

MF3.03 Mindfulness Mission Checklist

Check off all tasks as you complete them. **Please prioritize doing all tasks marked in bold below.**

Links to all handouts, videos, and the full assignment details can be found at BoundlessLoveProject.org/news/mf3c3

DAILY PRACTICES

- 1. Do the breath meditation (5 min).***
- 2. Do the MF3.03 intention-setting practice (5 min).***
- 3. As often as you remember to, and whenever a falsehood alarm rings, take a mindful pause.**
- 4. Do your best to anchor 10-75% of your attention on the sensations of breathing throughout the day. The more what you are doing requires your attention, the less your attention will be on the breath. If thoughts arise that are unrelated with what you are doing, put more attention on the breath.**
- 5. Send your celebrations to your gratitude group and practice sympathetic joy when receiving their gratitude messages. (2 min)**
- 6. Aim to give thanks and celebrate others 15 or more times each day.***

* Log these on your Tracking Log.

NOTE: If you miss meditating or intention setting on any days, answer the questions on your Creating a Daily Meditation Practice handout

(From Week 1) under the “Problem Solving” heading in your journal. *This no longer counts as an investigation.*

WEEKLY PRACTICES

- Use the Mindfulness Mission Planning handout to plan when you will do your mindfulness missions for the week. (5 min)
- Use the Self-Judgment Investigation worksheet and your journal to investigate 4 or more self-judgments each week. Afterwards, enter this as an investigation on your Tracking Log. (10 min each time)
- Use the Testing the Effectiveness of Our Investigation handout to evaluate how disidentified you are from the self-judgmental thoughts you previously investigated. Do these one or more days after doing the investigation. Afterwards, log this as an investigation. (5 min)
- Use the Mindfulness Mission Planning handout to plan when you will do your mindfulness missions for the week. (5 min)
- Please submit your Weekly Report on Monday, at: BoundlessLoveProject.org/weekly-report**



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DAY 1 (THE FIRST DAY AFTER CLASS)

- 1. **Download the MF3.03 handouts, slogan card, and visual aids. Print the MF3.03 handouts and slogan cards.**
- 2. **Skim the MF3.03 Intention Setting handout to check the relevant checkboxes and personalize it appropriately. (5 min).**
- 3. **Cut out, and hang the slogan cards in high visibility areas where you live and serve.**
- 4. Complete the Mindfulness Mission Planning Handout. (2 min)

- 5. Read and journal the Experiencing Disidentification with False Thoughts (5 min) at:

<https://www.boundlessloveproject.org/news/disidentify-from-false-thoughts>

DAY 2

- 6. Read the Investigating Self-Judgment handout and use it to investigate one self-judgment. (10 min to read and investigate)
- 7. Investigate Your Thoughts. Read the Investigate Thoughts page and follow its instructions (5 min to read and investigate, 5 min to journal) at:

<https://www.boundlessloveproject.org/news/investigating-thoughts>

DAY 3

- 8. Investigate a self-judgment and log it. (10 min)

- 9. Use the Testing the Effectiveness of Our Investigation handout to test the effectiveness of your investigation from yesterday and log it. (5 Min)

DAY 4

- 10. Investigate a self-judgment and log it. (10 min)
- 11. Test the effectiveness of your investigation from yesterday and log it. (5 Min)

DAY 5

- 12. Investigate a self-judgment and log it. (10 min)
- 13. Test the effectiveness of your investigation from yesterday and log it. (5 Min)

DAY 6

- 14. Test the effectiveness of your investigation from yesterday and log it. (5 Min)
- OPTIONAL: Read the Judgment Handout.

Day 7

- OPTIONAL: Watch Cultivating Unconditional Self-Worth by Adia Gooden (16 min) at:

<https://www.boundlessloveproject.org/news/2022/11/3/cultivating-unconditional-self-worth-by-adia-gooden>

Great work! Give thanks and celebrate!



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Intention Setting for MF3.03: Stop Being Bullied by Your Thoughts & Be Your Best Friend

I choose to thrive (1)

If it serves you, address the Higher Power of your understanding.

May the forces of Truth, Light, and Love guide me away from the darkness and into the light.

** Mindful pause **

I choose to meditate (1)

Out of love for myself and all life, I choose to meditate for 5 or more minutes a day, for the duration of the course, and notice if this helps me live with more (mindfulness, concentration, wisdom, love, and joy).

