



Carolina Mindfulness Collective

Noting Practice (Open Awareness)

“Noting”: a steady, precise, and undisturbed attention to the changing objects of awareness

Noting

When applying Noting as a technique, you are attempting to clearly notice certain *characteristics* about all objects of awareness (the “how”, not the “why”), and certain *habits of responding* to those objects in real-time (especially how we tend to identify with what is being noticed). Noting is a skill of perception that promotes the natural state of Mindfulness: the ability and willingness to be fully awake to the moment (“remembering the present”).

To Note is to rhythmically use attention to *acknowledge briefly* and *know deeply* what is happening in that moment as precisely as possible. This is repeated steadily between every 1-3 seconds and can be supported by the use of mental or spoken Labels.

“Acknowledging briefly” is like introducing yourself to someone you have never met: shaking hands or exchanging a polite and friendly greeting; “Knowing deeply” is entering into a resonant

conversation with them: becoming familiar and connected with who they really are.

Noting is an important way to promote the state of Mindfulness, but it is just an aid — treat it like scaffolding used to construct buildings: when Noting is no longer useful, dismantle it and simply be with all that appears and disappears in your awareness.

“What, Why, When, How..”

A. *What* it is and is not (definition of the mechanism of action):

- Noting is: steady, precise, and undisturbed attention to the changing objects of awareness
- Noting is not: thinking about all the details that are happening in your awareness and analyzing why they are occurring

B. *Why* practice it:

- We are commonly lost in thought: unaware of what is happening “outside our head” — Noting leads us to being “unstuck” and more able to participate in an enriched awareness of our own life
- Noting softens the feeling of being pushed and pulled by our own minds and lessens the confusing chaos of overwhelm
- Being fully present with all the parts of oneself (although sometimes difficult) is *beautiful*

C. *When* to practice it:

- Formal Practice: 10-12m of unbroken practice involving 100% of your attention (try to aim for the same time/place everyday)
- Informal Practice: apply the technique to shorter durations throughout the day and/or during situations and interactions

D. *How* to practice it (instructions for “Open Noting”):

- Acknowledge what you are noticing right now (very briefly)
- Know the details of what you are noticing as clearly and completely as you can with a curious and interested attitude (stay with it for a couple of seconds)



Find more Practice Resources here