

## The Inch Worm Meditation

Author: Thomas Lloyd  
TheEvenMind

This is My **Article**:

- **The Inch Worm Meditation**

*It is **About**:*

*The Inch Worm  
A **Small** Worm  
Only **One Inch** Long*

Although:

- The Inch Worm
- Is Only **One Inch** Long
- He is **Part** of
- An **Ancient** Story

*The Inch Worm:*

*Lives On A **Tree** Leaf  
Yet He **Uses** A **Method**  
That is **Used** in The **Story***

*The **Story** of The **Inch** Worm:*

*And His **Method**  
**Results** in This **Article***

*The **Article** is Called:*

*The **Inch** Worm **Meditation***

## Why Choose The Inch Worm

If:

- The **Article** is Called
- **The Inch Worm Meditation**
- Then People **Wonder**
- Why **Choose** The **Inch** **Worm**

*I Understand The Wondering:*

*So I Remember that  
Although The Inch Worm  
Lives On A Tree Leaf  
He Uses A Method  
That is Used in The Story*

The Inch Worm:

- With His **Method**
- Makes A **Good Topic**

*The Topic is:*

*The Inch Worm Meditation*

*His Method  
Appears in  
The Inch Worm Meditation*

## **A Little About Meditation**

Since This **Article:**

- Mentions **Meditation**
- I **Present**
- A **Little** About **Meditation**

*This Can Assist:*

*In Interpreting  
The Inch Worm Meditation*

In **Meditation:**

- We **Use**
- A **Calm** Approach
- To **Seek** Peace

*Being with:*

*The Peace and Quiet  
Is The Goal of Meditation*

*Being with:*

*The **Peace and Quiet**  
Is What is **Known As**  
The Good **Approach To Meditation***

**In Meditation:**

- We **Want To**
- Take A **Minute**
- Be **Sure** About **Being** There
- And Have A **Look**
- At **What** We Are **Doing**

*If We **Do:***

*Be **Sure To**  
**Stand Ok**  
Then We Can  
Try To **Proceed** with **Certitude***

*If **This Goes Good:***

*Then We Can **Believe**  
That We **Like** The **Meditation***

*With This **Approach:***

*We Can **Call** it  
Being **Careful***

## **The Idea of Being Careful**

**This Method:**

- **Approaching** Meditation **Cautiously**
- Or Being **Careful**
- Is Not A **Bad idea**

*By **This:***

*Being **Careful**  
We Can **Try**  
To **Avoid Error***

*An **Error** is A **Setback***

If We Are:

- **Careful** Enough
- Then
- The **idea** of To **Continue**
- Is **Possible**

**Sometimes:**

*When We Are **Careful**  
The **idea** of To **Proceed**  
Can Be  
A **Sure** Thing*

*If We **Do**:*

*Make **Sure** To  
Be **Careful**  
To Take Things **Seriously**  
Then We Can **Find**  
That We Would **Be**  
Doing it **Right***

## **An Ancient India Story**

**India** is A:

- Very **Old** Country

*Also:*

*The **Meditation** of **India**  
Is **Old** Too*

So:

- We Can **Find** that
- From **India**
- That They **Have**
- So **Many**
- Old **Meditation** Stories

*This is **Because**:*

*They Have **Practiced** Meditating  
For A **Long Time***

This **History:**

- That They Have
- So **Many**
- Old **Meditation** Stories
- Is **Known**

It is **More Than:**

*2 hours, 3 hours ...*

In **India:**

- It is **Said** that
- They Have **Practiced** Meditating
- For At **Least**
- Five Thousand **Years**

*Whoa:*

*Omg*

So, **then:**

- It is Not **Surprising**
- That They **Thought** of
- The Inch Worm Meditation

*After:*

*So Much **Time**  
They Did **Think up**  
Some **Good Ones***

## **The Inch Worm Story**

The Inch Worm **Meditation:**

- Is Our **Story** Here

*The **inch worm:***

*Is a small **worm**  
That **eats** tree leaves*

*He **lives** on bushes or trees*

*Pg 5*

The **inch worm**:

- **Likes** to **stay** on
- The **leaves** and **eat** them

**And:**

The inch worm is **only**  
**ONE INCH LONG**

Since he **is**:

- An **inch worm**
- Then he
- **Doesn't** eat **much**

**But probably:**

His main **thing** in **life** is  
To **eat** leaves

The **inch worm**

## **About the Inch Worm**

The inch worm:

- Doesn't **move** much

He **Likes** to:

**Stay** on the **leaves** and **eat** them

If you:

**Watch** The inch worm  
On a **leaf**  
It mostly **stays** in **one** place

It just **stays** there  
And **eats** on the **leaf**

**After** it:

- **Eats** the **leaf** for a **while**
- There **becomes** a **hole** in the **leaf**

The **hole** in the **leaf**:

Is **where**

The inch worm **ate** it

After the **leaf**:

- **Gets** a **hole** in it
- Then the **inch worm**
- **Changes** its **mind**
- And **wants** to **leave**

After it:

