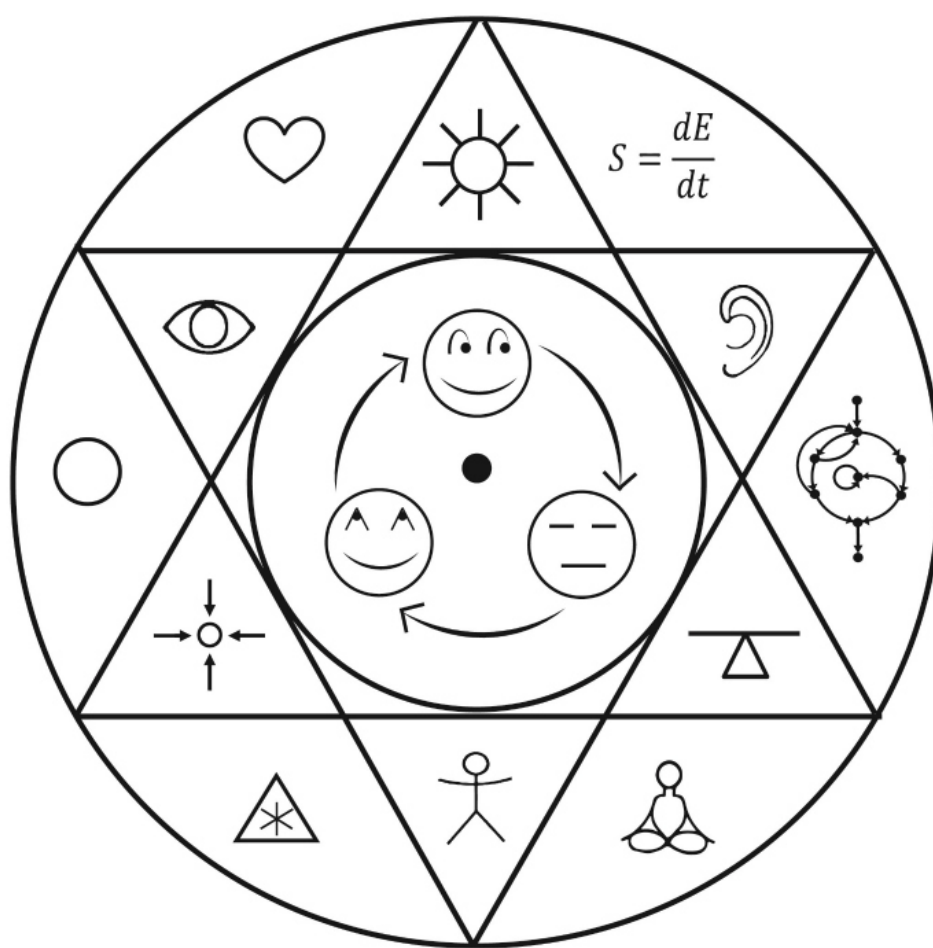


# Basic Mindfulness: Summary of the System



## Basic Questions

In the Basic Mindfulness System, the entire endeavor of mindfulness is organized around four questions:

- **What** is Mindful Awareness?
- **Why** should we develop Mindful Awareness?
- **Where** is Mindful Awareness cultivated?
- **How** is Mindful Awareness cultivated?

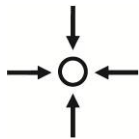
The first question clarifies the nature of mindful awareness. The second question provides a list of payoffs we can expect to get from that awareness. The third question classifies the types of things we can be mindful of. The fourth question provides a list of fundamentally distinct training strategies for developing mindful awareness.

Each of the four questions can be addressed in terms of a small set of basic elements. The system is named Basic Mindfulness because it addresses basic questions using basic elements. Here's the gist....

---

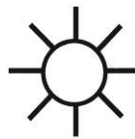
### What is Mindful Awareness?

Three attentional skills working together:



**Concentration Power**  
(symbolized by arrows  
pointing to a focus object):

The ability to focus on  
what you want, when you want.



**Sensory Clarity**  
(symbolized  
by light rays):

The ability to untangle the  
elements of sensory events.  
Also the ability to detect sensory  
events that were previously  
subconscious.



**Equanimity**  
(symbolized  
by a balance point):

The ability to let sensory  
experience come and go without  
push and pull.

## Why Should We Develop Mindful Awareness?

The three attentional skills are central to achieving three basic human jobs:



### Appreciate Self and World

*(symbolized by  
eyes-wide face):*

Experience the senses  
with radical fullness.  
This leads to...



### Transcend Self and World

*(symbolized  
by a flat-line face):*

Direct contact with something  
that's beyond the senses.  
This in turn helps us...



### Improve Self and World

*(symbolized by  
eyes-up face):*

Refine our personhood and  
be of service to others.

