

Unified Mindfulness Standard Techniques

	ALL THEMES	INNER ACTIVITY	OUTER ACTIVITY	RESTFUL STATES
SEE	Just See	See In	See Out	See Rest
HEAR	Just Hear	Hear In	Hear Out	Hear Rest
FEEL	Just Feel	Feel In	Feel Out	Feel Rest
ALL MODALITIES	Note Everything	All In	All Out	All Rest
APPRECIATE				

FLOW	SPACE	SELF	SOURCE
See Flow	See Space	See Self	See Source
Hear Flow	Hear Space	Hear Self	Hear Source
Feel Flow	Feel Space	Feel Self	Feel Source
Be Flow	Be Space	Be Self	Be Source
TRANSCEND			

	POSITIVITY	
SEE	See Good	ACTION
HEAR	Hear Good	THOUGHT
FEEL	Feel Good	EMOTION
ALL MODALITIES	Be Good	IDEAL
NURTURE		

	SPONTANIETY	
RELEASE BODY CONTROL	Auto Move	DO
RELEASE SPEECH CONTROL	Auto Speak	SAY
RELEASE MENTAL CONTROL	Auto Think	THINK
RELEASE ATTENTION CONTROL	Do Nothing	FOCUS
EXPRESS		