

## NOTES FOR THE USE OF KO'S "INDUCTION TO MEDITATION" CD

- When making decisions about using the CD, keep in mind what you intend to achieve by using it: to develop the capacity to dis-embed from habitual thinking and emotional responses **in the midst of your daily life and activities.**
  - So the practices are not ends in themselves. They are merely scaffolding designed to develop your capacity to dis-embed;
  - Your goal is not just to be able to dis-embed while doing the practices. It is to identify and practice skills that are transferable to ordinary life. The objective is to be able to dis-embed during all the challenges and activities of your life, and therefore to be able to act more wisely.
- You should begin by using the CD twice daily. Most people find that they will be able to do this only if they integrate the practices into their habitual daily routine at set times. If they have to make arrangements each day to fit in their practice, they will forget or find they haven't got the time.
  - To fit the practices seamlessly into your existing daily routine, you will probably need to get up 10 minutes earlier each day.
- Tracks 1, 2 and 3 provide introductory information. The first practice (Session 1) is track 4.
- Listen particularly carefully to Tracks 2 and 3. Every sentence is loaded. You won't fully understand each point the first time to listen, so during the first three weeks of using the CD, return periodically to listen to tracks 2 and 3, particularly Track 3 (What is Induction to Meditation?).
  - Note the instruction that at the end of each guided induction session, you are to turn off the CD player and rest in the sensations of your body for a few minutes in order to let your body process the session.
- The first four sessions (Induction Primer [track 4]; Focus shift [track 5]; Eye Opener [track 6] and Unlimited Horizons [track 7]) are the basic exercises to master. They develop your capacity to achieve and maintain dis-embeddedness by resting attention on the sensations of your body (your 'inner reference point' in the terminology of the CD)
  - You should continually cycle through these four basic practices during the first week that you use the CD, one per practice session.
- The remaining five sessions (tracks 8 to 12 inclusive) further develop your capacity to maintain dis-embeddedness (your inner reference point) in the face of major groups of distractors: auditory, visual emotional and other sensory stimuli, as well as your cognitive interpretations.
  - The use of these practices will progressively empower you to maintain dis-embeddedness/presence in increasingly diverse circumstances and in the face of increasingly difficult challenges.

- During the second week of using the CD you should do one of the four basic practices each day, and also cycle through each of the sessions in tracks 8 to 12 (at the rate of one per day).
- **Session 1 (Induction Primer [track 4]).** This is the basic practice that develops your ability to dis-embed by resting attention on the sensations of your body. It establishes the foundation on which every other practice builds.
  - Your overall intent in doing the practice is to develop and strengthen a skill that enables you to dis-embed and maintain dis-embeddedness at any time, in any place, in any circumstances. The basis of the skill is to move attention from thinking and emotion to your inner reference point (the sensations of your body, including the feelings that arise in it).
  - it is inappropriate to strain or make determined efforts to carry out the central task of the practice. The central task is to feel sensations in different parts of your body simultaneously. Somewhat paradoxically, this can be achieved most easily by relaxing internally and letting go of making efforts. It is possible to progressively relax a little more deeply as you make each out-breath.
  - If you find yourself caught up in thinking or emoting, including thinking about the practice itself and whether it is working, just move attention gently and non-judgmentally back to sensations in your body. This builds the 'muscle' that disengages from thinking. If particularly interesting and pressing thoughts arise during the practice, dis-embed from them. You can do any necessary thinking after you have finished the practice.
- **Session 2 (Focus Shift [track 5]).** This practice repeats the foundational practice of Session 1, but additionally practices the movement of attention from a thought to sensations of the body.
  - It trains and strengthens the ability to dis-embed from thought.
  - You will also discover what engagement in thought does to your ability to sense your bodily sensations, and vice versa.
- **Session 3 (Eye Opener [track 6]).** This practice will begin to prepare you to achieve dis-embeddedness in the midst of the activities of ordinary life. It does this by guiding you to practice dis-embedding while you have your eyes open, and also while you are interacting with objects in your environment (a television set and its remote control).
  - Importantly, the practice involves interacting with external objects by **expanding** the awareness that is centered in your bodily feelings. It does not have you **shift** your awareness from your body to the external object. This would re-embed you, and contract your awareness. Instead it guides you to **continue** giving attention to (and feeling) your body **while** you also give attention to (and feel) the television set.
  - **This is critically important.** After doing the practice, return to these words until you understand clearly what they are trying to convey.
- **Session 4 (Unlimited Horizons [track 7])** This practice trains the ability to achieve and maintain dis-embeddedness while expanding awareness to include objects that are distributed over larger and larger scales.

