

# **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: The ability to focus on what you deem relevant.
  - Clarity: The ability to detect and untangle the strands of your 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).

**Experience:** There are two sides to experience: sense experience and motor experience. Traditional mindfulness practices emphasize working with sense experience. Zen practice does that but also values working with motor experience. That involves learning to contact and appreciate spontaneity within motor expression.

**Sense 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.)

**Motor Experience:** How you move, think, and speak (also how you focus attention). Auto techniques train you to let go of control and let nature itself organize these activities for you.

**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. In Unified Mindfulness, you first learn from 1 to 16 core techniques depending on your interests and needs. Half of those core techniques involve noting with the option to use labels (Just See, Just Hear, Just Feel, Note Everything, See Source, Hear Source, Feel Source, Be Source.)

**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 contact with a big picture coach

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

- Relief: Minimize suffering
- Satisfaction: Maximize fulfillment
- Wisdom: Understand yourself at all levels
- Mastery: Act skillfully
- Service: Help from love

**Modern Mindfulness as defined by Shinzen:** Contemplative practice evolving in concert with modern science.

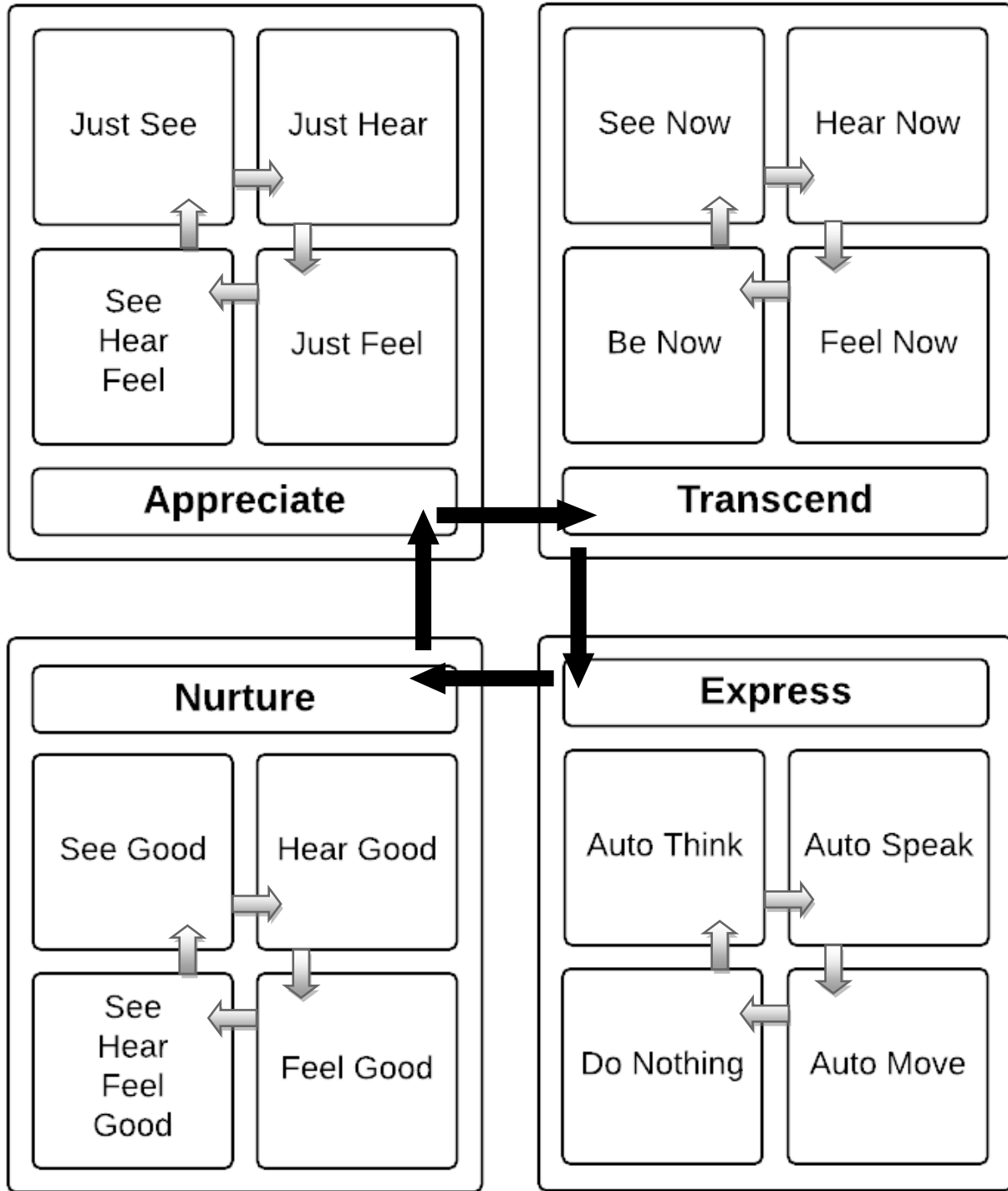
**Unified Mindfulness:** A form of modern mindfulness that emphasizes the underlying unity of the world's contemplative practices.

