

THE INTERDIMENSIONAL BESTSELLER

# The Reluctant Meditator

Version 1.2

Meditation for people who hate sitting still



A playful path to lifelong healing

THE GREAT BEING PROJECT





### **For Mum, Dad & Momo.**

Momo is the Vipassana teacher  
who helped me stay with the practice  
when I wanted to quit..

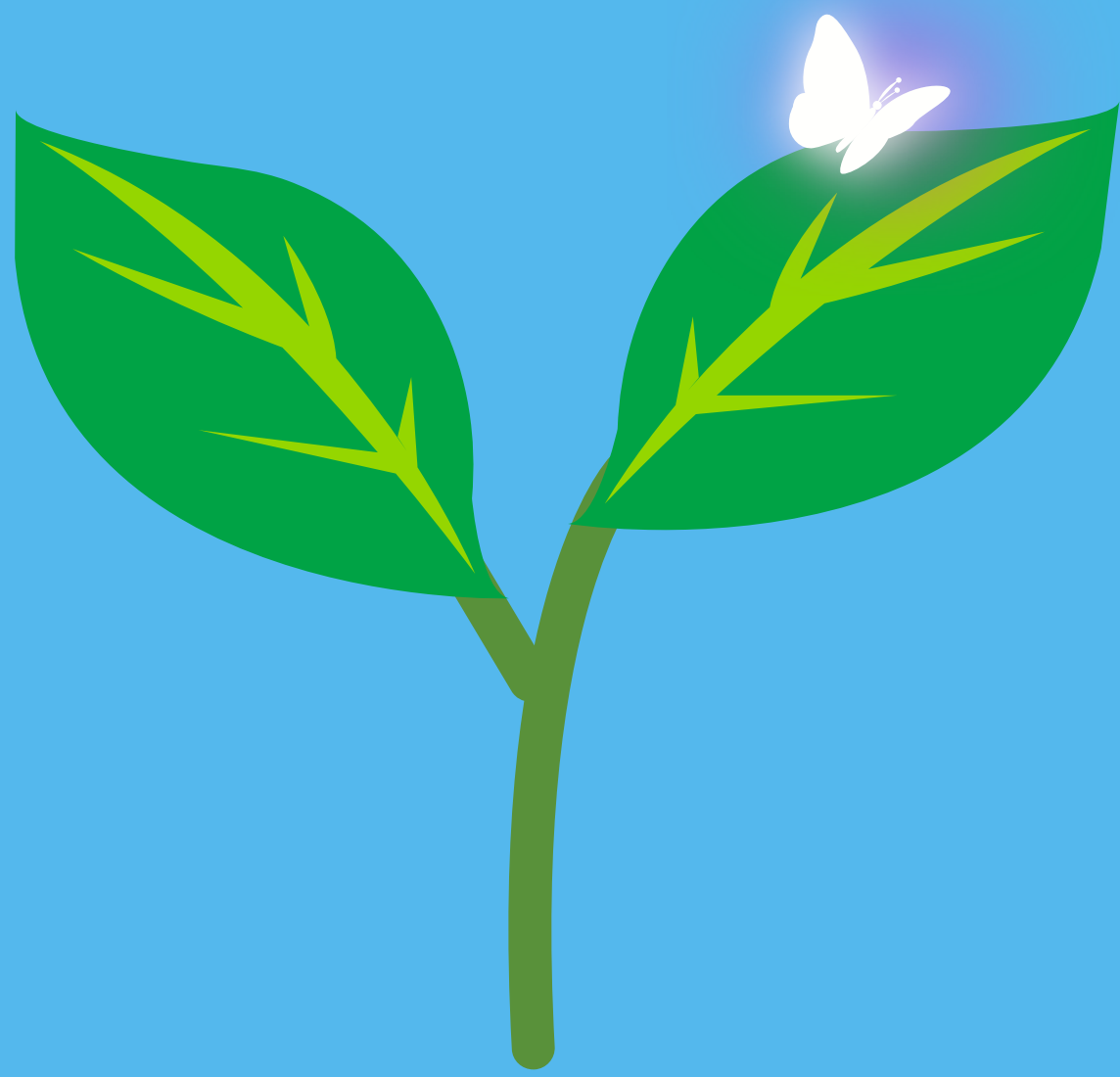
And who also made it light, playful  
and something I could make my own.

