

Definitions

- **Mindfulness:**
 - *Upasaka Culadasa*: “the optimal interaction between attention and peripheral awareness.”
 - **Consciousness**: whatever we’re experiencing in the moment; takes two forms, attention and awareness.
 - **Attention**: what dominates our conscious experience; the foreground.
 - **Awareness**: whatever is present in, but not dominating, our conscious experience; the background.
 - *Shinzen Young*: “three attentional skills working together: Concentration Power, Sensory Clarity, and Equanimity.”
 - **Concentration Power**: the ability to focus on what you consider to be relevant at a given time.
 - **Sensory Clarity**: the ability to keep track of what you’re actually experiencing in the moment.
 - **Equanimity**: the ability to allow sensory experience to come and go without push and pull.
 - “I often describe my approach to meditation as ‘**algorithmic**’ meaning that I take people through a **sequence** of procedures that **loops** and **branches depending** on what's coming up for them...thereby **optimizing** their chances of having a productive experience.” - Shinzen Young
- **Technique Categories**
 - **Cultivation**: intentionally creating positive qualities, e.g. feelings of friendliness, compassion, or love; positive self-talk; relaxation or energy.
 - **Observation**: looking at what is happening in our experience without changing it.
 - **See**: visual experience; sight, image, visual rest or flow.
 - **Hear**: auditory experience; sound, talk, auditory rest or flow.
 - **Feel**: somatic experience; touch, feeling (emotional body sensation), somatic rest (relaxation) or flow.
 - **In**: internal, subjective experience; image, talk, or emotional body sensation.
 - **Out**: external, objective experience; sight, sound, or touch.
 - **Rest**: rest or absence in any form.
 - **Flow**: change in any form.
 - **Inquiry**: asking a question that you do not know the answer to, e.g. “Who am I?”
 - **Do Nothing**: when there is no technique at all.

Diagrams

	
Floating attention, broad awareness	Attention at the nostrils, broad awareness

Observation Options

	In	Out	Rest	Flow
See 	“See In”; image	“See Out”; sight	“See Rest”; visual rest	“See Flow”; visual flow
Hear 	“Hear In”; talk	“Hear Out”; sound	“Hear Rest”; auditory rest	“Hear Flow”; auditory flow
Feel 	“Feel In”; emotion	“Feel Out”; touch	“Feel Rest”; somatic rest	“Feel Flow”; somatic flow

Recommended Reading

- Shinzen Young, *Five Ways to Know Yourself* or the latest version of the Basic Mindfulness / Unified Mindfulness manual (<http://www.shinzen.org/resources>)
- Upasaka Culadasa, *The Mind Illuminated*, 2015
- Michael Fogleman, *Maple Seeds*, 2017, based on Soryu Forall’s teachings (large excerpt available for free download at <http://monasticacademy.com/seeds>)