When you are feeling an urge to do something impulsive, “urge-surf” by imagining that your urges are a surfboard and you are standing on the board, riding the waves. Notice any urges to avoid someone or avoid doing something, scan your entire body, and notice the sensations and where in your body is the urge? When you are chewing your food, notice when you have the urge to swallow. When you have a cup of tea or coffee or other beverage, notice when you have urges to take a sip.

Observe sensations of touch on your skin



Stroke your upper lip with your finger, then stop stroking and notice how long it takes before you can't sense your upper lip. When walking, notice the sensations of your feet touching the ground and rising up and down, try walking very slowly then deliberately speed up and just notice the differences in sensations in your feet. When sitting, notice the sensation of your thighs on the chair, notice the curve of your knees and your back against the back of the chair. Touch something like some fabric, a pet, a piece of fruit and notice the textures of what you feel, notice the sensations on your skin. Focus your attention on any place in your body where you feel tense and see if you can visualize the tension leaving your body.

Observe your breath



Breathe evenly and gently and focus your attention on the movement of your rib cage and of your tummy as you breathe in and out. Breathe more deeply to fill your lungs and notice again the movement in your body. Notice the brief pause when your lungs have filled with air and as you breathe out, notice the brief pause when you have expelled all the air. Noticing the sensations traveling up and down your nostrils, slightly warmer on the in breath, slightly cooler on the out breath. Notice your breathing when walking or exercising.

Observe thoughts coming in and out of your mind



Notice thoughts as they come into your mind and say to yourself “I am having the thought that ...” then repeat the thought to yourself to slow down your thinking. Try to notice the spaces and pauses in between each thought, breathe into each space and pause to gently make them longer.

Observe and play with your attention



Imagine that your mind is the sky and that thoughts are the clouds just passing through and let each thought drift by and out of your mind. Imagine your thoughts are leaves flowing down a stream, or as boats drifting by the ocean. Imagine your mind is like a conveyor belt, and put each thought or feeling that you notice in to a box and then put it on the conveyor belt and let them go by. Imagine your mind is a conveyor belt and sort your thoughts and feelings into categories like worry thoughts or sad feelings etc, labelling them and then put them on the conveyor belt to be taken away.



Observe by expanding awareness



When you are lying in bed, attend to the feeling of the sheets and blankets or comforters that cover you, notice their weight (however slight) on your body, tuck yourself in to feel the embrace more fully. When engaged in an activity, focus on what you are doing then gently expand your awareness to include the space and objects around you and everything you are using that supports you in your activity from the equipment and furniture, to the floor, walls and roof, to the electricity and water etc.

Observe as many senses as you can all at once



Practice walking with your senses as open as you can make them. Notice what you hear, see, touch and smell. Notice what you feel when shifting your weight between each step. Notice the sensations in your body experience as you turn. Notice your arms moving. Be in the present moment by noticing something with every sense and say to yourself things like: "I feel the earth beneath my feet and the earth feels me. I hear the birds and the birds hear me. I see the trees and the trees see me. I smell the flowers and the flowers smell me." Or, when eating pause with a spoonful or forkful of food, look at what you are going to eat, smell it, notice the colour, texture and shapes, then when you put it in your mouth, notice the taste, texture, temperature, and even the sound of you chewing your mouthful slowly.

Observe thoughts and feelings



When a feeling arises within you, notice it and say, for example, "A feeling of sadness is arising within me." When a thought arises, notice it and say, for example, "The thought 'It is hot in here' is arising within me." Insert the thoughts and feelings that arise within you.

Observe "nothing-to-do" mind



Take just a moment of your time, and practice "nothing-to-do" mind. Let yourself become completely aware of your present experience, noticing only the sensations in your body and the space around you and the spaces in between thoughts, let thoughts come and go as you focus your attention on your experience in this present moment. Each time you notice your mind has wandered into thinking about things outside the present moment, just gently bring your attention back to your breathing and what is going on right now.



3. Describing Skills



Put non-judgmental labels on your experience. For example, when a feeling or thought arises, or you do something, acknowledge it. For example, say in your mind, "I sense I am feeling sad, this is an emotion that will pass." or "A thought 'I can't do this' has come into my mind. This is just a thought, it is not a fact and it will pass" or "I am washing the dishes, this is an action and it will pass." The idea is to unglue yourself from your assumptions, interpretations and opinions and separate these judgements from the facts of what is actually happening in this present moment. Describe the "who, what, when, and where" that you observe through your senses and if you can't observe it through your senses, you can't describe it. When describing mindfully, we must avoid any judgmental language and avoid describing intentions, assumptions or anything that you cannot directly observe.