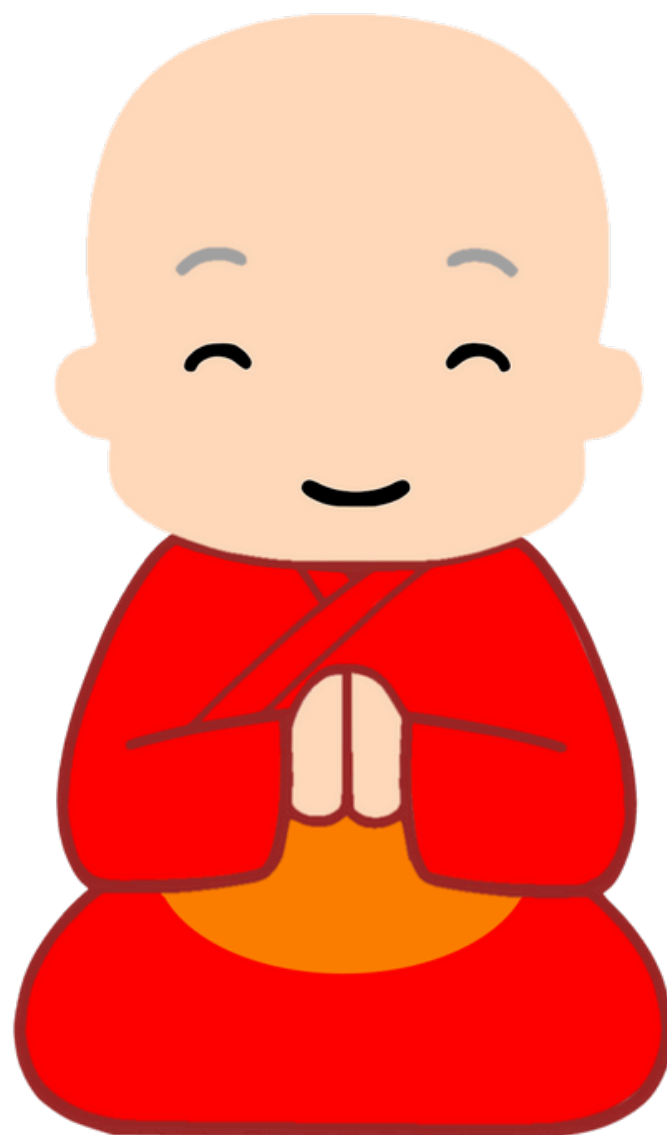
I'm writing this book in the sincere hope  
that it may do the same for you, the reader.

All things can be found in this stillness.

So, sit still in a room.  
See what happens.

Dr Ensō





**Hello students. I'm Momo.  
First, let's notice a sensation.**

Close your eyes & get comfortable.

Just breathe.

Breathe In. Breathe Out.

Notice the feeling of your breath as it brushes past  
the skin underneath your nostrils.

Keep going.

In. out.

Just observe this sensation caused by the coming &  
going of your breath.

Just observe.



## **Why am I doing this?**

Always a good question!

The short answer is:

This is just a short exercise to connect the mind to one point of sensation on your body

