

6 Rs as guide given

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“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
1.RECOGNIZE “HOW” Mind’s attention is pulled away	RECOGNIZE
2. RELEASE whatever arose. Let it be there without attention on it.	RELEASE
3. RELAX any subtle tension in Mental and bodily formations.	RELAX
(Notice here Relief)	(RELIEF !)
4. RE-SMILE to raise the level of mind’s alertness and lighten up.	RE-SMILE
5. RETURN mind’s attention to The object of meditation- sending out the Metta to the spiritual friend.	RETURN
6. REPEAT this same observation technique over and over again as a Practice, observing HOW this process works.	REPEAT
Keep it with you→Keep it light	Keep it going ! <SMILE>

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 !

KK