I will be mindful of breath (2)

Out of love for myself and all life, and to boost my mindfulness, today I will

be mindful of breath. I will rest part of my awareness on the sensations of breath as often as I remember to. I will also take a mindful pause several times a day, and whenever a falsehood alarm rings.

NOTE: Falsehood alarms include when you notice a false thought in your mind, experience mental or emotional unpleasantness, or when behavior impulses encourage you to behave unskillfully.

I choose to investigate self-judgment (3) ~~W~~

Out of love for myself and all life, I commit to investigating four or more self-judgments this week so I may be more (wise, discerning, kind, compassionate, and joyful.)

** Mindful pause **



I choose to be mindful of how I relate to falsehoods (1)

Out of love for myself and all life, I choose to relate to falsehoods mindfully, without believing them, resisting them, or taking them personally. When I do this, I will pay attention to what that experience feels like in my mind, body, and behavior impulses, and compare it to past times when I have related to the falsehood with identification.

I choose an attitude of gratitude (1)

Out of love for myself and all life, I choose to notice what’s good, wonderful, and supportive so I can experience more (abundance, resilience, joy, connection, and wisdom).

To support my gratitude practice, I choose to:

- message my gratitude partners every day.
- and give thanks (*appreciative joy*) and celebrate the success, skillfulness, and joy of others (*sympathetic joy*)

(15) _____ or more times a day.

** Mindful pause **

If you have given thanks and celebrated the successes of others 15 or more times a day, for the past three days, then you’re done for today! Give thanks, celebrate with your celebratory move, and note that you completed this practice in your tracking log.

If you have not given thanks and celebrated the joy of others 15 or more times a day, for the past three days, then keep reading.

When I will give thanks and celebrate others (1)

To give thanks and celebrate others

(15) _____ or more times each day, I intend to give thanks or celebrate others: [*check and read all those you plan to do.*]

First thing when I wake up.



Whenever my timer goes off. [*Set your phone or watch timer to chime or vibrate every hour, or at an interval of your choosing. Do your best to give thanks or celebrate others **before it chimes**, or when it chimes. You can stop using the alarm when you regularly give thanks and celebrate others before the alarm goes off.*]

Before meals.

When I message my gratitude partners.

When I read my gratitude partners' messages.

When I see my slogans.

When I see good qualities and skillful behaviors in someone.

When someone is happy and joyful.

When someone has achieved or accomplished something.

When being skillful.

Before, during, or after socializing with family or friends.

When smelling, tasting, hearing, or seeing something delightful.

When starting a task.

While doing a task.

After finishing a task.

When celebrating victories, be they small, medium, or large.

Before going to bed at night.

Whenever else I remember to.

** Mindful Pause **

You're done for today! Give thanks and celebrate with your celebratory move.

Now mark in your log that you completed this activity. Great job!



Mindfulness Mission Planning

Get out your planner and fill in the blanks on when you will do your mindfulness mission this week.

Example: On Wednesday, I will do my mindfulness mission after the evening dog walk, in my bedroom.

On (day of week) _____ I will do my mindfulness mission (time – preferably before or after a routine activity) _____
(location) _____.

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(location) _____.

On (day of week) _____ I will do my mindfulness mission (time – preferably before or after a routine activity) _____
(location) _____.

Please put these activities in your planner, and then follow through. Do your celebratory move for finishing this assignment. Way to go, friend!

Investigating Self-Judgment

Instructions

Write in your journal the answers to the questions on back that are underlined. Answer all other relevant questions in your head and body, but feel free to write down any answers to questions that you find insightful, important, helpful, or useful.

Have your answers be honest, sincere, and authentic. When applicable, try to feel the answers in your body, especially when asked how something makes you feel.

If any insights arise for you while doing an investigation, be sure to write down the experience and what it taught you in your journal.

As a reminder, an insight is an “A-ha!,” light-bulb, or heart-opening event where we directly experience something so clearly that the truth of it becomes self-evident.

Use questions that work for you

The questions provided will give you a feel for how investigating judgment works, and the types of questions to ask. Typically, investigation questions help you see the truth of liberating wisdoms.

The liberating wisdom for self-judgment is that “all life, including yourself, is inherently valuable and worthy.” This wisdom is expressed in a variety of ways:

- The Higher Power of your understanding loves all life, including you, unconditionally.

- We are all one. All life is interconnected.
- If a thought is not kind, it's not true.

Pick a way of saying it that most resonates with your heart.

If you think of other questions that help you see this liberating wisdom, then use them as well.

Generating Self-Judgmental Thoughts

If you have a hard time coming up with self-judgmental thoughts, here are some ideas on how to generate them.

