

Core Mindfulness--**HOW** Skills

Practice to use these all at the same time

Non-Judgmental Stance

- ◆ **SEE, BUT DON'T EVALUATE.** Take a non-judgmental stance. Just the facts. Focus on the "what", not the "good" or "bad", the "terrible", the "should" or "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 the rain and the 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 in the Moment

- ◆ **DO ONE THING AT A TIME.** When you are eating, eat. When you are walking, walk. 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. *Do each thing with all of your attention.*
- ◆ If other actions, thoughts, or strong feelings distract you, **LET GO OF DISTRACTIONS** and go back to what you are 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 in order to meet your larger goals. Stay away from thoughts of "right", "wrong", "should", "should not", "fair" and "unfair".
- ◆ **PLAY BY THE RULES.** Act as skillfully as you can, meeting the needs of the situation you are in, not the situation you **WISH** you were in.
- ◆ **LET GO** of vengeance, useless anger, and righteousness that hurts you and doesn't work.