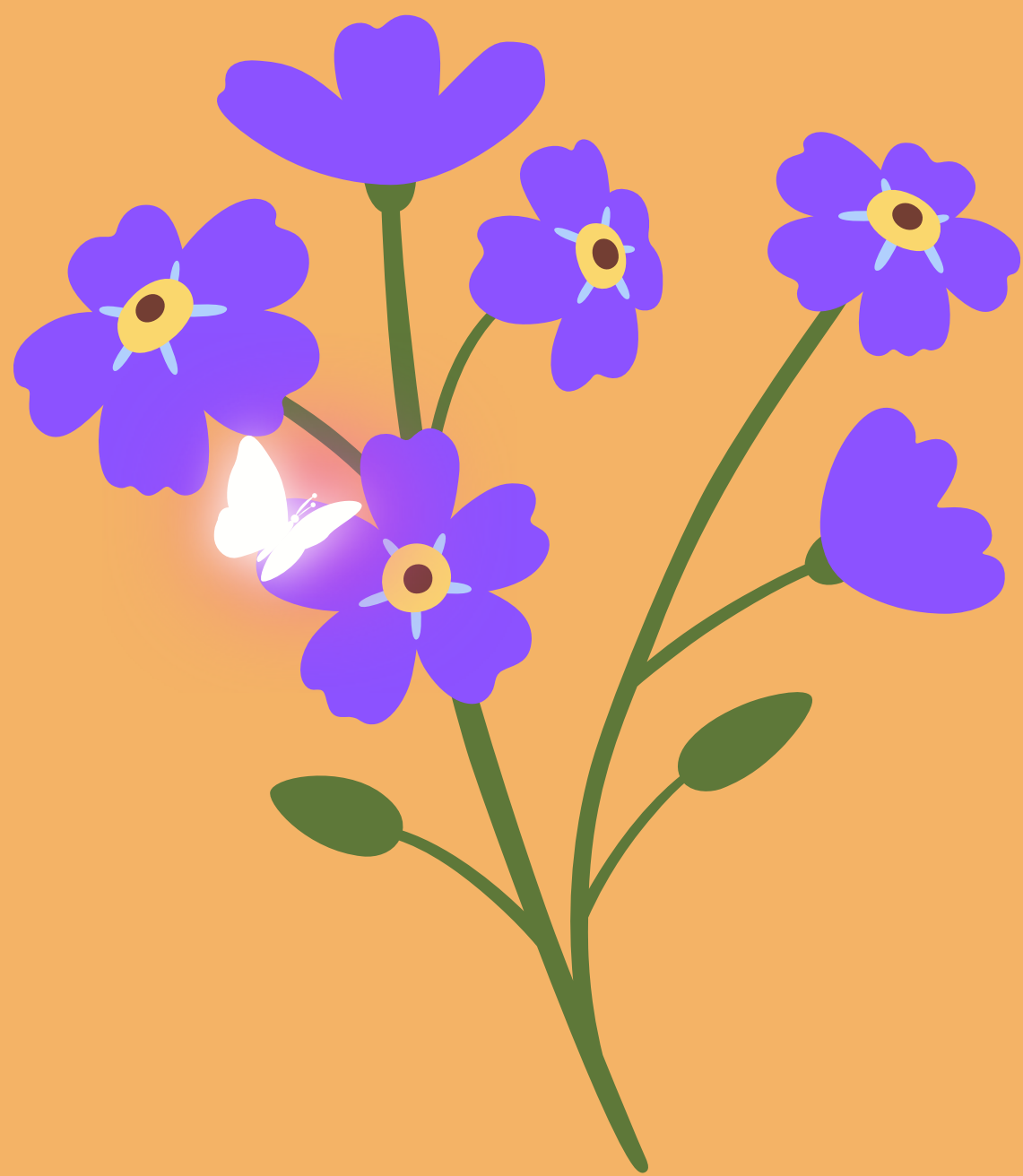
The long answer is for next time.

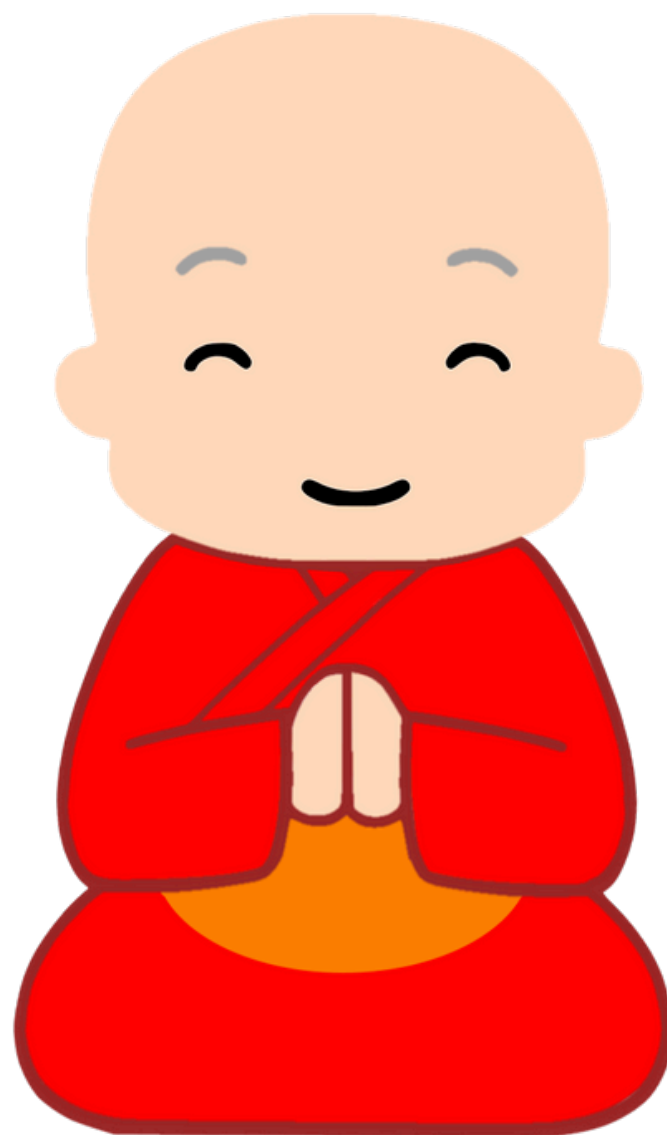


**But, I don't feel anything!**

That's OK.

