



# Dr. K's Guide to Mental Health

Practice | Catching Techniques | Notes

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Our mind has the tendency to split things into two and strives for duality. Judgment also comes from duality (Good vs. Bad, Success vs. Failure, Lovable vs. Unlovable) Yet, each of these things is a construct of the mind. When you trip over a tree root, you think it is a bad tree root, you feel angry towards it. When you worry about climate change, each tree is a good tree, a blessing. But a tree is just a tree. It is neither good nor bad.

The cultivation of this attitude, and the peace that comes with it, is Advaita Vedanta, or non-duality. We can practice Advaita Vedanta, or non-dualism, through catching techniques.

## **Practice Instructions:**

- Catch the moment where inhalation becomes exhalation
- Be careful, don't hold your breath (that is not inhalation becoming exhalation)
- Catch the moment, in a natural breath, where one transitions to the other
- It is in the transition that true meditation is found