- Again, it achieves this by expanding your awareness to include the external objects, not by shifting awareness. Your awareness continues to be anchored in the sensations for your body, your internal reference point. But now your awareness expands to **also** feel the external objects. Again this is critically important for developing the capacity to remain dis-embedded in the midst of daily activities – it enables you to deal with external events and things by expanding awareness to deal with them, not by contracting and shifting awareness to become embedded in them.
  - This practice will develop your capacity to move attention around **within** expanded, ‘infinite’ and spacious awareness, without contracting and re-embedding awareness.
- As emphasized previously, the goal of the practices is to develop the ability to achieve and maintain dis-embeddedness in the midst of all activities in ordinary life. So your use of the CD as a means to achieve presence will only be temporary. The CD is your trainer wheels. As your ability to access dis-embeddedness develops, you should begin to wean yourself off the CD so that you can come into the present without it. So in week two of using the CD, as you cycle through the four basic practices (sessions 1 to 4 inclusive), do the practice every second day **without** the CD, taking yourself through it.
    - Remember your goal is to develop the capacity to drop into presence and to maintain it wherever and whenever it is useful to do so.
    - Eventually you will be able to dis-embed without going through the routine of giving attention to fingers, toes and head etc. You will be able to achieve dis-embeddedness in an instant and to maintain it merely by giving **expanded** attention to the general sensations of your body, and then **expanding** that attention to include external objects.
  - You should also begin to practice coming into the present and staying in the present several times throughout the day.
    - It might be easier to remember to do this if you identify certain activities that you do regularly that you can use as ‘alarm clocks’ to come into the present i.e. walking to and from work, participating in a regular meeting during the day, walking to the toilet, opening your front door etc. You can also set up your computer or phone to sound an alarm at various times throughout the day.
    - You will find that resting your open, dis-embedded attention on bodily sensations while you are in the midst of ordinary life won’t impede you from going about your normal activities. In fact you will find that it will make you more effective talking, walking, relating to people, playing sport etc
    - A side-benefit of attempting to regularly come into the present is that you will discover how infrequently you are awake during the day, and how you have almost no conscious control over what you give attention to in your normal life.
  - As mentioned above, Sessions 5 to 9 inclusive further develop your capacity to maintain dis-embeddedness (your inner reference point) in the face of major groups of distractors: auditory, visual, emotional and other sensory stimuli, as well as your cognitive interpretations.

- **Session 5 (Unusual Perspectives [track 9]).** This practice guides you to realize that while you are dis-embedded your ability to move about and to process novel and unusual perspectives is in fact enhanced. You don't need to think to deal effectively with new, complex circumstances.
  - It therefore develops your ability to achieve and maintain dis-embeddedness when you are moving about physically and encountering new and different circumstances.
- **Session 6 (Entry Point [track 9]).** This practice trains your ability to achieve and maintain dis-embeddedness while experiencing strong emotions and the thoughts that your emotions impel.
  - The session will help you realize that giving attention to the feelings that arise in your body as you experience emotions will help you to achieve and maintain dis-embeddedness.
- **Session 7 (Pet Talk [track 10]).** This practice trains you to achieve and maintain dis-embeddedness while relating to another living organism (a pet).
  - The session will help you to realize that by maintaining dis-embeddedness when interacting with an animal, you will relate to it much more richly and complexly.
- **Session 8 (Friend Finder [track 11])** trains you to achieve and maintain dis-embeddedness while relating to another person.
  - Importantly, this is not achieved by shifting attention to the person. Instead, the awareness that is anchored in bodily sensations is expanded to include the sensations associated with 'feeling' the other person.
  - The session will help you to realize that by maintaining dis-embeddedness when interacting with another person, you will relate to him or her much more richly and complexly. The other person will respond more richly in return.
- **Session 9 (Energy to Share [track 12])** trains you to achieve and maintain dis-embeddedness in the face of very strong negative emotions.
  - The session will help you to develop the capacity to experience strong negative emotions more vividly, but not be bound by them or by the thoughts they generate, enabling you to act more wisely.
  - The session will help you realize that by fully experiencing emotions without being bound by them, you can harvest the energy they create and use it for wiser purposes.

A copy of the CD can be purchased [here](#).