

STOP: Distract. Exercise. Work. Change my environment. Resist. Dispute. Switch to other channels. Prove foolish and ineffective. Keep my mind on positive things. Kick it out of my inner house.

SLOW: Relax. Meditate. Pray. Get a massage. Visit nature. Find a quiet place. Listen to calm music. Sit in a warm bath, sauna, hot tub. Simplify. Be here now: mindfulness. Inch by inch it's a cinch.

SHRINK: Get perspective, distance, space, balance, objectivity, the big picture. Revalue or reframe so it's no big deal. Find a different angle, view, outlook, or the humor in it. Stop trying and accept it.

DETACH: I am a being NOT a thought or thing. I am the sensor NOT the sensed; the chooser NOT the choice; the experiencer NOT the experienced; the host NOT the hosted; the mind NOT things in mind.

Copyright © 2003 by Kevin Everett FitzMaurice

www.kevinfitzmaurice.com