

EVERYDAY SENSE PRACTICE

MINDFULLY
Focus on each Sense
Separately

PAY ATTENTION
MOMENT TO MOMENT
NON-JUDGEMENTALLY
NOT TRYING TO DO
OR ACHIEVE
ANYTHING

STOP <> RESET

SEE

HEAR

TOUCH

TASTE

SMELL


**P
R
E
S
E
N
T**

**M
O
M
E
N
T**

PARADOX
NON-DOING
FALLING AWAKE

BY-PRODUCTS
CALM/RELAXED/
PEACEFUL
CLARITY/CHOICE/
FREEDOM

NO LABELLING / NO DIALOGUE / CHATTER / NO FIXING/ SOLVING / ANALYSING
NO THINKING ABOUT THE SENSE – JUST SENSING IT