Try breathing a little harder until you feel the breath on your top lip.





**Well done!**

Now you know how to focus on a single point of sensation. Now, let's move on to the body.

Close your eyes & get comfortable.  
In your own time, scan your body from the crown of your head to the soles of your feet.  
And then back again.

Repeat this.  
Again. And again. And again.

Just notice sensations  
as they appear & disappear.



## **How long should I stay with a sensation?**

You can stay & examine the sensation  
for a few seconds or a few minutes.

It's totally up to you.

The important thing is you observe it without judging it.

No craving, no aversion!

Keep scanning.

Notice another sensation.

Do not want more of it.

Do not want less of it.

Just observe it.

Then move on without attachment.



## **How can I stop thinking?**

Do not try to stop thinking.  
Your thoughts are just thoughts.

They also appear & disappear.  
Like clouds in the sky.

Observe them  
Smile at them.

Then move on.  
With no attachments.





You will find big & small sensations come & go.  
Just observe them.

By observing sensations without judgement,  
Long-held tensions in body & mind will release.

You will feel them  
And you may even enjoy it.  
But do not stay with your enjoyment.  
Remember: No craving, no aversion!

Every release is a step towards  
liberation & the beginning of healing.

**Be patient.**  
**You're doing so well.**



## **How long should a single scan take?**

Go slow in the beginning.  
Try to cover every part of the body.

We can do a full scan in a second or an hour.

Sometimes we can scan quickly.  
Sometimes we can take our time.



**This pain isn't going away! What do I do?**

Observe it,  
without attachment or avoidance.

No craving. No aversion.

No craving. No aversion.

Just watch it.

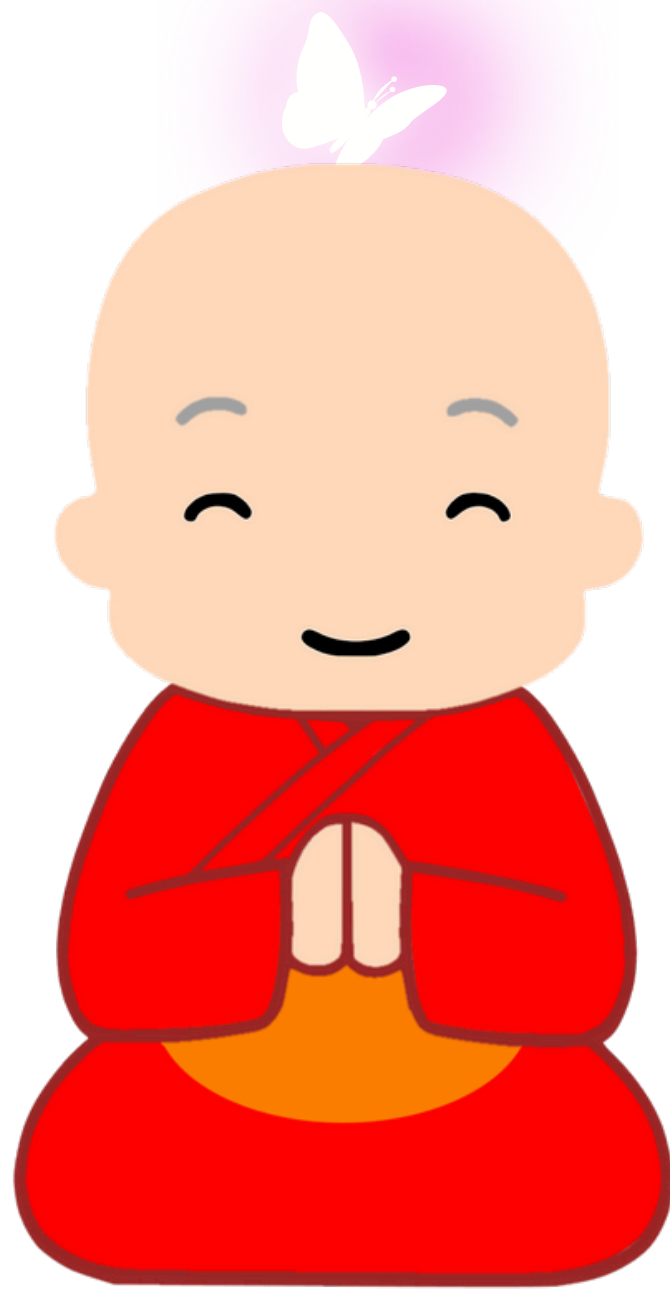
Just smile at it.

Love it if you can.

Just keep going.

You'll see.





Imagine your body relaxing.  
Not reacting to any sensation, good or bad.

