

Mindfulness Handout #3

Taking Hold Of Your Mind: "How" Skills

Non-Judgmentally

See but don't evaluate. Take a nonjudgmental stance.

Just the facts.

Focus on the "what", not the "good" or the "bad", the "terrible" or the "wonderful", the "should" or the "should not."

Unglue your opinions from the facts, from the "who, what, when and where."

Accept each moment, each event as a blanket spread out on the lawn accepts both rain and sun, each leaf that falls upon it. Acknowledge the helpful, the wholesome, but don't judge it.

Acknowledge the harmful, the unwholesome, but don't judge it.

When you find yourself judging, don't judge your judging.

One-Mindfully

Do one thing at a time. When you are eating, eat. When you are walking, walk. When you are bathing, bathe. When you are working, work.

When you are in a group, or a conversation, focus your attention on the very moment you are in with the other person.

When you are thinking, think. When you are worrying, worry. When you are planning, plan. When you are remembering, remember.

Do each thing with all of your attention. If other actions, or thoughts, or strong feelings distract you, let go of distractions and go back to what you were doing-- again and again and again.

Concentrate your mind. If you find you are doing two things at once, stop and go back to one thing at a time.

Effectively

Focus on what works. Do what needs to be done in each situation.

Stay away from "fair" and "unfair", "right" and "wrong", "should" and "should not".

Play by the rules.

Don't "cut your nose off to spite your face."

Act as skillfully as you can, meeting the needs of the situation you are in. Not the situation you wish you were in; not the one that is "just"; not the one that is "more comfortable"; not the one that..."

Keep an eye on your objectives in the situation and do what is necessary to achieve them.

Let go of vengeance, useless anger, and righteousness that hurts you and doesn't work.