

## Inch Worm

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This is Article:

- Inch Worm

About:

The Inch Worm

Inch Worm is:

A Small Worm

Sure:

- Like

Inch Worm

Only one inch  
Long

Really it is:

- A meditation

Name =

Inch Worm  
Meditation

Again about:

The Inch Worm

A Small Worm

An old story:

- From India

Inch Worm

## Info

Well sure:

- Why

Like:

Why learn  
About

- Inch Worm

A Small Worm:

Only one inch  
Long

- Why

Well:

- Info

Inch Worm

Although:

- Inch Worm

Only one inch  
Long

He is part of:

An Ancient Story

- Info =

Inch Worm  
Lives

On a tree leaf

Yet it is  
Amusing  
Pg 2

Inch Worm:

- Uses a method

It is shown:

In the story

Actually:

- Story of

Inch Worm

And

- His method

Results in

This Article

Article =

Inch Worm

Remember:

Inch Worm  
Meditation

This article

Inch Worm:

Lives on a  
Leaf

And  
Has a method

**Seeing**

We see:

- Inch Worm

Pg 3

Lives on a leaf

- Tree leaf

He uses:

- A method

Inch worm

Method

This is shown:

In The Story

Inch Worm:

With his method

Makes:

- A good story

Main name =

Inch Worm

Meditation

Inch Worm

Method

- Appears in

Inch Worm

Meditation

## **Background**

So:

- A meditation

Inch Worm

Meditation

Then a little:

About meditation

Since Article:

Mentions meditation

Then I:

- include

Some

About meditation

This is for:

- Assist

To interpret

Inch Worm

Meditation

Some

About meditation

In Meditation:

- We use

Calm approach

For:

To seek peace

Goal of meditation:

- Is

Being with

Peace

Peace and quiet

Goal of meditation

Pg 5

This =

- Good approach

Good approach to  
Meditation

In Meditation:

- We

Take a minute

To be sure

About:

- Being there

Like present

We can have:

- A look

Look at:

What we are  
Doing

If we do:

- Be sure

Like to:

Stand ok

Then it goes  
Better

Then we can  
Try

To proceed  
With certainty

Sureness

Like safe

Ok

Then:

If this  
Goes good

We could believe

Believe that we  
Like the meditation

This approach:

- We can call

Being careful

Good

See it in:

- Story

## **About Careful**

This way:

- Approaching

Meditation  
Cautiously

Or:

Being careful

Is ok

Not a bad idea

Doing this:

- Being careful

Pg 7

We can try

To avoid error

Error =

Setback

Oooh

If we are:

Careful enough

Then no setback

So:

- Idea of

To continue

Is possible

Sometimes:

- This

Being careful

The idea of:

To proceed

Can be

A sure thing

Good

By doing:

Meditation

Carefully

Being sure to

Be careful

Taking things

Seriously

Then we can  
Find

We would be

Doing it right

We can see:

This

Being careful

In the story

Inch Worm  
Meditation

## **Old Story**

India is:

Very Old Country

Meditation of India

- Old too

So we can:

- Find

That from India

They have  
So many old

Meditation stories

Reason =

Practice of  
Meditation

- A Long Time

India is:

Very Old Country

Indian history:

They have so  
Many meditation  
Stories

- It is known

In India:

Practice of  
Meditation

Thousands of  
Years

Whoa

So then:

- We see here

They thought of

Inch Worm  
Meditation

Our:

Inch Worm  
Meditation

After so much:

- Time

They did think up

Some good ones

## Our Story

Inch Worm:

- Story

Inch Worm  
Meditation

Our story here

Inch worm:

- Is

a small worm

He eats:

- tree leaves

He lives on:

bushes or trees

- Inch worm

Inch worm likes:

to stay on  
the leaves

and eat them

Remember:

inch worm is  
only

- one inch long

Since only:

one inch long

then he doesn't  
Pg 11

eat much

And probably:

His main thing  
in life

is to eat leaves

- inch worm

## **About Him**

He:

- Inch worm

Doesn't move much

He likes to:

- Stay

on the leaves

and eat them

If you:

- watch him

inch worm

Like:

- on a leaf

He mostly just:

stays in one place

He just:

- stays there

and eats on  
the leaf

After he:

eats the leaf

like  
for a while

There becomes:

a hole in the  
leaf

This hole:

- in the leaf

is the place  
where

inch worm ate it

After the leaf:

gets a  
hole in it

Then the:

- inch worm

changes its mind

Then he wants:

- to leave

After he:

eats the leaf  
for a while

he wants to go  
to another place

another leaf

After the:

inch worm makes

a hole in the leaf

He looks for:

- a new leaf

He probably likes:

- Fresh leaf

Sometimes:

When he

goes to a  
new place

He chooses to  
go to another  
leaf

- transfer

## **Remembering**

So:

- inch worm

is small

He stay on:

- the leaves

and eats them

He mostly stays:

- in one place

on the leaf

He just:

- stays there

and eats on  
the leaf

After he:

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 him

Inch Worm

And we:

- Know him

Inch Worm

## **Changing Leaves**

When he:

- inch worm

wants to go  
to a new leaf

- He knows it

And it is:

a big deal  
for 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**

In order to:

- Transfer

to a new leaf

The inch worm:

- Has a method

Method =

- he goes

to the edge  
of his leaf

the first leaf

There:

from the edge

of his first leaf

He sees:

- the new leaf

He wants to:

- Transfer

to the new leaf

He makes sure:

- the new leaf

Can be reached

This is like:

- distance

Distance =

one inch  
or less

distance to  
new leaf

Inch worm is:

- only

one inch long

And he gets

- ready

ready for the  
move

Since he:

- inch worm

is only  
one inch long

Then he can:

never go farther

Farther than:

one inch  
at a time

So it is a:

- big deal

For him:

inch worm

To go to:

the new leaf

## **New Leaf**

- whoa

In order to:

get to the  
new leaf

He goes to:

- the edge

And then:

inch worm  
stands

- stands up

all the way

One inch high

Then:

- there

When he is:

- sure

He leans over:

- towards the

new leaf

As he leans:

- inch worm

then

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

Inch worm

Method

He:

- 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

new leaf

## **Completing it**

So he:

- inch worm

is pro

Then this:

- is the way

he does it

He is only:

one inch long

Since he:

- tries to go

to a new leaf

Then he:

- chose

to go there

He:

- intended

to go there

He would usually:

- proceed

to finish  
his move

Move to:

- the new leaf

He would want:

the new leaf

There:

on the new leaf

He would find:

new supply of  
food

- Green leaf

He would:

choose to complete  
the move

When he is:

completely on  
the new leaf

Then he could:

continue to eat

Eat on:

- the new leaf

## Point of Story

The inch worm:

- Is basic

He doesn't do

many things  
in life

From our story:

- We see that

The biggest thing

inch worm does  
is

- transfer

Transfer to:

- a new leaf

There:

on the new leaf

He could:

continue eating

Eating:

- new stuff

When he:

inch worm

wants to transfer

Transfer to:

- the new leaf

He is very careful

He wants to:

get a hold  
on the new leaf

And be sure:

- new leaf is

safe and correct

Before he:

- chooses

to let go

of the old leaf

This is 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

There:

on the new leaf

There is not much:

to think about

He would have:

- chosen well

He would:

- proceed ok

inch worm

Inch Worm  
Meditation