

**Mindfulness** allows us to more fully appreciate and the richness of experience in each moment. When we practice mindfulness, we learn to allow experience to come and go with detachment.

**Noting** is a technique to help us achieve that goal. To note something means to notice it and then focus on it intently (but gently!) for a few seconds.

**To facilitate this process, you have the option of accompanying the noting with labeling.**

**Labeling**: A label means to think or say a word or phrase that describes what you are noting.

***Labeling is designed to facilitate noting  
Noting is designed to facilitate mindfulness.***

**An act of noting usually consists of two parts:**

1. An initial *noticing*, which takes place in a fraction of a second, and
2. A period of intently focusing on what you noticed. This typically lasts for several seconds, during which you intentionally soak into it and open up to it.

### **Pacing and Voice Tone**

As a general principle, note and label at a leisurely pace, allowing approximately 2-6 seconds between each labeling. Some people find it helpful to use the breath to help the timing.

When you speak the labels in your mind or out loud, intentionally use a low, gentle, matter-of-fact, almost impersonal tone of voice. The leisurely pace allows you to soak in and savor each experience as you note it. The tone of voice helps put you in a deep state.

Thus, noting consists of a sequence of well-defined noticings and highly focused soakings.

### **Labeling**

Noting need not be accompanied by labeling, and labeling may be mental or spoken. This gives us three possibilities:

1. Just noting without intentionally labeling.
2. Mental labels accompanying the noting.
3. Spoken labels accompanying the noting.

If spacey, stronger labels

Three OK's of labeling

- ☐ It's okay to guess.
- ☐ It's okay to miss.
- ☐ It's okay to be late.