

Pulling it All Together

September 6th 2018

All of the world's contemplative practices can be arranged in four basic themes, each of which contains a variety of specific techniques. The examples listed are not comprehensive, and any other focusing technique can be ascribed to one of these four themes.

Any single technique is sufficient for effective psycho-spiritual growth. However, the four themes compliment and contrast with one another such that knowing techniques from each theme can maximize your growth through strategic use of each.

By learning to recognize walls and windows, and being able to switch to another technique or theme when appropriate, you will experience the benefits of your practice in every aspect of life.

<p style="text-align: center;">Appreciate</p> <p>Experience the senses with radical fullness.</p> <ul style="list-style-type: none">• Note (& Label) See-Hear-Feel (In and/or Out)• Note Rest• Body Scan• Watch the Breath	<p style="text-align: center;">Transcend</p> <p>Contact something beyond the senses.</p> <ul style="list-style-type: none">• Note Flow• Note Starts and Stops (Gone)• Note Expansion and Contraction• Do Nothing• Self-Inquiry
<p style="text-align: center;">Nurture</p> <p>Selectively attend to positivity to refine your personhood and be of service to others.</p> <ul style="list-style-type: none">• Loving Kindness (to Self and/or Others)• Positive Behavior Change (Visualization)• Positive Affirmations (Mantra)• Generosity & Equanimity Practices	<p style="text-align: center;">Express</p> <p>Develop energy, bounce, and creativity in what you do, say, and think.</p> <ul style="list-style-type: none">• Spontaneity Practices• Auto Walk• Auto Think (Wisdom and Creativity)• Auto Be (Think, Speak, and Act)

Definitions

Appreciate: *1) recognize the full worth of; be grateful for (something). 2) understand fully; recognize the full implications of. 3) rise in value or price.*

- Recognize the full worth of all our sensory experience, pleasant and unpleasant, and be grateful for each and every experience.
- Fully understand the experience of being; see things as they really are; distinguish the individual building blocks of any experience; recognize the implications of what we now see.
- The result is that every experience we have “rises in value:” becomes more fulfilling, more meaningful, more profound (both pleasant and unpleasant experiences).

Transcend: *be or go beyond the range or limits of (something abstract, typically a conceptual field or division).*

- Go beyond the limits of the “small self;” expand the range of our experience beyond our conditioned expectations of being.

Nurture: *care for, help, or encourage the growth or development of; cherish (keep in one's mind).*

- Care for yourself, others, and the world.
- Be of service to others and the world.
- Encourage the growth and development of positivity in yourself, others, and the world.
- Train your mind to keep positivity in the forefront and to allow negativity to fade away.

Express: *1) convey in words or by gestures and conduct. 2) squeeze out (liquid or air). 3) Genetics: cause (an inherited characteristic or gene) to appear in a phenotype (the set of observable characteristics of an individual resulting from the interaction of its genotype with the environment).*

- Manifest the words, actions, and conduct of the Source (god/love/awareness/etc).
- Squeeze the Source out of through your being ;-)
- When an individual interacts with the environment in a concentrated, clear, and equanimous way, the characteristics of the Source are observable in that individual.