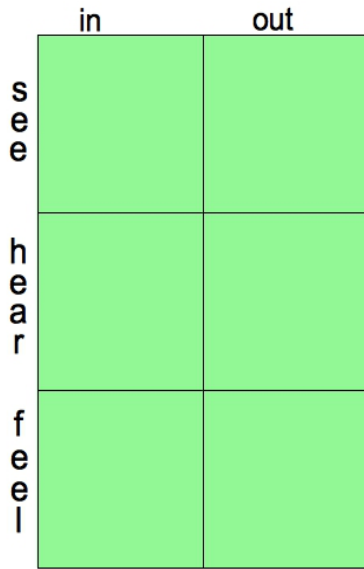
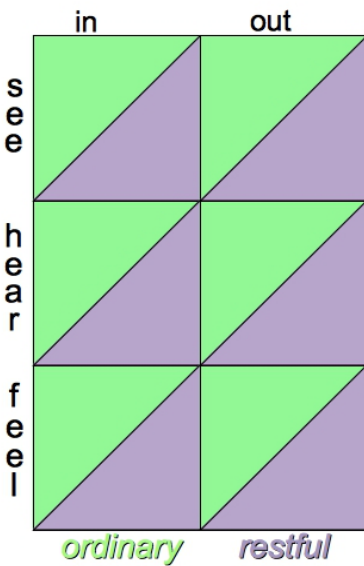


Basic Mindfulness Focus Categories



Focus Categories for Basic Experience:
Ordinary states

See In: visual thinking	See Out: looking at things
Hear In: auditory thinking	Hear Out: hearing sounds
Feel In: emotional type body sensations	Feel Out: non-emotional physical sensations



Focus Categories for Basic Experience:
Ordinary and Restful states

visual thinking absence of visual images	looking at things "soft focus"
auditory thinking internal quiet	hearing sounds external silence
emotional type body sensations absence of emotional body sensations	non-emotional physical sensations physical relaxation

Noting & Labeling

Noting is a fundamental technique of Basic Mindfulness. It has two steps:

1. Noticing: allow your attention to be drawn to a thought or sensation, and clearly acknowledge it. (Optionally: make a mental label of the category of experience).
2. Soaking in: take 5-7 seconds to pay close attention to that thought or sensation, watching if and how it changes and what its characteristics are.

Continually repeat the process with the same or different thoughts or sensations.