

## **MINDFULNESS**

### **WHAT to DO**

#### **OBSERVING**

Focus on one thing at a time  
Notice the experience without describing  
Notice how quieter you get over time  
Observe Inside (you) and Outside (world)  
When a thought comes along - Just notice it and return to your attention

Thoughts can be like: Birds that fly over the ocean; Clouds that float by; A train passing by

Learn to step back and just notice what passes through your mind  
If a thought enters your mind, just observe it, like a train, but “don’t get on”

#### **DESCRIBING**

Inside (me) & Outside (world)  
Learn to realize and tell the difference between a Thought, Opinion, & Fact  
This helps you to respond to what is actually going on in the world vs. “what you think is going on in the world”  
Learn to categorize your thoughts, i.e. worry, stress, etc  
Describe objectively only what you observe  
Don’t add or subtract from what you see  
Don’t make interpretations; easy to treat an interpretation as if it were fact  
An interpretation can certainly be right and accurate and it can certainly be wrong and inaccurate  
Not being able to discern Fact from Interpretation is a great source of pain and trouble

#### **PARTICIPATING**

Goal – To Participate well in life  
Join peacefully, freely, and joyfully into the activity  
Become involved with the activity  
Let self-consciousness diminish

## **HOW to DO IT**

### **NON-JUDGMENTALLY**

Judging is adding, often times unnecessarily

Judging is when you observe a fact and then you add an evaluation of good or bad

Need to distinguish between:

Observing & Describing Vs Observing & Judging

Judging is a shorthand way to describe consequences -

Negative – Bad,

Positive – Good

We do need to judge some of the time – issue of discernment

Learn to see the potential “consequences”

Problems with Judgments:

1. Hard to respond to the real world accurately if you react to your judgements; you tend to react more to your own interpretation of the situation than the actual situation; potential inaccuracy
2. Causes unending problem emotions; hard to be angry at someone without judging them

Impossible to get rid of shame if you don't reduce amount of judgments you make about yourself

Steps for Reducing Judgments

1 – Is it a priority, i.e., Do I really want this behavior to change?

2 – Notice judgments – thoughts, actions, voice tone

3 – Monitor Judgments – count the number of judgments per day

4 – Replace judgments with consequences – know the difference between a judgment and fact

Don't Judge Judging

Develop the capacity to see the world as it is, describing it as it is

Having values is non-judgmental

## **ONE-MINDFULLY**

This is the opposite of multitasking – one thing at a time – less stressful

One-Mindfully to observe, describe, participate

When observing, *only observe* – when describing, *only describe* – when participating, *only participate*

What interferes with One-Mindfully?

1 – Not liking the current moment you're in

2 – When the past and future get in the way

Do the thing you're doing and that only

Three reasons to use One-Mindfully

1 – More efficient

2 – Allows you to live life to the fullest

3 – Reduces suffering

## **EFFECTIVELY**

Doing what works

1 – What are my goals, what do I want?

Hard to figure out whether you're doing what works if you don't know what you want

2 – What is needed to reach them?

Think through – what's needed, what's necessary to act effectively

Pay attention to situation and respond to what's really going on

What gets in the way?

The question to ask - What will be effective?

1 – Do I want to be right or effective?

Can have an attitude of wanting more to be right than getting what I want

2 – Don't want to make the effort

Can be a belief that I shouldn't have to work so hard, not fair I have to work so hard

3 – Not focusing on your most important goals

Not thinking about what's important

Non-Judgmentally, effectively “only” observe;

Non-Judgmentally, effectively “only” describe;

Non-Judgmentally, effectively “only” participate.

Goal: Participate non-judgmentally and effectively in the present with awareness