

NOTING/LABELING when meditating is useful for

- **Anchoring**
 - It's a *kind* of thinking but does ease distraction by focusing your thinking
- **Identifying/Recognizing**
 - Helps you to learn to identify and recognize what emotion you are having
- **Allowing for**Can it just be what it is?
 - Aim is to just hold it: no judgment
 - Helps if you **stay with one simple word** to describe the emotion
- **Awareness of Patterns**
 - Can you "hear" the repetition?--- e.g.: "worry"; "fear"; "anxious"
 - Do **not** try to "fix" it.....Curious, easeful *acknowledgement*
 - ** (go back) to Allowing if needed....That is, keep accessing the quality of allowing (or "accepting") as you can
- **Equanimity**----Distance-----**Spaciousness**....NON-Attachment (**not** detachment)
 - **Awareness of sensations** is a **great** way to get distance
 - Helps it to become about **what's actually going on right now**, **not** your idea, the context, of it.
 - Also, equanimity is the *ground* of your being...So can you become aware of "just" spaciousness?

These five are **descriptors** about a PROCESS rather than **stages**. They **can** go in this progression. With time, say one aspect is too difficult to be with, moving to another can support to ability to stay with and attend to what's going on. For example, when your knee pain feels "too much" then going to and staying to note the emotional or thought patterns. And when that gets "too much", go back to the sensation to be able to forebear it before you go back to exploring the emotions or thoughts patterns. **Try not to force** the process.

AWARENESS of wherever you are is what's more important.

Exercise A: On the Cushion/Chair

After you've become settled --- in posture (body) & concentrated (mind); around 10 minutes into meditation --- be open to awareness of the five. Bring wisdom to your meditation by asking, being curious, if you can become aware of the five. *Do not conceptualize* the five.

Ask/Be curious, *not* create: "Is there concentration here?" "Is there recognition here?" "Is there....etc." If you find yourself getting too lost in thinking (for instance, spending too much energy trying to find the right words to identify or too worried whether you're in "concentration", "identifying/recognizing" or whatever) then **go back to:**

- Counting breath **or** awareness of a contact point or two; to your "safe" or "grounded" place/spot.

Exercise B: Off the Cushion/Chair

In your daily activity, **PAUSE** at times and note what's going on:

- **Breathe** and have the sense of settledness
- 1 word to label the **EMOTION**
- Where is it located in your body?
- What is a **SENSATION** you are noticing RIGHT NOW?....If you have space & time, with gentle curiosity, follow the sensations
- Can you be aware of the **change** in sensations? Is there a "rise & fall" to a sensation? Is there a gap/space between one sensation and another? What else is around a sensation?
- **Breathe** and have the sense of settledness

* At the beginning of each day, **consciously choose a time when you will pause** (e.g.: **between** 1 task & another or **when you hear** the word "yes" or "no", or **before** you answer the phone, etc.)

Main Points: Curiosity & Ease. Awareness of what's going on **ONLY**...**Not to change it or make it into something**. Be aware of correlations/patterns but don't create them! And, don't make a story/conclusion out of it; esp. with judgment. Meditate to become aware of what's going on; *not* to judge & condemn.