

Mindfulness allows us to more fully appreciate and the richness of experience in each moment. When we practice mindfulness, we learn to allow experience to come and go with detachment.

Noting is a technique to help us achieve that goal. To note something means to notice it and then focus on it intently (but gently!) for a few seconds.

To facilitate this process, you have the option of accompanying the noting with labeling.

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

***Labeling is designed to facilitate noting
Noting is designed to facilitate mindfulness.***

An act of noting usually consists of two parts:

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

Pacing and Voice Tone

As a general principle, note and label at a leisurely pace, allowing approximately 2-6 seconds between each labeling. Some people find it helpful to use the breath to help the timing.

When you speak the labels in your mind or out loud, intentionally use a low, gentle, matter-of-fact, almost impersonal tone of voice. The leisurely pace allows you to soak in and savor each experience as you note it. The tone of voice helps put you in a deep state.

Thus, noting consists of a sequence of well-defined noticings and highly focused soakings.

Three OK's of labeling

- It's okay to guess.

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

At first labeling will feel clunky and may seem to interfere with the meditation but with practice, you will find it requires very little effort and will enhance concentration. Especially helpful when you first begin a practice session or anytime that you have a lot of distraction or sleepiness. If you do not like labeling, no problem; just note without labels.

in summary

Noting is helps us increase our mindfulness, keeps us in this moment

Labeling is an option that supports the noting.

Three possibilities with regard to noting

1. Just noting without intentionally labeling.
2. Mental labels accompanying the noting.
3. Spoken labels accompanying the noting.