

The D.I.Y. Do Nothing Meditation Retreat

Instruction Manual



Lisa Esile



Congratulations
for putting time
aside for you.
You're about to
embark on an
awesome
adventure!!

So what exactly is 'DOING NOTHING Meditation'?

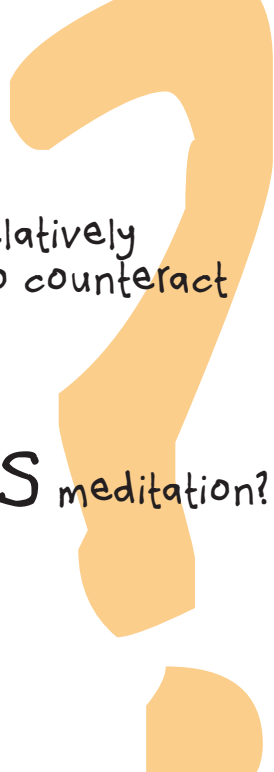
Why should I do it?
& How is it different to lying in bed watching telly?

That's what this little book is about.
Let's get started, shall we ...

But before we do...

Did you know that meditation is a relatively recent invention that came about to counteract busyness?

Did you know that "Doing Nothing" **IS** meditation?



Doing Nothing Meditation in 2-steps

1. Stop "doing" and just sit or lie.

You don't need to focus your eyes on anything. Let them do what they want. Think of it as "staring blankly at a wall" time.

2. Let your mind run, don't try to control it.

Simply let your thoughts run. Like opening the door and letting your mind go out to play.

Think of it as a break from "DOING."

From ...

- * Reading * writing * listening to the radio
- * checking your phone for messages * texting
- * emailing your friends to tell them how it's going
 - * cleaning * gardening * going for a walk
- * writing your christmas cards * writing a poem
- * planning what to do this weekend * mahjong

Benefits of Do Nothing Meditation

- * Feel more CALM and GROUNDED
 - * Gain CLARITY on LIFE DIRECTION
- * HEAL past wounds
 - * Inspire CREATIVITY
- * Feel more MOTIVATED
 - * Feel more SELF ASSURED



IN SILENCE
AND "NOT DOING",
THE BITS OF YOU
THAT NEED FIXING...
FIX THEMSELVES.

The big difference with Do Nothing Meditation is that the effects are seen over time.

Each time you do it something shifts in you. Usually the shift is so tiny you can't see it. But after a while you start to notice a difference.

You start to see your thoughts as thoughts, separate from you. And it's easier to connect to your wise calm center and feel grounded.

And you might start to notice how the tape playing in your head says the same things over and over.

Thoughts that are so habitual normally we don't even see them. But once you do, they lose their power.

Hang on a minute. Why do I always think about how I'm not doing well enough, and about that time I got caught stealing?





So how do I do it. Do I need to sit cross legged?

Nope. Sit or lie however you like. And if you feel like moving, move, If your nose itches, scratch it.

The basic idea is to LET GO OF CONTROL and let your thoughts run freely. So you don't have to control how you sit.



Okay, but what happens if I fall asleep?

No worries. If you fall asleep you probably needed the rest. Eventually your body will get enough rest and you won't be so nappy.



What's going to happen? What should I expect? I've never let my thoughts do what they want.

Sometimes your mind might get very chatty and stay that way for a long time. Other times after a short time you might feel calm.

It's different for everyone. And it might be different every time you do this.

IMPORTANT POINT:

Whatever happens is fine. Whether you have a chatty mind or you feel calm, you still get the benefits.

In case you missed that last page ...

Whatever
happens
is fine!!

Maybe your mind is chatty.
Or anxious. Or annoyed.
GRRRR.

Or maybe you feel like a
calm angel.

Either way, you still get the
benefits!! The shifts inside
are still happening.

You can do the Do Nothing Meditation for short periods, maybe even a few minutes. Or for slightly longer times, like for 30 minutes.

And you can also have a longer retreat ...



That sounds intriguing. Tell me more. Like, where would I do a longer retreat?

Basically, you could do it:

1. In your own home
2. At a friends place
3. Rental accommodation

Your own home

This can be an ideal - provided you won't be disturbed.

Advantages - it's free, no hassles with bookings.

Disadvantages - filled with temptations, like the cutlery drawer you've been meaning to clean, your computer ...

It can get tricky when you're sharing a house with family or flatmates.



A Friend's House

Do you know anyone who's going away? You could feed their cat. Or you could pair up with someone and house swap.

Advantages - it's free, relatively easy to organize & contains far fewer temptations - Who cares how clean their cutlery drawer is.

Disdvantages - needs a bit more organizing, but other than that - you're happy and so is the cat. Purrrr. Win win win win win.

Rental accommodation

You'll be spending your time staring at the wall of your bedroom or lounge, so it doesn't need to be fancy. But it could be fancy if you feel like fancy.

Advantages - Less temptations and you might enjoy the change of scene.

Disadvantages - more costly, you need to book ahead, likely to need transport to and from etc.

How long should I do it for?



This depends on how much time you have available and what feels right for you.

