

MIDL Online Buddhist Insight Meditation Course

Stephen Procter

Meditation Skill 02: Mental Restlessness → Mind Relaxation.

<https://midlmeditation.com/meditation-skill-02>

Detailed instructions Skill 02.

- [YouTube Instructions](#)

During Meditation Skill 02, your meditation remains the same as Meditation Skill 01, except now you include a slow out-breath through your nose while relaxing your eyelids to calm your mind's interest in the past and future, calming any mental restlessness that may have built up during the day. As your mind's interest in the past and future relaxes, you will access a deeper sense of comfort and ease within your mind, along with an increased awareness of your body's presence and how pleasant it feels.

Step 1: Meditation Skill 01.

Your meditation remains the same as Skill 01, except you now add steps 2-3 as new additions to your meditation.

Your Meditation So Far:

- Sit in meditation.
- Reflect gratefully.
- Listen to sounds.
- Clothing touching your body.
- Marker 01: Body Relaxation.

Additions for developing Mind Relaxation in Skill 02:

Step 2: Relax with Slow Out-breaths.

Join Steps 02 to your meditation so far to develop Marker 02: Mind Relaxation.

- Once you feel relaxation and comfort in your body, as in Skill 01, you can add this addition to relax your mind's interest in past and future. The trick is to slightly slow down each out-breath through your nose to relax the effort held in the frontal lobes of your brain.
- *Observe the effect:* After releasing five slow breaths out through your nose, allow your breathing to happen naturally and observe any changes in how your body, mind and breathing feel.

Step 3: Relax Eyelids.

Once you are comfortable with Step 2, enhance your relaxation by relaxing your eyelids.

- Once you understand Step 2, allow your eyelids to relax, letting them droop and become heavy like you are falling asleep. Joining this with slow out-breaths through your nose in Step 2 will enhance the relaxation of your mind.
- *Observe the effect:* Be curious about how relaxing your eyelids affects the relaxation of your mind and settles thinking and mind wandering for a short time. Also, as you mentally relax, notice how you naturally become more clearly aware and present in your body.

Step 4: Enjoy Relaxing.

Your next step is to learn to enjoy the relaxed presence of your body and allow it to grow.

- After completing steps 1-3, stop controlling your breathing and allow it to return to its natural rhythm and pace within your body. Observe how you can continue to relax and let go of effort in your body and mind with each natural, uncontrolled out-breath. Practice relaxing your mental effort without attempting to control your breathing.
- *Observe the effect:* Notice the growing sense of presence in your body as you mentally and physically relax, accompanied by a feeling of increased comfort and ease. Allow your attention to focus in the foreground on the subtle pleasantness and ease of calming your mind while maintaining a background, peripheral awareness of your body's growing comfort and presence.

Step 5: Insight.

- *Mind Wandering:* Use this increased awareness of your body and how pleasant it feels to develop insight into mental restlessness and how it contributes to mind wandering. Take an interest in any time you notice your mind wandering toward thoughts or fantasies. Learn to physically and mentally relax with gentle softening breaths to bring your awareness back into your body and return mindfulness to your body.
- *Other Hindrances:* As in Skill 01, at this stage of meditation, your mind may wander to thoughts, become sleepy, or even forget that you are meditating. These are normal parts of learning to relax and let go and should not be taken personally. You are retraining your mind in different behaviours, and as your skill improves, all these things will settle down. At this time, focus on calming mental restlessness and developing enjoyment in relaxing your body and mind.
- *About Thinking:* At this stage of meditation, random thoughts and mind wandering are not a problem; your main aim is to settle the mental restlessness of your mind that comes from its interest in the past and future. As interest in past and future calms and your mind relaxes, the type of thinking will change from targeted thoughts to random, drifts, floating thoughts. Thoughts themselves are not a problem; it is the energy that supports them that hinders the development of calm. In Skills 01 & 02, you are gradually settling the built-up energy in your body and mind by releasing your interest in it through stages of relaxing and letting go.

MIDL Insight Meditation System: Donation-based Course.

<https://midlmeditation.com/midl-meditation-system>

MIDL is a donation-based Buddhist Insight Meditation Course designed to be integrated into daily life by Stephen Procter. MIDL employs a gentle approach to insight meditation, where meditators begin by learning to relax through slow, gentle breathing. This approach to meditation is known as softening. It allows meditators to experience benefits such as greater relaxation in their body, lower stress and the experience of anxiety with a few weeks of practice. MIDL is practised by following instructions in an in-depth insight meditation course designed for family and work life. MIDL also integrates into a free-flowing retreat practice based on developing calm for insight.

The attitude behind MIDL is: "Everything can improve a little bit, and success comes from celebrating these accumulating little successes."