

Mindfulness allows us to more fully appreciate the richness of experience in each moment.

Noting is a technique to help us achieve that goal.

An act of noting usually consists of two parts:

1. An initial *noticing*, which takes place in a fraction of a second

2. A period of intently focusing on what you noticed. This typically lasts for several seconds, during which you intentionally soak into it and open up to it.

Optional Labeling means to think or say a word or phrase that describes what you are noting.

Allow approximately 2-6 seconds between each labeling. Some people find it helpful to use the breath to help the timing.

Gentle matter-of-fact tone promotes equanimity and deepens concentration

Three OK's of labeling

- It's okay to guess.**
- It's okay to miss.**
- It's okay to be late.**

Labeling is designed to facilitate noting

Noting is designed to facilitate mindfulness