Ideas for Practicing Describing Skills

Practice describing what you see outside of yourself



Lie on the ground and watch the clouds in the sky, find and describe any cloud patterns that you see. Sit on a bench on a busy street or at a park and describe one thing about each person who walks by you. Find things in nature like a leaf, a flower or a pet or other animal and describe each thing in as much detail as you can. Describe what a person is doing now and be very specific.

Practice describing thoughts and feelings



Describe your feelings as they arise within you: "A feeling of X is arising within me." Describe your thoughts when you feel a strong emotion: "I feel X, and my thoughts are Y." Describe your feelings after someone else does or says something: "When you do X, I feel Y." Describe thoughts, feelings, and what you observed others do: "When you do X, I feel Y, and my thoughts are Z." or "When X occurs, I feel Y, and my thoughts are Z." It can help to write down your descriptions as it is then easier to see if you have allowed any judgements or assumptions to creep in.

Practice describing your breathing



Describe your breathing for 10 breaths. As you inhale, say to yourself "I am inhaling, 1." and when you exhale, say "I am exhaling, 1." Then, as you continue breathing say "I am inhaling, 2." and "I am exhaling, 2." and so on until 10. If you lose count, return to 1.



4. Participating Skills



Throw yourself completely into whatever activity you are doing in the present moment. Do not separate yourself from what is going on in the moment by following unrelated thoughts, but become one with whatever you are doing, throw all your attention to the moment and what is happening right now in your immediate environment. Act intuitively from 'Wise Mind', do just what is needed in each situation, go with the flow and respond with spontaneity. Focus your attention on where your body touches or is connected to things, however fleetingly, e.g. the floor or ground, air molecules, a chair or armrest, your bed sheets and covers, your clothes, etc. Try to see all the ways you are connected to and accepted by each object and consider the function of that object in relation to you and what it does for you and experience gratitude for that object until a sense of being connected or loved or cared for arises in your heart.

Ideas for Practicing Participating Skills



Things to do to practice participating skills: Go for a walk in the country or a park. Luxuriate in a bubble bath with scented candles. Dance to music. Sing along with music you are listening to. Sing in the shower. Sing and dance while watching TV. Jump out of bed and do star jumps before getting dressed. Join a choir and sing with others. Play karaoke with friends or at a karaoke club or bar. Throw yourself into listening to what another person is saying. Go running, focusing only on the running one step at a time. Take a class in improvisational acting. Cuddle with a pet and groom them or go to a petting zoo to pet the animals. Do some gardening. Do a jigsaw puzzle whilst listening to music you can sing along to.



5. Non-Judgement Skills



Non-judgement involves seeing or experiencing things without making any comparisons, evaluations or assumptions of whether things are good or bad. It involves acceptance of each moment exactly as it is, like a blanket spread out on the lawn accepts whatever fall upon it in the same way, whether leaves, sunshine or rain. It is okay to acknowledge the facts of whether different things are benign or harmful but don't judge as being either good or bad. For example, you could say "I burnt myself on the hot stove" but not "it is awful that I burnt myself on the hot stove." You can acknowledge your values, your wishes, your emotional reactions, but don't judge them. For example, you could say "I wish I was not by myself" but not "It is terrible I am by myself."

Ideas for Practicing Non-Judgment



Practice observing judgmental thoughts and statements, saying in your mind, "A judgmental thought arose in my mind." Replace judgmental thoughts and statements with nonjudgmental thoughts and statements, for example, describe the facts of the event or situation, that is only what is observed with your five senses "the chair is dark green with hard wooden handles and thin material." not "the chair is an ugly green with uncomfortable wooden handles and cheap material."



Describe the consequences of the event but keep to the facts of what you can detect with your five senses. Describe your own feelings in response to the facts, for example "I feel angry that my old china ornaments were broken by my cleaner." not "I feel out-of-control rage that my old china ornaments were broken by my stupid cleaner."



Write out a non-judgmental description of an event that prompted a negative emotion in you, or write out a non-judgmental blow-by-blow account of a particularly important episode in your day. Describe both what happened in your environment and what your thoughts, feelings, and actions were. Leave out any analysis of why something happened, or why you thought, felt, or acted as you did. Stick to the facts that you observed.



