

Focus on Change: Standard Version

Summary

1. Start by positioning your attention.

- Bring your attention to your overall sensory experience, both subjective and objective.

2. Now begin to note Flow or Vanishing.

- Whenever you become aware of *anything* changing or whenever you become aware of *any hint* of in/out forces, note “Flow.”
- Whenever you notice that all or *even a part* of something abruptly vanishes, note “Gone.”

3. Anything can Flow or Go.

- Change or force may be wide spread or localized. It may be well-defined or subtle.
- You don’t need to *intentionally* distinguish what is flowing or vanishing. Indeed, Flow tends to cut across the boundaries that separate flavors of experience. It sometimes wipes out the distinction between subjective experience vs. objective experience or between ordinary states vs. restful states. Sometimes it even wipes out the distinction between body, visual and auditory experience!
- Flow may occur within ordinary flavors of experience (Touch, Sight, Sound, Feel, Image or Talk) or within restful flavors of experience (Relaxation, Light, Silence, Peace, Blank or Quiet) or both.
- Flow itself can come in various flavors: vibration, waviness, spread, collapse, inward or outward pressure forces, bubbly energy, scattering or gripping forces and so forth. Any flavor of change, force or “energy” in any experience, however limited or subtle, counts as “Flow.”
- Anything can vanish. An active state may vanish. For example, a mental image may disappear or a sound may come to an end.

A restful state may vanish. For example, a relaxation sensation may dissipate, or a patch of darkness/brightness may evaporate.

A flow state may vanish. For example, a burst of vibrations may subside, a period of expansion may come to an end, or a period of contraction may come to an end.

All such cessations can be noted as “Gone.”

4. No Flow and Go? No problem!

- If every sensory experience seems perfectly stable and there's no indication of change/force for a while, that's okay. Just hang out and get into that timeless stability.
- If, after a few minutes, everything continues to be stabilized, then drop this technique and move to one of the other four Ways. This is not a problem! The purpose of this technique is not to find or create change/force. It is to focus on it if (and only if!) it happens to be evident at a particular time.

5. Remember you have options.

- You can speak or think labels or note without labeling, whatever works for you in a given moment.
- You can zoom in, zoom out or zoom both ways or not intentionally zoom, whatever works for you in a given moment. Zooming out to cover Flow in many sensory spaces simultaneously can create a delicious sense of integration and oneness.
- You can intentionally restrict what you note to...

Just Flow

Just Gone

Focus on Change: Expansion-Contraction Version

Summary

1. Start by positioning your attention.

- Bring your attention to your overall sensory experience, both subjective and objective.

2. Now begin to note.

- If all you're aware of is an expansive flavor of Flow, note "Expansion."
- If all you're aware of is a contractive flavor of Flow, note "Contraction."
- If both Expansion and Contraction are present at the same time, note "Both."
- If nothing seems to hint at Expansion or Contraction, just hang out until something does.
- Expansion and Contraction can take many forms...

Increase in intensity is Expansion; decrease in intensity is Contraction.

Speeding up is Expansion; slowing down is Contraction.

Spatially spreading through the body or elsewhere is Expansion; shrinking is Contraction.

Puffing up is Expansion; thinning out is Contraction.

Outward pressure force is Expansion; inward pressure force is Contraction.

Stretching is Expansion; squeezing is Contraction.

When your attention is scattered, that's just Expansion!

When your attention is gripped by something, that's just Contraction!

3. Yield to that Expansion or Contraction. If it vanishes, note Gone.

- Each time you note "Expansion," totally give yourself to that Expansion and stay focused on that Expansion for however long or short it may last. If that Expansion comes to an end, note "Gone." If it seems to continue, just continue to focus on it and yield to it.
- Each time you note "Contraction," totally give yourself to that Contraction and stay focused on that Contraction for however long or short it may last. If that Contraction comes to an end, note "Gone." If it seems to continue, just continue to focus on it and yield to it.

- Each time you note “Both,” totally give yourself to that simultaneous Expansion and Contraction and stay focused on it for however long or short it may last. If it comes to an end, note “Gone.” If it seems to continue, just continue to focus on it and yield to it.
- “Both” can vanish in three ways: either the expansive part vanishes leaving Contraction only, or the contractive part vanishes leaving Expansion only, or they both simultaneously vanish.

4. Further points.

- *More about “Both” (bi-directional flow)*

To qualify as an experience of Both, it is not required that the Expansion and Contraction be equally strong. It may be mostly Expansion with a hint of Contraction or the other way around.

To qualify as an experience of Both, it is not required that the Expansion and Contraction are present in the same place. For example, Touch may expand causing FIT Space to contract.

However, to qualify as an experience of Both, it *is* required that the Expansion and Contraction are occurring at the same time.

- *Pure space*

Expansion is any increase or outward force. Among the various forms of increase, increase in size (spatial volume) is particularly important. Sometimes...

Increase in intensity
Increase in rapidity
Outward pressure
Scattering of attention

...may be accompanied by a sense of spatial spread (increase in size). If so, tune into just the spatial part of the expansion. Become nothing but pure space expanding.

Contraction is any decrease or inward force. Among the various forms of decrease, decrease in size (spatial volume) is particularly important. Sometimes...

Decrease in intensity
Decrease in rapidity
Inward pressure
Gripping of attention

...may be accompanied by a sense of spatial collapse (decrease in size). If so, tune into just the spatial collapse. Become nothing but pure space contracting.

Likewise, during an experience of “Both” you may be able to tune into a sense that pure space is spreading and collapsing at the same time.

- *Effortless spontaneity*

If you're able to tune into each experience of expansion, contraction or both in terms of pure space spreading and/or collapsing, then another possibility may present itself.

You may notice that those spreadings and/or collapsings have a kind of refreshing effortless, spontaneous, "it just happens" quality. If so, tune into that too! Let that quality of "no will, no effort" soak into you, informing your entire being with desireless vitality ("Living Nirvana").

5. Remember you have options.

- You can intentionally restrict what you note to...

Just Expansion (and Gone)

Just Contraction (and Gone)

Just Both (and Gone)

Restricting in these ways may help sharpen your contact with Expansion and Contraction.