1. Whenever you think a self-judgmental thought, write it down, or record it on your phone right away so you can transfer it into your journal to use for this exercise later.
2. Gently try to remember some common and persistent self-judgmental thoughts that arise in your mind.
3. For this next exercise, do not remember traumatizing experiences, but only those that you can remember while maintaining your composure. Think of a situation that didn't go your way, where you were disappointed with yourself and your performance. Mindfully and compassionately remember this experience and notice what the voice in your head says, or try to remember what the voice said around the time of the experience. Write down any self-judgmental thoughts that arise. Do this as often as you need to, to get enough self-judgmental thoughts to work with.

** Continued on next page **



Liberally do mindful pauses

Before you begin, do a mindful pause. As you answer these questions, do a mindful pause whenever you feel stuck, confused, unclear, or would just like to.

Inquiry questions to see the unkind, unhelpful, and untrue nature of all self-judgments.

1. Write down a self-judgmental thought that arises in your mind.
2. What feelings arise when I believe this thought?
3. What is the feeling tone of those feelings (you can answer pleasant, unpleasant, or neutral, which means neither pleasant nor unpleasant)
4. Are these feeling tones worldly (sense-based) or relational (not sense-based)?
5. What behavior impulses or behaviors arise when I believe this thought and feel its associated feelings?
6. Are these behaviors skillful (benefit self and others) or unskillful (harms self and others)?
7. How is this thought unkind?
8. How is this thought unhelpful?
9. How is this thought untrue? Provide three or more examples or reasons and write them down.

Use these inquiry questions when working with self-judgments that on the surface appear to be objective facts. (For example: I am gay. I am disabled. I am fat. Etc.)

10. Is it “wrong” or “bad” to be *this* (gay, disabled, fat, etc.)? Who says? And who disagrees with that?

11. For others who are *this*, are their needs less worthy than those who are not *this*? Why? (If you answer “yes” to the first question, expect the answer to the second question to be additional judgments that need investigating. Be thankful for helping make this all conscious.)
12. Does being *this* make my needs less important than the needs of others? Why? (The note in question 11 applies here too.)
13. Is *this* the only aspect of my life that matters and is important?
14. What other aspects of me are important to acknowledge and appreciate?
15. How does defining myself solely by this aspect limit me and my potential?
16. What can I appreciate about this aspect of myself? How has it helped my emotional and inner growth? What wonderful qualities has it helped me cultivate?
17. What would I feel and how might my life look if I accepted and appreciated this aspect of myself?
18. Can I accept and appreciate this aspect of myself?
* If you answered questions 10-18, you may want to now update your answers to questions 7, 8, and 9.

Seeing the impermanent nature of thoughts and the benefits of allowing

19. Is this thought permanent or temporary?

*** Continued on next page ***



20. Does hating, fearing, or trying to repress this thought help return the mind and body to peace?
21. If you allow the thought to be, will it go away on its own?

Seeing the impersonal and conditioned nature of thoughts

22. Where have I heard this thought or thoughts like it before? (Parents, teachers, peers, media, etc.)
23. Did I consciously choose to think this thought, or did it arise spontaneously due to a variety of causes and conditions beyond my control (like brain biology and past events)?
24. Is this thought personal (consciously chosen) or impersonal (arising due to various causes and conditions)?
25. Is this thought conditioned (arising due to the natural laws of brain biology and past conditioning) or unconditioned (inspired by the Higher Power of your understanding)?
26. Is this thought “the truth” of reality as we know it; or is it merely an immaterial, impersonal, and temporary thought?

A loving response – vital to do for every investigation

27. How would I feel if I could never believe this self-judgment again?
28. Write a loving response to this self-judgment that is honest, kind, useful, and helpful. (If there is any wisdom in the judgment, acknowledge it here. For example, if the judgment attacked you for procrastinating you might

say: “I agree it would be helpful if I started my projects earlier, and I intend to do that. However, if I fail in this intention, I am still inherently valuable, and I ask my mind to speak to me with love and respect, not judgment and hatred.”)

29. When I operate from this loving response, how do I feel?
30. When I operate from this loving response how does this affect my behavior and ways of showing up in life?

My loving intentions moving forward

31. The next time this thought arises, will I intend to relate to it with aversion or with allowance?
32. The next time this thought arises, will I believe it?
33. The next time this thought arises, what will I intend to do? (Suggested answer: Allow it to arise, not believe it, take a mindful pause, and remember my loving response.)

