

6 Rs as guide given

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[www.dhammasukha.org](http://www.dhammasukha.org)

<http://groups.yahoo.com/group/dhammasukha/>

“The Practice steps explained”	“ Guide to Practice the 6 R’s ”
Note:All 6 Rs are a decision action taken	Relief = a consequence of these actions
<b>1.RECOGNIZE</b> “HOW” Mind’s attention is pulled away	<b>RECOGNIZE</b>
<b>2. RELEASE</b> whatever arose. Let it be there without attention on it.	<b>RELEASE</b>
<b>3. RELAX</b> any subtle tension in Mental and bodily formations.	<b>RELAX</b>
( Notice here Relief)	<b>( RELIEF ! )</b>
<b>4. RE-SMILE</b> to raise the level of mind’s alertness and lighten up.	<b>RE-SMILE</b>
<b>5. RETURN</b> mind’s attention to The object of meditation- sending out the Metta to the spiritual friend.	<b>RETURN</b>
<b>6. REPEAT</b> this same observation technique over and over again as a Practice, observing HOW this process works.	<b>REPEAT</b>
<b>Keep it with you→Keep it light</b>	<b>Keep it going ! &lt;SMILE&gt;</b>

This was designed to cut out along the outside lines. Then fold in half the long way with the writing on the outside. Then fold the double piece into three to be the size of a business card!

Keep it with you→ Keep it Light→ Keep the practice going !

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