# The 6Rs

## What to do every time your mind wanders

Do all six steps, every time. Don't skip any.

### 1. RECOGNIZE

Notice that your mind has wandered. No judgment. Just: "Oh, I'm thinking about dinner."

### 2. RELEASE

Drop whatever pulled you away, the way you would put down a hot coal. Don't analyze it.

### 3. RELAX

Soften the tension in your mind and body: head, jaw, shoulders, chest. This is the key step.

### 4. RESMILE

Put the smile back: lips, eyes, mind, heart.

### 5. RETURN

Gently come back to the warm feeling of loving-kindness, like coming home after a short walk.

### 6. REPEAT

Stay with the feeling until your mind wanders again. Then do all six steps again. This is the practice.

- Gentle, like petting a cat, not hammering a nail.
- Every return is a win.
- Don't skip Relax or Resmile.