One day, 5 days, or even half a day – it's up to you!
Obviously, the longer you do it the deeper you'll go.

.... my advice when you're starting out

Take it slow



Remember, you're not trying to get anywhere. That's the whole point.

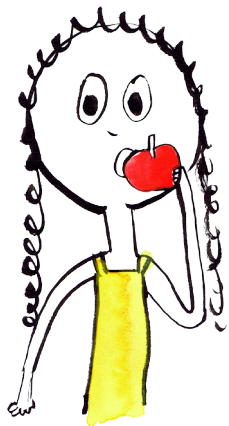
Why not try it for a half-hour, or an hour? ... then, if you feel like it, try a half day... & if you dig that, maybe a weekend or full day?

Whatever feels right for you at this time is perfect.

The Full-Day or Multi-Day Retreat

Break your day into 6 sessions. Try not to focus on the whole day(s) ahead - Just sit and do one session at a time.

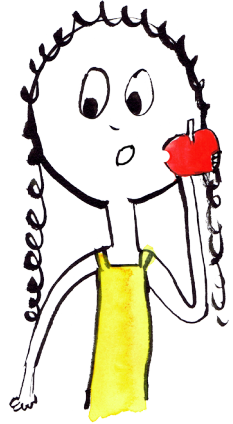
- * Before Breakfast
- * After Breakfast
- * Mid morning
- * Early afternoon
- * Late Afternoon
- * Evening



What about food and exercise?

Simple easy meals are the best. Same with exercise, stick to simple stretches. If you want to take a walk, take a walk. But you don't need to.

Could I combine it with fasting?



No! And stop trying so hard. This is an intense experience in itself. Simple, healthy meals are best. Nothing ritzy. You don't need to spend hours in the kitchen.



So what's going to happen when I do this meditation?

Your mind might freak out sometimes. Don't worry, this is perfectly normal. This might be the first time in your life your mind has had nothing to do.

Another thing that happens ...

You may notice your mind clicking through past memories. You might even be surprised at some of them. And some may be painful.

Just notice your thoughts without judgment. Trust that everything is happening as it should.

Your mind is throwing away years of garbage. Be patient. This isn't a quick fix, but every time you do it, things get less sticky.



"Thinking is not reality, it's an ability" -Richard Carlson

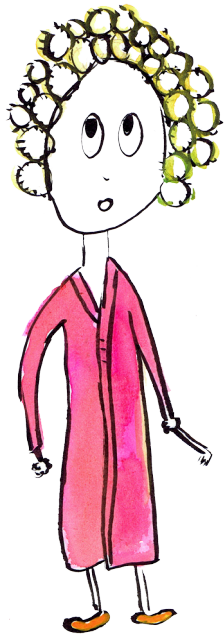




What should I Wear?

Wear comfortable clothes.
Or Your wedding dress ... might as well.
Or last years halloween costume.
It doesn't really matter.

In the evening you might like to light a candle - you don't need to focus on it but the gentle light can be comforting.



Won't I get bored?

Ha ha ha ha ha ha ha ha ha
... and a thousand times ha ha.

There's nothing BORING about DOING NOTHING.
Boredom is just your mind freaking out because
it's got nothing to distract itself with. Try it. You'll
see what I mean.

And remember.

This is your retreat -
so you can change it to suit you.

Friendly Warning

Your mind will try to convince you to do things. (Trust me!)
And your mind WILL be VERY convincing.

But remember, your mind doesn't know what it's talking about. You've given yourself this time to experience what happens when your mind has no stimulation. If you ABSOLUTELY HAVE TO do something, do it in the least distracting way...



Unless you feel uncomfortable, in which case just stop.

For example:

If you come up with the worlds best business idea - instead of turning on your computer and writing a full business plan, simply jot your idea on a piece of paper to consider later, and then return to doing nothing.

Cellphone holiday

And do yourself a favor. Unplug your phone & turn off the internet.

If you think you'll be tempted, take them to a friend's place, or lock them in your garage. (Like your cell-phone is going on holiday.)

Safety.

'Doing Nothing' can be an intense experience.
If you become too uncomfortable, please just stop.

If you'd like support while you do this, **email** me and we can touch base before and after.

If for whatever reason you NEED or WANT
to stop your retreat early, please know this ...

It doesn't matter.
IT'S ALL GOOD.
There's no right or wrong way here.

Sometimes we learn as much from
quitting as we do from pushing on.



Good luck!

Let me know how it goes!

PS: If you find yourself 'trying hard' at this. Thank yourself, and say to yourself, you know what, this is one thing I don't need to try at.

The less you try the better.

About Lisa

Lisa Esile is the author of WHOSE MIND IS IT ANYWAY (Penguin Random House 2016).

Lisa once spent the best part of a year 'doing nothing.' That was back in New Zealand. Now she lives in Venice, California with her husband.

Lisa says, if there was one thing she learned during her time being silent, it was how powerful a practice it is, whether you do it for just a short time, say, a few minutes or an hour, or whether you decide to take the plunge and do it for a few days.

And that more important than anything is to take it easy.

