

The BALADI Technique

Whenever one of your three falsehood alarms goes off (you identify a false thought, you feel an afflictive emotion, or you behave or want to behave unskillfully) use this technique to become mindful, regain your composure, and deepen your wisdom and love.

1. Breathe

Take a mindful pause for 10 breath-cycles or for as long as it takes to feel calm, peaceful, and grounded. This will help you become mindful. Be the knower, not the known. When mindful, you relate to what is arising with peace, objectivity, curiosity and interest.

2. Appreciate

Give thanks to access your inner love and resources. Every time you do BALADI, it's a small victory. Give thanks: for remembering to do the practice, for mindfulness, for the courage to stop your habit patterns and try something different, or for whatever else you can genuinely give thanks for in that moment.

3. Label

Mindfully notice what arose for you in the realms of thoughts, emotions/sensations, and behaviors/behavior impulses. Label them using the “(blank) is being known” format. We use this way of speaking to avoid identifying with the forms that we label. Common ways of speaking such as “I am angry,” encourages us to identify with our thoughts, feelings, and behavior impulses. In the blank, name the thoughts, emotions/sensations, and behaviors/behavior impulses that you notice. Gently notice the relationships and patterns between them.

4. Allow

What you resist, persists, so resist nothing. Check to make sure you have no judgment, hatred, fear, or resistance to whatever thoughts, feelings, or behavior impulses arise. If there is resistance, label it, and see if you can allow it to be there.

Remind yourself: This belongs; this is how it is right now. Ask yourself: Can I be OK with this? Can I allow the river of my thoughts, emotions, and impulses to flow freely without acting them out, or resisting them?

We want to allow everything to move, but not believe the thoughts, or identify with any of it.

5. Disidentify

Take the backwards step into pure awareness. Awareness has the ability to merge with, or identify with, the objects it is aware of. Check to make sure you identify as the awareness. You are the knower, not the forms being known. If identified, use the self-inquiry questions taught in this course to disidentify with the thoughts, emotions, behavior impulses, and any other forms you may be identifying with.

6. Investigate

Investigate what is arising. Kindly notice the patterns between falsehoods believed, and the emotions and behavior impulses that arise. If able, notice which kind of falsehood is arising and use the corresponding investigation questions to investigate the falsehood to better see its corresponding liberating insights.

