

BASIC MINDFULNESS 3-2-1

Basic Mindfulness is as easy as 3-2-1 ...

- There are *three* things to appreciate in this world – Ordinary States, Restful States and Flow.
- There are *two* ways to see beyond this world – Note Vanishings and Do Nothing.
- There is *one* way to be in this world – Positive.

<u>THREE JOBS</u>	<u>SIX THEMES</u>	<u>FIVE WAYS</u>
APPRECIATE!	<ol style="list-style-type: none"> 1. Ordinary states (Touch, Sight, Sound, Feel, Image, Talk) 2. Restful States (Relaxation, Light, Silence, Peace, Blank, Quiet) 3. Flow (Change, Energy or Forces that may be evident in ordinary or restful states) <ol style="list-style-type: none"> a. General Flow b. Fundamental Flow (Basic flavors of Flow: Expansion, Contraction) 	<p>Focus In & Focus Out</p> <p>Focus on Rest</p> <p>Focus on Change: Note Flow</p>
SEE BEYOND!	<ol style="list-style-type: none"> 1. Note Vanishings (Points <i>you</i> to the Source) 2. Do Nothing (Points the Source to <i>you</i>) 	<p>Focus on Change: Note Vanishings</p> <p>Focus on Rest: Do Nothing</p>
IMPROVE!	<ol style="list-style-type: none"> 1. Be Positive <ol style="list-style-type: none"> a. Abide in positive thought and emotion b. Project positive thought and emotion c. Make positive changes... <ul style="list-style-type: none"> • in your personal behaviors • in your performance results • and in your world 	<p>Focus on Positive</p>