6. One-Mindfulness Skills



Fix yourself to now and be completely present to this one moment. Do one thing at a time. Notice the desire to be half-present, that your thoughts are ready to take your attention somewhere else, to go somewhere else in your mind and lose touch with what is going on now in your present and immediate environment. Notice the desire to do something else, to multitask and then come back with your full attention to doing just the one thing at a time. When you are eating, eat. When you are walking, walk. When you are planning, plan. Let go of distractions. If other actions, or other thoughts, or strong feelings distract you, go back to what you are doing—again, and again, and again. Concentrate your mind and focus your attention on just one thing at a time. If you find you are doing two things at once, stop—go back to one thing at a time – this is the opposite of multitasking!

Ideas for Practicing One-Mindfulness Skills



Awareness while making tea or coffee. Prepare a pot of tea or coffee to serve a guest or to drink by yourself. Do each movement slowly, in awareness. Do not let one detail of your movements go by without being aware of it. Know that your hand lifts the pot by its handle. Know that you are pouring the fragrant, warm tea or coffee into the cup. Follow each step in awareness. Breathe gently and more deeply than usual. If you notice your mind has strayed, that's okay, that's what minds do, just bring your attention back to what you are doing.



Awareness while washing the dishes. Wash the dishes consciously, as though each bowl is an object of contemplation. Consider each bowl sacred. Follow your breath to prevent your mind from straying. Do not try to hurry to get the job over with. Consider washing the dishes the most important thing in life.



Awareness while hand-washing clothes. Do not wash too many clothes at one time. Select only three or four articles of clothing. Find the most comfortable position to sit or stand, so as to prevent a backache. Scrub the clothes consciously. Hold your attention on every movement of your hands and arms. Pay attention to the soap and water. When you have finished scrubbing and rinsing, your mind and body will feel as clean and fresh as your clothes.



Awareness while taking a slow-motion bath. Allow yourself 30–45 minutes and don't hurry for even a second. From the moment you prepare the bath water to the moment you put on clean clothes, let every motion be light and slow. Be attentive of every movement. Place your attention on every part of your body, without discrimination or fear. Be aware of each stream of water on your body. By the time you've finished, your mind will feel as peaceful and light as your body. Follow your breath if your mind wanders and bring your attention back to the task at hand.



7. Effectiveness Skills



Be mindful of your goals in the situation, and do what is necessary to achieve them. Focus on what works and don't let emotion-mind get in the way of being effective. Play by the rules. Act as skillfully as you can and do what is needed for the situation you are in, not the situation you wish you were in, not the one that is fair nor the one that is more comfortable, just this situation right now.

Ideas for Practicing Effectiveness Skills



Observe when you begin to get angry or hostile with someone. Ask yourself, "Is this effective?" Observe yourself when you start wanting to be "right" instead of being effective and give up trying to be "right" and switch to trying to be effective. Drop willfulness (trying to force situations and going against what is, not accepting what is), and practice acting effectively instead and then notice the difference. When feeling angry or hostile or like you're about to do something ineffective, practice 'wise-mind'.



8. Loving Kindness Skills



Loving kindness is a mindfulness practice designed to increase love and compassion first for ourselves and then for our loved ones, for friends, for those we are angry with, for difficult people, for enemies, and then for all beings. Loving kindness can protect us from developing and holding on to anger, negative and unhelpful judgments, ill will, and hostile feelings toward ourselves and others. Practicing loving kindness is like saying a prayer for yourself or someone else. As when you are asking or praying for something for yourself or others, you actively send loving and kind wishes, and recite in your mind words and phrases that express good will toward yourself and others.

Ideas for Practicing Loving Kindness Skills



Choose a person to send loving kindness towards, select a person that you want to relate to with kindness and compassion. Always start with yourself, or, if this is too difficult, then with a person you already love. Sitting, standing, or lying down, begin by breathing slowly and deeply. Opening the palms of your hands, gently bring the person to mind. Radiate loving kindness by reciting a set of warm wishes, such as “May I/they be happy,” “May I/they be at peace,” “May I/they be healthy,” “May I/they be safe,” or another set of positive wishes of your own. Repeat the script slowly and focus on the meaning of each word as you say it in your mind. If you have distracting thoughts, just notice them as they come and go and gently bring your mind back to your script. Continue until you feel yourself immersed in loving kindness. Gradually work yourself up through loved ones, friends, those you are angry with, difficult people, enemies, and finally all beings. Practice each day, starting with yourself and then moving to others.

