

A MULTITUDE OF OPTIONS FOR WORKING WITH MULTITUDES OF THOUGHTS

Labeling / Noting

1. Sensation, Sound, Breath, Thought
2. Past Present Future
3. Pleasant Unpleasant Neutral
4. The Story
5. True False

Neutralize by Shifting Attention

1. Stay Present
 - Sensation, Sound, Breath
2. Counter-thought
 - Affirmation
 - Mantra / Pranayama
 - Quote
3. Mantra
 - $I * D = F$ Intensity x duration = Force
4. Neti Neti Neti
 - Demagnetize

Neutralize by Listening / Facing

1. Follow the thoughts
2. Name the thought/story — recognize the pattern
3. Invite to Tea
4. What am I attached to?
5. What am I resisting?

Neutralize by Applying an Antidote

1. Jealousy — Happy for
2. Fear — Love
3. Anger — Compassion
4. Shame — Acceptance
5. Grief — Impermanence