## About ULTRA

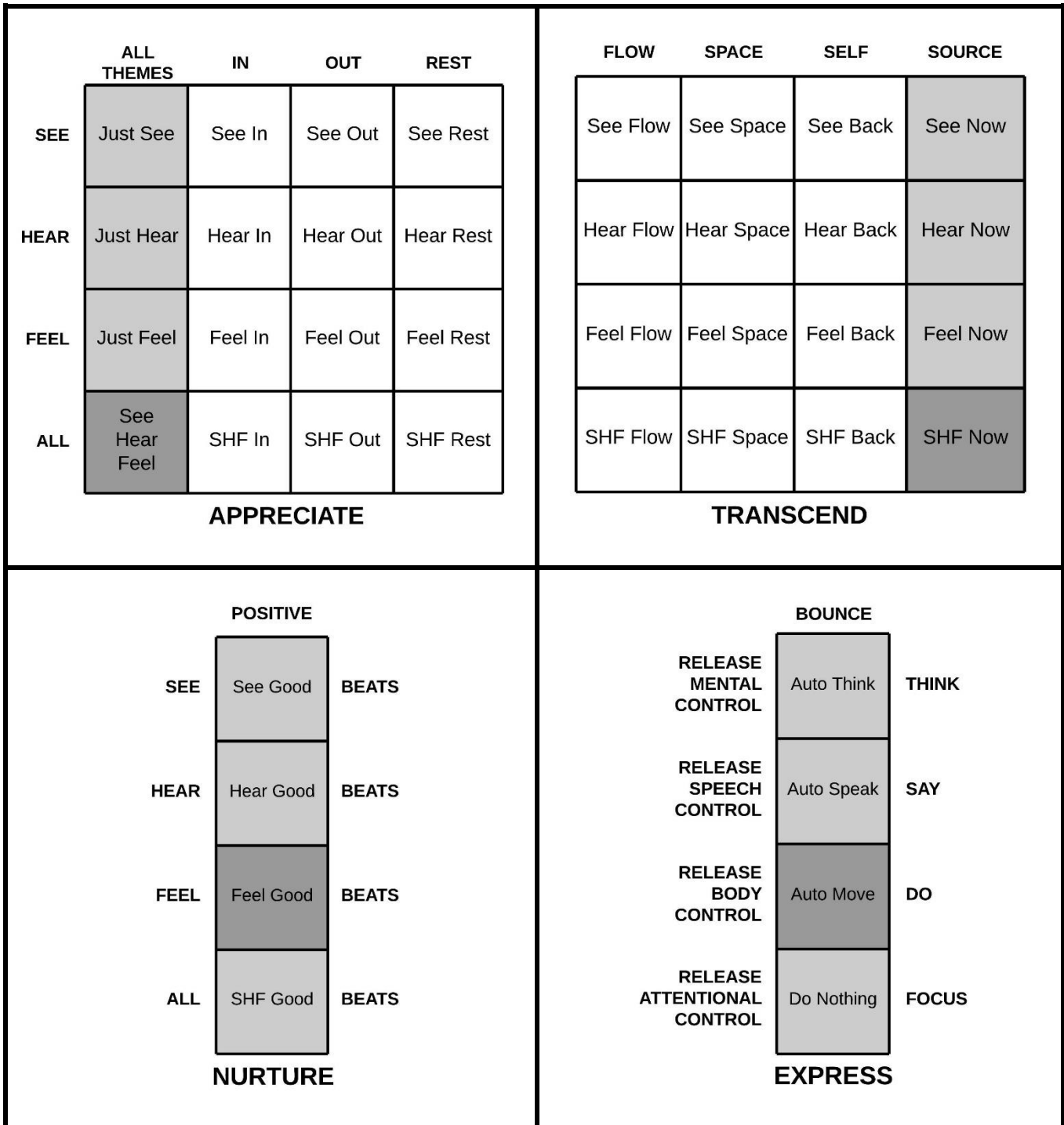
**ULTRA** arranges all the world’s focus techniques into **four basic themes**. Associated with each theme are **four core techniques**. This provides a total of  $4 \times 4 = 16$  techniques. In the Unified Mindfulness approach, you’ll usually start out by learning one or several of those. All other forms of practice can be thought of as supporting the core Unified Mindfulness techniques (and vice versa!).