## Where is Mindful Awareness Cultivated?

In the sensory modalities themselves:



### Visual Experience

*(symbolized by the eye):*

Physical Sights, Mental Images,  
and Visual Rest



### Auditory Experience

*(symbolized by the ear):*

Physical Sounds, Mental Talk,  
and Auditory Rest



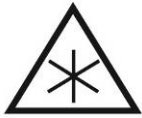
### Somatic Experience

*(symbolized by the  
figure of the body):*

Physical Body Sensation, Emotional  
Body Sensation, and Somatic Rest

## How is Mindful Awareness Cultivated?

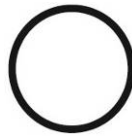
In the Basic Mindfulness System, mindful awareness is cultivated through three basic training strategies:



### **Noting**

*(symbolized by the international  
“laser light” icon):*

Track sensory events with or  
without mental labels.



### **Do Nothing**

*(symbolized by  
the empty circle):*

Drop the intention  
to control attention  
 (“Choiceless Awareness”,  
 “Open Presence”, etc.).



### **Nurture Positive**

*(symbolized by  
the heart):*

Intentionally create and maintain  
Positive Mental Image,  
Positive Mental Talk, and Pleasant  
Emotional Body Sensations.

These represent three of four approaches that have been used in the past.

The fourth approach is **“Self-Enquiry”** (ask who is aware, turn consciousness back on itself, be conscious of consciousness itself...). Self-Enquiry could perhaps be symbolized by:



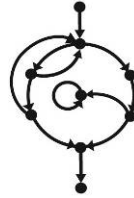
## Distinctive Features

Basic Mindfulness is a “principled approach.” Three of its foundational principles are:

$$S = \frac{dE}{dt}$$

**That it be science-friendly**  
(symbolized by a differential equation):

The categories listed above are well-defined and comprehensive. This makes them convenient for creating well-designed experiments.



**That it be algorithmic**  
(symbolized by a flow chart):

The system provides realtime, interactive guidance that loops and branches depending on what's coming up. This optimizes the acquisition and application of mindful awareness skills.

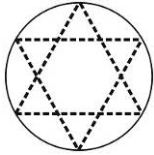


**That it produce classical results**  
(symbolized by a lotus figure):

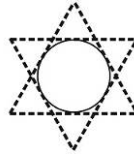
The system is explicitly designed to bring people to “stream entry”  
(No Self / True Self /  
Highest Self / Elastic Self...).

# Hidden Symbols

## Activity of Consciousness



**Expansion**  
(Outer circle of diagram)

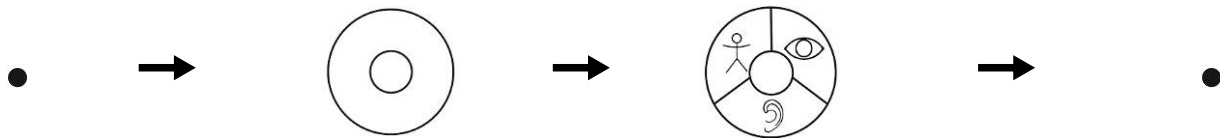


**Contraction**  
(Inner circle of diagram)



**Source**  
(Center of diagram)

The Jewish star is basically a separator, but it also has meaning. It's an *homage* to my Kabbalist ancestors who formulated the spiritual path in terms of the interplay of complimentary polarities. In this diagram, those polarities are symbolized by a smaller circle (contraction flow) and a larger circle (expansion flow).




The **One Nothing**  
(Source)...

...polarizes into the  
**Two Doings**  
(Expansion-  
Contraction).

The Two Doings  
mold the myriad  
moments of  
**Experience...**

...all of which ultimately  
return to **Gone**  
(i.e., reunite with the Source).

Taken together, these symbols  provide a deeper answer to the Where question.













Mindfulness is cultivated in our sensory experiences but our sensory experience arises as space generated by the expansion-contraction flow of pure consciousness (or, if you wish, the Flow of Creator Spirit). So at the deepest level, the Where question might be answered (poetically):

From the Good  
Back to the Good  
Without ever really leaving the Good.

(My paraphrase of an early theologian [Dionysius the Areopagite](#).)

## In Summary

Basic Mindfulness derives its name from the mathematical concept of “basis vectors.” Basis vectors represent the simple elements into which a complex system can be analyzed. Each of the four basic questions can be addressed in terms of three basic elements.

As humans, we have <b>Three Jobs:</b>	 Appreciate	 Transcend	 Improve
Success in those jobs is greatly facilitated by systematically training <b>Three Attentional Skills:</b>	 Concentration	 Clarity	 Equanimity
Those skills are applied in one or a combination of <b>Three Sensory Modalities:</b>	 Visual	 Auditory	 Somatic
And are developed by utilizing one or a combination of <b>Three Basic Training Strategies:</b>	 Noting	 Do Nothing	 Nurture Positive