

Taking Hold of Your Mind: "What" Skills

OBSERVE

■ Notice your body	sensations (coming through your eyes, ears, nose, skin, and tongue).
☐ Pay attention on p	ourpose, to the present moment.
☐ Control your atter	ntion, but not what you see. Push away nothing. Cling to nothing.
	watching: Watch thoughts come into your mind and let them slip right by ky. Notice each feeling, rising and falling, like waves in the ocean.
☐ Observe both insi	de and outside yourself.
	DESCRIBE
acknowledge it. For	experience. When a feeling or thought arises, or you do something, r example, say in your mind, "Sadness has just enveloped me," or "Stomach," or "A thought 'I can't do this' has come into my mind."
_	eling, an action as just an action.
0 ,	pretations and opinions from the facts. Describe the "who, what, when, u observe. Just the facts.
☐ Remember, If you	can't observe it through your senses, you can't describe it.
	PARTICIPATE
	Example 1 on the current moment. Do not separate yourself on in the moment (dancing, cleaning, talking to a friend, feeling happy or
☐ Become one with attention to the more	whatever you are doing, completely forgetting yourself. Throw your ment.
	m Wise Mind. Do just what is needed in each situation—a skillful dancer on e with the music and your partner, neither willful nor sitting on your hands.
☐ Go with the flow.	Respond with spontaneity.