**Eats** the **leaf** for a **while**

He wants to **go**

To **another** place

After The **inch worm**:

**Makes** a **hole** in the **leaf**

He **looks** for a **new** leaf

He probably **likes**:

**Fresh** leaf

**And**:

Probably

His main **thing** in **life** is

To **eat** leaves

**Sometimes**:

- When the **inch worm**
- **Goes** to a **new** place
- It **Chooses** to **go** to
- **Another** leaf

## **Remembering The Inch Worm**

So:

- The inch worm is **small**
- He **Stays** on the **leaves**
- And **eats** them
- It mostly **stays** in **one** place

The inch worm:

Just **stays** there  
And **eats** on the **leaf**

**After** it:

**Eats** the **leaf** for a **while**  
There **becomes** a **hole** in the **leaf**

After He:

**Makes** a **hole** in the **leaf**  
He **looks** for a **new** leaf

**So:**

- We **See** The Inch Worm
- Then We **Know** The Inch Worm

## **Going To A New Leaf**

When the **inch worm**:

- **Wants** to **go** to a **new** leaf
- He **knows** it

It is:

A **Big deal** for the **inch worm**  
To **go** to a **new** leaf

The **new** leaf:

- Has some **distance**
- To **get** to it

The inch worm is **small**

When he:

**Wants** to **go** to a **new** leaf  
He **has** to  
**Span** a **distance**  
To the **new** leaf



The **new** leaf:

- Has some **distance**
- To **get** to it

*The inch worm:*

*Is **only** an inch **long***

**And:**

*He wants to*

***Transfer** himself to another **leaf***

*Wow*

*The **inch worm:***

*Has A **Method***

***Going** To A New Leaf*

## **How To Transfer The Leaf**

In Order To:

- **Transfer** to a **new** leaf
- The inch worm
- **Has A Method**

*He:*

***Goes** to the **edge** of his **leaf***

*The **first** leaf*

**From:**

*The **edge** of his **first** leaf*

*He **sees** the **new** leaf*

*He **wants** to:*

***Transfer** to the **new** leaf*

He makes **sure:**

- That the **new** leaf
- Can be **reached**
- Like
- Distance **one inch** or **less**

He is **only** one inch **long**:

And he gets **ready** for the **move**

Since:

The inch worm

Is **only** ONE INCH **LONG**

Then he can **never** go

**Farther** than **one inch** at a **time**

**So** it is a **big deal**

For the **inch worm**

To **go** to the **new leaf**

## Getting To The New Leaf

In Order **To**:

- **Get** to the **new leaf**
- He **goes** to the **edge**
- And **then**
- **Stands** up **all** the **way**
- **One** inch high

**There**:

When he is **sure**

He **leans** over

**Towards** the **new leaf**

As he **leans**:

- The inch worm
- **Falls** over
- **From** the **top**
- Over **to**
- The **new leaf**
- Whoa

If **everything** goes:

**Right**

And it usually **does**

Then he can

Have a **hold**

On the **new leaf**

The inch worm:

- Would be in a **situation**
- Where he could
- **Continue** to **transfer**
- To the **new** leaf

*He would **be**:*

***Part way** on the **new** leaf  
With a **hold** on it*

## **Completing The Transfer**

The inch worm:

- Is a **pro**

*So:*

*This is the **way**  
That he **does** it*

*He is only **ONE INCH LONG***

Since the inch worm:

- **Tried** to **go** to
- The **new** leaf
- Then he
- **Chose** or **intended** to **go** there

*He would **usually**:*

***Proceed** to **finish** his **move**  
To the **new** leaf*

*He would **want** the **new** leaf*

*On the **new** leaf:*

*The **inch worm** would **find**  
A new **supply** of **food**  
**Green** leaf*

*Pg 11*

He would:

- **Choose to complete the move**

*When he is:*

*Completely **on** the **new** leaf*  
***There** he could **continue** to **eat***  
*The **new** leaf*  
***Green** leaf*

## **The Point Of The Story**

The inch worm:

- Is **basic**

*He doesn't **Do**:*

*Many **things** in **life***

From Our **Story**:

- We **see** that
- The biggest **thing** that
- The inch worm **does** is
- **Transfer** to a **new** leaf

*On the **new** leaf:*

*He could **continue eating***  
***New** stuff*

When the inch worm:

- **Wants to transfer**
- To the **new** leaf
- He is very **careful**

*He **wants** to:*

***Get a hold** on the **new** leaf*  
*And be **sure** that it is*  
***Sure** and **correct***  
*Before he **chooses** to*  
***Let go** of the **old** leaf*

*This is the **inch** worm*

Once he:

- **Lets go** of the **old** leaf
- Then he is **on his way**
- To his **new** world
- The **new** leaf

*If he:*

*Thinks carefully  
And **does it right**  
Then things **go good***

*On the **new** leaf:*

*There is not **much** to **think** about*

*On the **new** leaf:*

*He would have  
**Chosen well**  
And so  
**Proceed ok***

***The Inch Worm Meditation***