Every atom is relaxing deep into your core.

Every little tension that releases  
is a step towards rediscovering the real you.

Keep scanning.

**No craving.**

**No aversion.**



**I feel good. I'm happy.**

OK, but don't hold onto it!

Keep scanning.

Keep observing sensation without reacting.

Without judgement.

Without limitation.

Have fun & play with it.

Make it yours.



**The pain is too much. I want to give up.**

Remember:  
everything changes!

The river keeps flowing.

Keep calm & carry on!

And if there is a goal...

It is to become whole.

Free from attachment  
and clear of tension and resistance  
which are the roots of dis-ease.

Just your energy flowing.

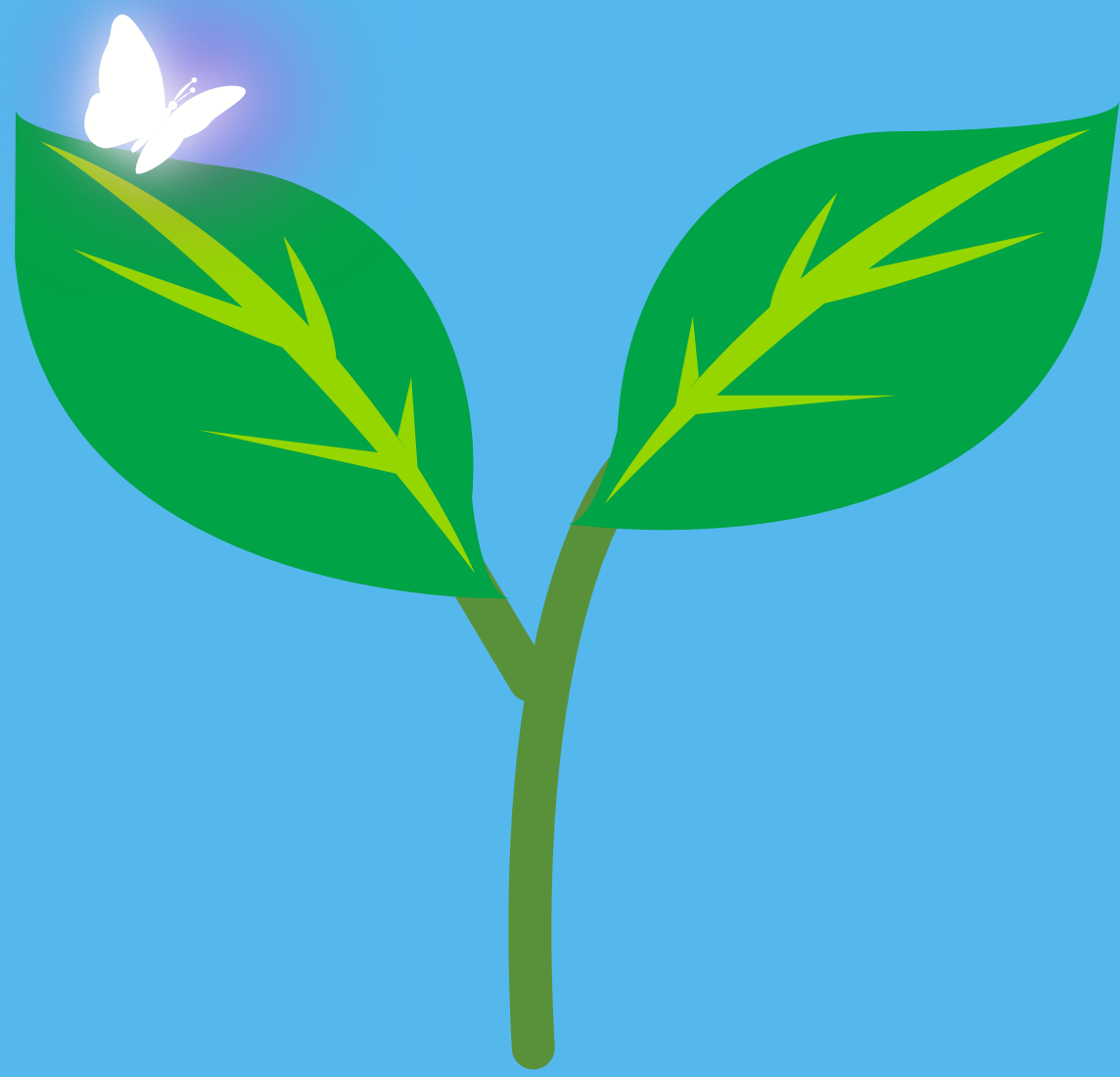
Just you.

















**Everything changes...**