Track and celebrate!

Once you have answered all of the questions for a self-judgment, mark that you have done one investigation on your tracking log, then celebrate!

Regularly review your answers

Once a week or so, review your journal answers to these questions to keep your loving responses and any insights you’ve had fresh in mind. As they become your new way of relating to yourself, you will no longer need to review them anymore.



Testing the Effectiveness of Our Investigation

To increase your chance of feeling either disidentification or compassion with a thought more challenging than “I am a giraffe,” we will redo the Experiencing Disidentification Investigation with a self-judgment (or another falsehood) that you have already thoroughly investigated with the Investigating Self-Judgment questions (or the appropriate set of questions for the specific falsehood you use).

So, what does compassion feel like? One way that the love of compassion arises is as a combination of both unpleasant and pleasant feelings. It’s as if the pleasant feelings hold the unpleasantness mindfully in wisdom, peace, and kindness. Overall, the experience of compassion is pleasant, and often profound and moving.

As part of your mindfulness missions, you will be using this form repeatedly to test how effective your investigations have been at helping you deactivate false thoughts. *On subsequent usages, feel free to only read the italicized text, and reference other sections as needed.*

Investigating and Experiencing Disidentification

Take a 10-breath-cycle mindful pause to boost your mindfulness. As you answer the questions, we encourage you to mindfully remember your loving response, why it is safe to allow this thought, and why this thought is untrue, unhelpful, unkind, and impersonal.

Then, use your nonconceptual mindfulness to observe and directly experience the answers. Use that nonconceptual information to then put

the answers into words. For questions 1-5 answer “yes” or “no.” For questions 6-8, follow the instructions.

Answer honestly and genuinely. Whatever your answers may be, honest and genuine answers are the “correct” answers when doing investigations.

- 1. Think a falsehood that you have thoroughly investigated. When you think this thought, does it generate any mental or emotional disturbance in you?*
- 2. Think the falsehood again. Do you take this thought personally? Do you see the thought as “your” thought, or invest it with a sense of self?*
- 3. Think the falsehood again. Do you consider this thought to be important?*
- 4. Think the falsehood again. Do you fear, hate, or dislike this thought?*
- 5. Think the falsehood again. Does this thought generate any behavior impulses in you? (Such as a desire to run away, fight, collapse, or turn towards worldly sense-pleasures?)*
- 6. Think the falsehood again, and mindfully notice how you head, heart, and body feel as you relate to this thought. Gently notice this. What feelings or sensations do you feel?*
- 7. What are the feeling tones of those sensations (are they*



pleasant, unpleasant, or neutral)?

8. *Are those feeling tones worldly (sense-based) or relational (not sense-based)? (You may have a hard time distinguishing between worldly and relational feeling tones at first. That's OK. Just do your best. This will become easier with practice and the insights that these investigations generate.)*

Understanding the Results

Here are some guidelines to help you understand your results.

1. Complete non-identification: If you felt only pleasant feelings when relating to the thought, you experienced complete non-identification with that falsehood. Wonderful. You also answered, “no,” to questions 1-5.

2. Compassionate non-identification: You answered “no” to questions 1-5, yet you felt a mixture of pleasant and unpleasant feelings with the pleasant feelings predominating. This is the experience of compassionate non-identification. Your mindful wisdom, and kindness turned towards the thought and saw how it was unkind, untrue, unhelpful, impersonal, and safe to allow.

Why do you still feel unpleasantness? Either some parts of the mind still identify with the thought, or, in the past, this falsehood had a lot of power over you, so the echo of that power still remains in the unpleasant feelings it generates. Keep relating to it with nonidentification to compassionately starve and weaken its power.

3. Compassionate partial-identification: If you answered “yes” to one or more of questions 1-5, and felt a mixture of pleasant and unpleasant feelings, but the pleasant feelings predominated, you experienced compassionate partial-identification.

Parts of you still identify with the thought, but your mindfulness, wisdom, and kindness turned towards the thought and deactivated a lot of the identification. The behavior impulses may have been there, but they felt more like an echo of their normal strength, so you could ignore them and remain behaving skillfully while the thoughts were present.

4. Identification: If you answered “yes” to one or more questions and felt mostly unpleasant feelings, parts of you were still mostly identified with the thought. You may need more mindfulness, or you might need to investigate the thought again to see more clearly all of the ways it is unkind, untrue, unhelpful, impersonal, and safe to allow.

