

# 6R REMINDER CHART FOR TWIM MEDITATION PRACTICE



“The Practice steps explained”	“ Guide to Practice the 6 R’s”
<b>1.RECOGNIZE</b> “HOW” Mind’s attention is pulled away	<b>RECOGNIZE</b>
<b>2. RELEASE</b> whatever arises. Let it be there without attention on it.	<b>RELEASE</b>
<b>3. RELAX</b> any subtle tension in Mental and bodily formations.	<b>RELAX</b>
( Notice here	<b>( RELIEF ! )</b>
<b>4. RE-SMILE</b> to raise the level of mind’s alertness and lighten up.	<b>RE-SMILE</b>
<b>5. RETURN</b> mind’s attention to The object of meditation: sending out the Metta to the spiritual friend.	<b>RETURN</b>
<b>6. REPEAT</b> this same observation technique over and over again as a Practice, observing HOW this process works.	<b>REPEAT</b>
<b>Keep it with you→Keep it light</b>	<b>Keep it going ! &lt;SMILE&gt;</b>