

An Introduction to ULTRA:

Universal Library for Training Attention

Some Context

First things first . . . a few definitions as context for understanding ULTRA.

Mindful Awareness:

- is a certain way to pay attention to what is happening around you and within you.
- involves three attentional skills working together:
 - Concentration power: The ability to focus on what you deem relevant.
 - Sensory clarity: The ability to detect and untangle the strands of your sensory experience.
 - Equanimity: A kind of inner balance within your consciousness. It represents a third possibility between pushing sensory experience down (suppressing) and being pulled away by the sensory experience (grasping)

Sensory Experience: What you see, hear, and feel. (Feel includes all body experience, both emotional and physical. Chemical senses of smell and taste considered body experience as well.)

Noting: One way to developing mindful awareness by clearly acknowledging the existence of sensory experiences then gently, intently focusing on them at a pace that works for you.

Labeling: An option that can be used when noting. Labels are mental or spoken words that name specific sensory experience you are focusing on at that moment.

Techniques: Distinctive focus exercises that elevate your base level of concentration power, sensory clarity, and equanimity. With ULTRA you learn from 1 to 16 core techniques depending on your interests and needs. Six of those core techniques involve noting (Just See, Just Hear, Just Feel, Note Everything, Note Gone, and Expand-Contract.)

A Mindfulness Practice: The structure that you need to establish in order to develop mindful awareness. There are four key elements:

- Daily formal practice
- Daily informal practice
- Periodic intensive retreats
- Periodic big picture coaching

Benefits of Mindfulness Practice: Systematic mindfulness practice brings about five broad long-term effects:

- Minimize suffering
- Maximize fulfillment
- Understand yourself
- Act skillfully
- Serve from love

About ULTRA

ULTRA is Shinzen Young's latest formulation of contemplative-based, psycho-spiritual growth. It arranges all the world's focus techniques into **four core themes**. Each of the four core themes is developed through **four core techniques** (but there are also numerous **helper techniques** associated with each theme).

Core Themes	Core Techniques
<p style="text-align: center;">Appreciate Self and World</p> <p style="text-align: center;">Experience the senses with radical fullness.</p>	<ul style="list-style-type: none"> • Just See - Observe visual experience. • Just Hear - Observe auditory experience. • Just Feel - Observe somatic experience. • Note Everything - Observe any and all experience.
<p style="text-align: center;">Transcend Self and World</p> <p style="text-align: center;">Contact something beyond the senses.</p>	<ul style="list-style-type: none"> • Turn Back (aka Self Enquiry) - Attempt to be aware of awareness or pose a question such as Who am I? Who sees? Who hears? Who feels? • Note Gone - Note the moment when all or part of a sensory experience drops off or drops away. • Expansion-Contraction - Work with the two fundamental forms of flow. • Do Nothing - Drop any intention to focus your attention.
<p style="text-align: center;">Express Spontaneity</p> <p style="text-align: center;">Develop energy, bounce, and creativity in what you do, say, and think.</p>	<ul style="list-style-type: none"> • Auto Move - Tune into spontaneity as you walk, work, dance, move about. • Auto Speak - Tune into spontaneity within vocal expression. • Auto Think - Maintain a global unfixated state in the mind. • Auto Everything - Do all three at the same time!
<p style="text-align: center;">Nurture Positivity</p> <p style="text-align: center;">Selectively attend to positive emotion, rational thought, positive behaviors. Refine your personhood, and be of service to others.</p>	<ul style="list-style-type: none"> • See Good - Create and hold positive mental imagery. • Hear Good - Create and hold positive mental talk. • Feel Good - Find and/or create and hold pleasant emotional body sensations. • Nurture Everything - Do all three at the same time!

