

# **An Introduction to ULTRA:**

## **Universal Library for Training Attention**

## Some Context

First things first . . . a few definitions as context for understanding ULTRA.

### **Mindful Awareness:**

- is a certain way to pay attention to what is happening around you and within you.
- involves three attentional skills working together:
  - Concentration power: The ability to focus on what you deem relevant.
  - Sensory clarity: The ability to detect and untangle the strands of your sensory experience.
  - Equanimity: A kind of inner balance within your consciousness. It represents a third possibility between pushing sensory experience down (suppressing) and being pulled away by the sensory experience (grasping)

**Sensory Experience:** What you see, hear, and feel. (Feel includes all body experience, both emotional and physical. Chemical senses of smell and taste considered body experience as well.)

**Noting:** One way to developing mindful awareness by clearly acknowledging the existence of sensory experiences then gently, intently focusing on them at a pace that works for you.

**Labeling:** An option that can be used when noting. Labels are mental or spoken words that name specific sensory experience you are focusing on at that moment.

**Techniques:** Distinctive focus exercises that elevate your base level of concentration power, sensory clarity, and equanimity. With ULTRA you learn from 1 to 16 core techniques depending on your interests and needs. Six of those core techniques involve noting (Just See, Just Hear, Just Feel, Note Everything, Note Gone, and Expand-Contract.)

**A Mindfulness Practice:** The structure that you need to establish in order to develop mindful awareness. There are four key elements:

- Daily formal practice
- Daily informal practice
- Periodic intensive retreats
- Periodic big picture coaching

**Benefits of Mindfulness Practice:** Systematic mindfulness practice brings about five broad long-term effects:

- Minimize suffering
- Maximize fulfillment
- Understand yourself
- Act skillfully
- Serve from love

## About ULTRA

**ULTRA** is Shinzen Young's latest formulation of contemplative-based, psycho-spiritual growth. It arranges all the world's focus techniques into **four core themes**. Each of the four core themes is developed through **four core techniques** (but there are also numerous **helper techniques** associated with each theme).

Core Themes	Core Techniques
<p style="text-align: center;"><b>Appreciate Self and World</b></p> <p style="text-align: center;">Experience the senses with radical fullness.</p>	<ul style="list-style-type: none"> <li>• <b>Just See</b> - Observe visual experience.</li> <li>• <b>Just Hear</b> - Observe auditory experience.</li> <li>• <b>Just Feel</b> - Observe somatic experience.</li> <li>• <b>Note Everything</b> - Observe any and all experience.</li> </ul>
<p style="text-align: center;"><b>Transcend Self and World</b></p> <p style="text-align: center;">Contact something beyond the senses.</p>	<ul style="list-style-type: none"> <li>• <b>Turn Back</b> (aka Self Enquiry) - Attempt to be aware of awareness or pose a question such as Who am I? Who sees? Who hears? Who feels?</li> <li>• <b>Note Gone</b> - Note the moment when all or part of a sensory experience drops off or drops away.</li> <li>• <b>Expansion-Contraction</b> - Work with the two fundamental forms of flow.</li> <li>• <b>Do Nothing</b> - Drop any intention to focus your attention.</li> </ul>
<p style="text-align: center;"><b>Express Spontaneity</b></p> <p style="text-align: center;">Develop energy, bounce, and creativity in what you do, say, and think.</p>	<ul style="list-style-type: none"> <li>• <b>Auto Move</b> - Tune into spontaneity as you walk, work, dance, move about.</li> <li>• <b>Auto Speak</b> - Tune into spontaneity within vocal expression.</li> <li>• <b>Auto Think</b> - Maintain a global unfixated state in the mind.</li> <li>• <b>Auto Everything</b> - Do all three at the same time!</li> </ul>
<p style="text-align: center;"><b>Nurture Positivity</b></p> <p style="text-align: center;">Selectively attend to positive emotion, rational thought, positive behaviors. Refine your personhood, and be of service to others.</p>	<ul style="list-style-type: none"> <li>• <b>See Good</b> - Create and hold positive mental imagery.</li> <li>• <b>Hear Good</b> - Create and hold positive mental talk.</li> <li>• <b>Feel Good</b> - Find and/or create and hold pleasant emotional body sensations.</li> <li>• <b>Nurture Everything</b> - Do all three at the same time!</li> </ul>

