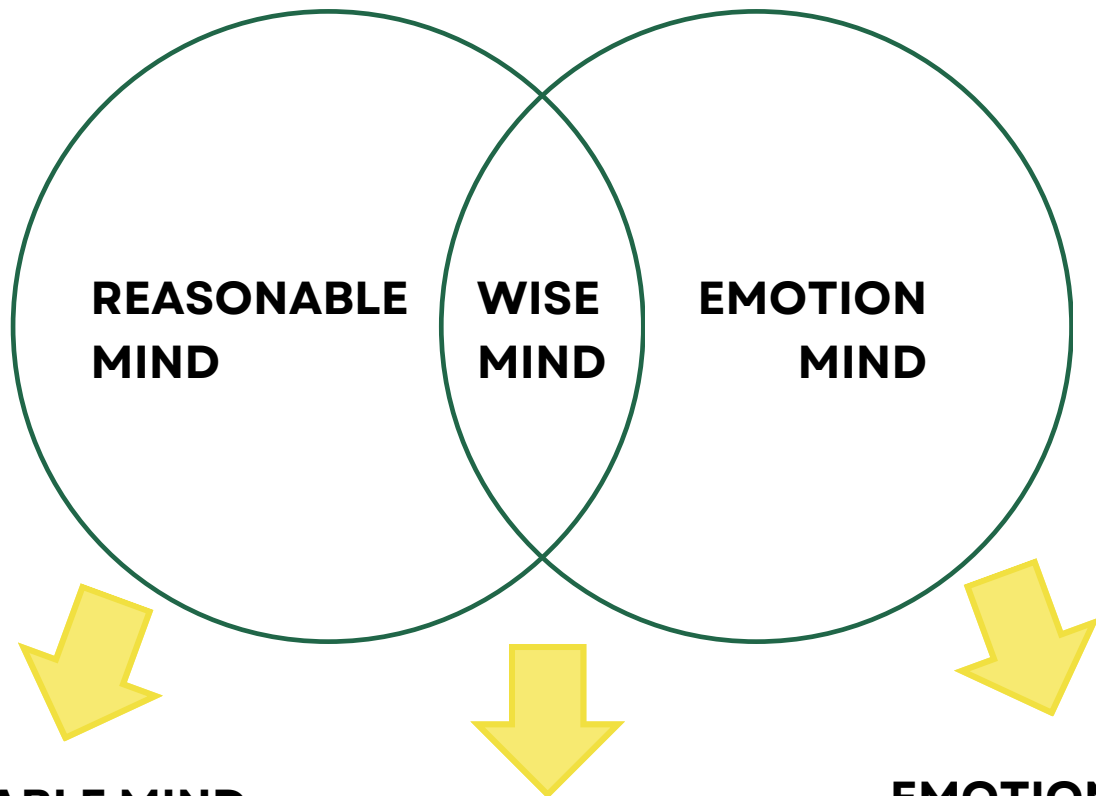


STATES OF MIND



REASONABLE MIND

- Cool
- Rational
- Task-focused

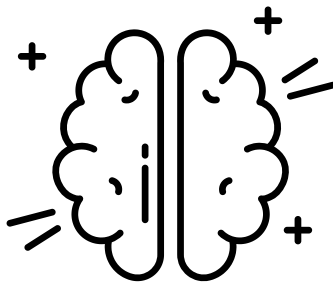
When in *reasonable* mind...

you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important



WISE MIND

- The wisdom within each person
- Seeing the value of both reason and emotion
- The middle path



EMOTION MIND

- Hot
- Mood-Dependent
- Emotion-Focused

When in *emotion* mind...

you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.



HOW TO PRACTICE WISE MIND

OBSERVE

- **Notice your body sensations** (coming through your eyes, ears, nose, skin, tongue).
- **Pay attention on purpose**, to the present moment.
- **Control your attention, but not what you see.** Push away nothing. Cling to nothing.
- **Practice wordless watching:** Watch thoughts come into your mind and let them slip right by. Notice each feeling, rising and falling.
- **Observe both inside and outside yourself.**



DESCRIBE

- **Put words on the experience.** When a feeling or sad thought arises, acknowledge it. For example, say in your mind, “heart beating faster,” or “sadness just overcame me.”
- **Label what you observe.** Put a name on your feelings. Label a thought as just a thought, a feeling as just a feeling, an action as just an action.
- **Detach your interpretations and opinions from the facts.** Describe the “who, what, when, and where” that you observe. Just the facts.
- ***Remember, if you can’t observe it through your senses, you can’t describe it.**



PARTICIPATE

- **Throw yourself completely into activities of the current moment.** Do not separate yourself from what’s going on in the moment.
- **Become one with whatever you are doing.** Throw your attention to the moment.
- **Act intuitively from Wise Mind.** Do just what is needed in each situation.
- **Go with the flow.** Respond with spontaneity,