Journal Activity

Once you complete the investigation, answer this question in your journal:

- 1. Of the four options listed above, how did you relate to the falsehood?*
- 2. What insights did you learned from this investigation?*

The Wiliness of Falsehoods

It is helpful to think of false thoughts as having a life of their own. They seek to gain advantage and control you, and



they can be very cunning in this mission of theirs. When you are mindful, peaceful, happy, alert, and well-rested, they know you can easily deactivate them by disidentifying with them, so they rarely arise in those moments.

Instead, they wait until you are in physical pain, tired, unhappy, and/or -- most importantly -- relating to your senses from normal, conceptual consciousness before they enter your mind. They know that you will be more likely to identify with them in these circumstances. And identifying with them is the food that nourishes and strengthens them so they have more power and more control over you.

That is why we encourage you to immediately take a mindful pause whenever you notice any of the falsehood alarms ring. This helps you starve the falsehoods, and weaken their power, while taking back your own. The rest of the BATLADI practices that you will learn in the Mindfulness Fundamentals 3.0 course will further help you disidentify from them.

This is also why we encourage you to remain mindful at all times by having a daily meditation practice, resting your attention on your breath throughout the day, and taking several mindful pauses a day, whenever you remember to.

This is also why we encourage you to love and care for your body and mind by giving them good sleep, supportive relationships, restful meditation, healthy food, clean water, and exercise and so the body can be healthy and alert during your waking hours.

They'll Be Back

Realistically, the false thoughts you investigate will keep arising to test if you have really learned the lessons they are here to teach you. Expect false thoughts to team up on you especially when you are unmindful, and suffering mentally, emotionally, or physically.

We meditate and practice these practices, so that we can do them when things are tough. When things are tough, the aversion inside us will say, "I don't want to do the practice" and encourage us to give up, but we must be strong. With routine practice, we can overcome these obstacles and do these practices even when difficult.

Why Do False Thoughts Exist?

Falsehoods exist for two main reasons. First, they exist to help guide us home to love, truth, and joyful service. They fulfill that purpose when we starve them of identification to such a degree that we never identify with them again. But until that moment, they will do their best to grow strong, control, and manipulate us.

Secondly, falsehoods exist so that the eternal, ever-present, all-knowing, boundlessly loving Higher Power of our understanding, can experience life fully, in all of its diversity, beauty, tragedy, success, and loss. We will deepen our understanding of this idea in future classes, as well as in the Disidentifying from Form article which will be in your next Mindfulness Mission.



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The Falsehood of Judgment

When falsehoods are believed, they are the source of our mental and emotional suffering. Because of the my-thoughts-are-true bias of the brain, our thoughts are typically believed unless we are mindful enough to see thoughts as just thoughts.

Through mindful investigation, we can see how falsehoods cause us to suffer and act unskillfully. Inquiry also helps us see the lie in them, and lovingly respond to them with wisdom. The more we see how these falsehoods are untrue and unhelpful, the less likely we are to believe them in the future, causing us to connect more and more with our inner love.

Judgments are a category of false thoughts that, in tone or content, devalue life and views their needs as less worthy of respect. Not surprisingly, when believed, judgments often lead to apathy and neglect, as well as cruelty and violence, towards those judged.

Liberating Insights for Judgment

1. All life is inherently valuable. We are all one. All life is interconnected. We all do better when we all do better. Life, or the Higher Power of your understanding, loves you unconditionally. Pick one of these insights that resonates with you, or say it in your own way.
2. If a thought is not kind, it's not true.

Various Kinds of Judgment

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

Comparisons: Comparing yourself (or others) to other life forms to establish a hierarchy of self-worth and value.

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

Harshness and Sarcasm: Comments made with a harsh or unkind tone of voice, or with sarcasm, that seeks to degrade you or others.

Hatred: Wishing someone harm.

Labeling: Defining self, others, or situations with one word or phrase and mistaking this label for the whole truth.

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

Mind reading: Guessing what other people are thinking and assuming it is true, such as, thinking other people are judging you.

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



Mindfulness Mission Planning

Get out your planner and fill in the blanks on when you will do your mindfulness mission this week.

Example: On Wednesday, I will do my mindfulness mission after the evening dog walk, in my bedroom.

On (day of week) _____ I will do my mindfulness mission (time – preferably before or after a routine activity) _____
(location) _____.

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On (day of week) _____ I will do my mindfulness mission (time – preferably before or after a routine activity) _____
(location) _____.

Please put these activities in your planner, and then follow through. Do your celebratory move for finishing this assignment. Way to go, friend!