Basic 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>See Hear Feel</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>See Now</b> – Explore the theme of Expansion and Contraction in visual experience.</li> <li>• <b>Hear Now</b> - Explore the theme of Expansion and Contraction in auditory experience.</li> <li>• <b>Feel Now</b> - Explore the theme of Expansion and Contraction in body experience.</li> <li>• <b>See Hear Feel Now</b> - Explore the theme of Expansion and Contraction in all experience.</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 think, say, and do.</p>	<ul style="list-style-type: none"> <li>• <b>Auto Think</b> - Maintain a global unfixated state in the mind.</li> <li>• <b>Auto Speak</b> - Tune into spontaneity within vocal expression.</li> <li>• <b>Auto Move</b> - Tune into spontaneity as you walk, work, dance, move about.</li> <li>• <b>Do Nothing</b> - Drop any intention to focus your attention. With time, a focused state will arise spontaneously. From that perspective, Do Nothing could be called Auto Focus.</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 / create / hold pleasant emotional body sensations.</li> <li>• <b>See Hear Feel Good</b> - Do all three at the same time!</li> </ul>

The sixteen core techniques can be organized into a Cycle of Cycles.



Here are the sixteen core techniques in context with all of the standard Unified Mindfulness techniques.



You can also view all the Unified Mindfulness standard techniques in this layout.

Just See	See In	See Out	See Rest	See Flow	See Space	See Back	See Now	See Good: Thought, Emotion, Action	Auto Think (See Bounce)
Just Hear	Hear In	Hear Out	Hear Rest	Hear Flow	Hear Space	Hear Back	Hear Now	Hear Good: Thought, Emotion, Action	Auto Speak (Hear Bounce)
Just Feel	Feel In	Feel Out	Feel Rest	Feel Flow	Feel Space	Feel Back	Feel Now	Feel Good: Thought, Emotion, Action	Auto Move (Feel Bounce)
See Hear Feel	SHF In	SHF Out	SHF Rest	SHF Flow	SHF Space	SHF Back	SHF Now	SHF Good: Thought, Emotion, Action	Auto Focus (Do Nothing)
Note All Themes	Explore Inner Activity	Explore Outer Activity	Explore Restful States	Explore <u>Generic</u> Flow	Explore Spacious -ness	Explore Pure Awareness	Explore <u>Expansion- Contraction</u> Flow	Nurture Positivity	Enjoy Expressive -ness
	Restrict Attention To One Specific Theme							Develop Skills, Train Character, Enhance Aliveness	