Unified Mindfulness Standard Techniques

	ALL THEMES	INNER ACTIVITY	OUTER ACTIVITY	RESTFUL STATES	Τ	FLOW	SPACE	SELF	SOURCE	
SEE	Just See	See In	See Out	See Rest		See Flow	See Space	See Self	See Source	
HEAR	Just Hear	Hear In	Hear Out	Hear Rest		Hear Flow	Hear Space	Hear Sel	Hear Source	
FEEL	Just Feel	Feel In	Feel Out	Feel Rest		Feel Flow	Feel Space	Feel Self	Feel Source	
ALL MODALITIES	Note Everything	All In	All Out	All Rest		Be Flow	Be Space	Be Self	Be Source	
APPRECIATE						TRANSCEND				
POSITIVITY						SPONTANIETY				
SEE		See Good	ACTION				EASE BODY ITROL	Move DO		
HEAR		Hear Good	THOUGH	THOUGHT		RELEASE SPEECH CONTROL		Speak SAY		
FEEL		Feel Good	EMOTION	EMOTION		RELEASE MENTAL CONTROL		Think THINK		
ALL MODALITIES		Be Good	IDEAL	IDEAL		RELEASE ATTENTION CONTROL		pothing FOCUS		
NURTURE						EXPRESS				

The four main Life Practice techniques have darkest shading. The four core families have medium shading. No shading indicates standard helper techniques that support the core techniques. Not shown: All other techniques from East or West, ancient or modern, are placed in one of the four quadrants. They can be looked upon of as supporting the standard techniques, or, vice versa, the Unified Mindfulness standard techniques can be looked upon as supporting the techniques of all other traditions. ULTRA is comprised of the forty standard techniques displayed here, plus all other techniques.