

## What to Be Mindful Of

by Freeman

As you develop the capacity to be the watcher of your mind, thoughts, emotions, intentions, habit patterns and so on, here are the things to notice that will greatly aid you in coming out of your suffering and living a more peaceful, joyful, and loving life. Of course, don't take our word for any of this. Be mindful of your internal states, and see all of this for yourself.

*For more detailed information on all of these truths of nature, states of being, and delusions check out the "What to Be Mindful of" page at [BoundlessLoveProject.org](http://BoundlessLoveProject.org).*

### Three Truths of Nature

Use your mindfulness practice to notice these aspects of truth that apply to all material forms, be they tangible or intangible, internal or external. Seeing these truths of nature clearly and in all things will greatly aid you in being wise and feeling peace, compassion, love, and joy.

**Impermanence:** All things, will change, decay, die, and become separated from you. Therefore, don't put off loving and appreciating all that you cherish, and when they are gone, let go.

**Impersonal:** Everything lawfully unfolds due to conditioned factors that are outside of our control. There is no need to take anything personally, including our own, or someone else's, thoughts, emotions, sensations, habit-patterns, bodily form, and so on.

**Dissatisfaction:** Nothing you do, achieve, accomplish, or attain will bring you the lasting satisfaction you seek. All material things and situations, are ultimately unsatisfying. Let go of striving and seeking your happiness in the future. Rest in the joy that is already within you now.

### Four States of Being

Tune into these aspects of your true self and fundamental nature. These states are always with you, but you only experience them when the mind and body are free of active delusions. (Being mindful of active delusions, deactivates them partially or fully). Be mindful of these states when you experience them, and this will allow you to live from these states more and more frequently.

**Love:** Sincerely wishing well for others, while free of all wanting. Love connects, supports, and heals. We tune into love when we see the good in all people, beings, things, and situations, and recognize that all life wants to be peaceful, happy, safe, and healthy. Love naturally leads to us feeling less hatred and anger.

**Peace:** Feeling balanced, calm, and relaxed in all situations, while free of apathy and indifference. We tune into peace when we desire to respond skillfully to every moment that arises, no matter how challenging. Peace naturally leads to us feeling less attachment and aversion.

**Compassion:** Mindful intimacy with suffering. Willingness to feel and experience suffering, without being overwhelmed by it, or taking it personally. We tune into compassion, when we recognize that like us, all beings suffer pain, fear, injuries, and death. Compassion naturally motivates us to reduce the suffering we cause ourselves and others, and to help alleviate all suffering.

**Joy:** Mindful intimacy with whatever is beautiful, good, and pleasant, that is free of all clinging. We tune into joy when we appreciate the joy of other life forms, be they human, animal, or otherwise. Joy naturally reduces our cynicism, and boosts our happiness.



**Boundless Love Project**

YOUR HAPPINESS MAKES US HAPPY!

BoundlessLoveProject@gmail.com • 614-256-7959

**BoundlessLoveProject.org**

## Six Major Delusions

Delusions are falsehoods, that when believed (and thus “active”), are the source of our mental and emotional suffering. By seeing the delusions, and feeling how they cause us to suffer and act unskillfully in ways that harm ourselves and others, we gain the wisdom to see the lie of these delusions and the ability to let them go. The more we see the falsehood of these delusions, the more we purify our mind and body of them, causing us to live from our true self of peace, love, joy, and compassion.

### **1. Futuring/The Fortune Teller Error:**

Mistaking your thoughts about the future to be more real than the present moment.

**2. Past-ing:** Mistaking your thoughts about the past to be more real than the present moment. Common versions of past-ing include:

**Overgeneralization:** Taking past failures as evidence that you will never succeed.

**Resentment:** Dwelling on, or reliving, harms you endured in the past.

**3. Aversion:** Resisting reality. Common versions of aversion include:

**Aversive Judgment:** Defining self, others, or situations exclusively by their perceived negative or unskillful aspects. Often used to justify hatred and cruelty.

**Aversive Mental Filter:** Focusing on one, or a few, negative aspects of yourself, others, or situations to the exclusion of all other points-of-view.

**Disqualifying the Positive:** Believing excuses and rationalizations for why the good, beautiful, and wholesome things in life “don’t count.”

**Should Statements:** Believing a situation or person should behave, act, or be other than they are.

**Blaming/Complaining:** Finding fault in self, others, and circumstances.

**Hatred:** Wishing someone harm.

**Cruelty:** Actively harming someone.

**4. Greed/Clinging/Wanting:** “Needing” things to be other than they are, or seeking joy from sense pleasures. Common versions of greed include:

**Jealousy/Envy:** Believing you need, or should have, what others have.

**Lust:** Mistakenly believing you “need” sexual gratification.

**Greedy Judgment:** Defining a person or situation exclusively by their perceived positive or skillful aspects. Often leading to preferential treatment for some and punitive treatment for others.

**Greedy Mental Filter:** Obsessing about one or a few positive aspects of yourself, others, or situations to the exclusion of all other points-of-view.

**5. Self-view/Personalization:** Mistaking your possessions, body, thoughts, emotions, habit-patterns, or anything else to be who you are. Taking anything personally. Common version of self-view include:

**Conceit/Comparisons:** Any labeling of some life forms as superior or worthy and others as inferior or unworthy. Seeing yourself as “better than” or “worse than” others. Also, believing everyone has an equal opportunity and should be treated “the same.”

**Emotional Reasoning:** Mistaking your emotions to be “who you are,” taking them personally, and using them to justify unskillful behavior.

**Sensational Reasoning:** Mistaking your sensations (such as pain, tiredness, or restlessness) to be “who you are,” taking them personally, and using them to justify unskillful behavior.

**6. Fixed View/Dogma:** Mistaking a story, idea, belief, or thought to be “the truth.” Words are only symbols and are not the truth themselves, nor can they ever express the full truth. Common versions of fixed view include:

**All-or-Nothing Thinking/Hyperbolizing:** Evaluating self, others, or situations using extreme, hyperbolic, black-and-white descriptions and mistaking those descriptions to be the truth.

**Jumping to Conclusions:** Making a guess about what is going on before the facts are available, and mistaking your guess to be the truth.

**Mind reading:** Guessing what other people are thinking and assuming it true.

**Labeling:** Defining self, others, or situations with one word and phrase and mistaking these labels as the truth.



**Boundless Love Project**

YOUR HAPPINESS MAKES US HAPPY!

BoundlessLoveProject@gmail.com • 614-256-7959

**BoundlessLoveProject.org**