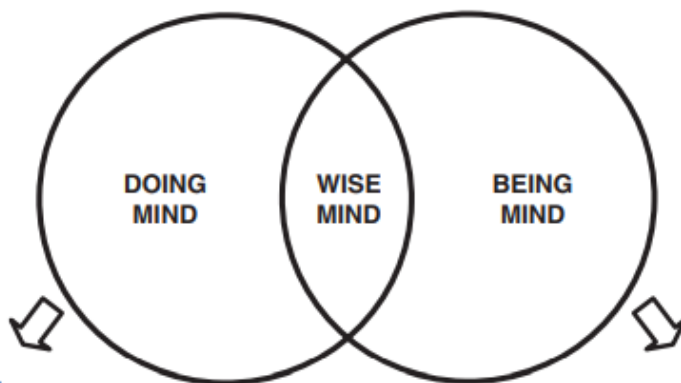


9. Balancing Doing Mind and Being Mind Skills



The mindfulness skills require a lot of practice. The practice ideas below are to help you act skillfully in everyday life, bringing together doing activities of everyday life with being mind.

Skillful Means: Balancing Doing Mind and Being Mind



Doing Mind Is:

- Discriminating Mind
- Ambitious Mind
- Goal-Oriented

When in *doing mind*, you view your thoughts as facts about the world. You are focused on problem solving and achieving goals.

Being Mind Is:

- Curious Mind
- Nothing-to-Do Mind
- Present-Oriented

When in *being mind*, you view your thoughts as sensations of the mind. You are focused on the uniqueness of each moment, letting go of focusing on goals.

Wise Mind Is:

- A balance of doing and being
- The middle path

When in Wise Mind, you:

Use skillful means.

Let go of having to achieve goals—and throw your entire self into working toward these same goals.

Enhance awareness while engaging in activities.



Ideas for Practicing Balancing Doing Mind and Being Mind Skills

Wise Mind reading



To increase your desire for mindfulness, find inspiring quotations that have the effect of making you want to practice mindfulness as part of your daily routine. Put these quotations at strategic spots e.g. on screensavers, by the bathroom mirror or by the coffee maker), and while you are waiting for other things, read the messages.

Wise Mind reminders



Set an alarms on your phone/watch to go off randomly or at set times to remind you to be mindful in your current activities. Set up automatic text messages or Twitter messages to remind yourself to engage in a mindfulness practice. Write out mindfulness quotations that you like, and tape them in strategic places where you will see them as reminders to practice mindfulness.

Wise Mind in the routine of daily life



Choose one routine activity in your daily life (such as brushing your teeth, getting dressed, making coffee or tea, working on a task) and make a deliberate effort to bring moment-to-moment awareness to that activity every day.

"Just this one moment" Wise Mind



When you begin to feel overwhelmed say, "Just this one moment, just this one task," to remind yourself that your only requirement at the moment is to do one thing in the moment, wash one dish, take one step, move one set of muscles. In this moment, let all the next moments go that are in the future, let them all go until you get there.

Wise Mind awareness of events



Notice events in your everyday life (both pleasant and unpleasant), even if they are only very small, for example, the taste of what you are eating, the feel of wind on your face or of warm water on your hands, the fact that your car engine is running, perhaps that you feel tired, just notice whatever is showing up in your life in this present moment without judgement.

Three-minute Wise Mind



Slowing down "doing mind" in your everyday life, bring yourself into the present moment and ask "What is my experience right now? What thoughts and images are going through my mind?" Notice them as mental events, as neural firing in your brain and nothing more. Next ask "What are my feelings and sensations in my body?" Notice these as physiological events that will fade away with time, then say "I accept my present moment as it is right now." And bring your entire attention to your breathing and the sensations in your body as you breath in and out. Let your breathing become your anchor to the present moment. Then become aware of your body posture, your facial expressions and your hands, allow your awareness to expand. As well as being aware of the breath, include also a sense of the body as a whole, your posture, your facial expression and your hands. Change to a confident posture of upright openness with spine straight and shoulders back, soften your facial expression and bring a half smile to your face, raise your chin slightly to make your neck long and your hands relaxed and soft.



Walking the Middle Path Synthesis

Walking the Middle Path: Finding the Synthesis between Opposites

Reasonable
mind



Emotion
mind

Both regulate actions and make decisions based on reason,
And
take into account values and experience even strong emotions as they come and go.

Doing
mind



Nothing-to-do
mind

Both do what is needed in the moment (including reviewing the past or planning for the future),
And
experience fully the uniqueness of each moment in the moment.

Intense desire
for change
of the moment



Radical
acceptance
of the moment

Both allow yourself to have an intense desire to have something else than what is now,
And
be willing to radically accept what you have in your life in the present moment.

Self-denial



Self-indulgence

Both practice moderation,
And
satisfy the senses.