**Available here:**

[**https://www.janhein.com.au/vipassana**](https://www.janhein.com.au/vipassana)

**Citation:**

**Hein, J. (2021, April 16). Meditation in Minimal Language (MML). Paper presented at NSM-Con2021 (Natural Semantic Metalanguage Conference 2021), Griffith University, Australia.**

**ENGLISH ABSTRACT**

**Meditation in Minimal Language (MML) – Jan Hein**

In this short presentation I will, first, draw a parallel between (a) the NSM technique of reductive paraphrase, used for word-concept analysis, and (b) the technique of Vipassana (roughly, 'seeing things as they are') meditation, used for body-mind analysis. Second, I will advocate clear, accessible meditation instructions framed in Minimal Language, so that anyone can meditate irrespective of age, language (proficiency), experience, etc. Third, I will invite everyone to a short guided meditation framed in Minimal English.

KEY WORDS: NSM, Minimal Language(s), Minimal English, Vipassana, Meditation in Minimal Language (MML)

**SPANISH ABSTRACT**

**Meditación en Lengua Mínima (MLM)**

En esta corta presentación primero voy a trazar un paralelo entre (a) la técnica de paráfrasis reductiva de la MSN (Metalengua Semántica Natural; NSM por sus siglas en inglés), usada para el análisis de palabras-conceptos, y (b) la técnica de meditación Vipassana (aprox., 'ver las cosas como son'), usada para el análisis del cuerpo-mente. Segundo, voy a abogar por instrucciones de meditación claras y accesibles, formuladas en Lengua Mínima, para que cualquiera pueda meditar, independientemente de la edad, (dominio de) lengua, experiencia, etc. Tercero, voy a invitar a todos a una meditación guiada corta formulada en Inglés Mínimo.

PALABRAS CLAVE: MSN, Lengua(s) Mínima(s), Inglés Mínimo, Vipassana, Meditación en Lengua Mínima (MLM)

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**Meditation in Minimal Language (6 min.):**

NSM’s explication (reductive paraphrase) is often described as a decompositional technique. The researcher breaks up a word-concept into smaller and smaller units, to reveal the true, precise, clear nature of that word-concept.

The tiny, universal, objective blocks of meaning.

The molecules and atoms of which all language concepts are made.

This conceptual nature is often invisible to the language outsider. In a way, it remains unclear to the insider also, unless deep semantic analysis is conducted.

Vipassana meditation, aka “insight” meditation -- meditation strictly as proposed by the Buddha- is also a decompositional technique. But the object of analysis is not a word (or word-concept), but the body (or, ultimately, the body-mind). The meditator looks into their body part by part, breaking up the body sensations -- that is, the physical sensations -- into smaller and smaller units. Sensations like pain, itchiness, pleasure, pressure, vibration, numbness, prickling, tingling, throbbing… you name it

You observe these sensations with “equanimity”, i.e. you observe sensations objectively as they are, and not as you want these sensations to be (this is called “craving”), and not as you don’t want these sensations to be (this is called “aversion”).

Soon, one starts to experience physical sensations throughout the whole body, and, ultimately, one experiences the very tiny universal blocks that compose all things of reality, which the Buddha called “kalapas”. The size of one kalapa is 1/46000 of a particle of dust from the wheel of a chariot.

Like the reductive paraphrase technique, Vipassana is a very straightforward technique.

However, like reductive paraphrase technique, Vipassana requires time and hard work.

Given the right tools and instructions, anyone can explicate (i.e. perform reductive paraphrase). All you need is word to look into.

Given the right tools and instructions, anyone can mediatate. All you need is a body to look into.

My goal is to develop clear instructions for meditation framed in Minimal Language. Accessible to anyone, irrespective of age, language, language proficiency, experience with meditation, cultural background, etc. Avoiding obscure, technical, mysterious or mystic words.

Meditation instructions in Minimal Language will be easy to understand, and cross-translatable without distortion.

This is also important for meditation research: fully cross-translatable meditation instructions can minimize biases that result from presenting participants with what only appears to be the same language stimuli.

In the remaining time (1-2 min) I will invite you to a guided meditation in Minimal Language, which will finish with the sound of the bell. It is a breathing meditation (Anapana), where you observe only sensations in the nose area. It is the first step before you can practise Vipassana proper with your whole body.

Three caveats before we start:

One: you need not convert to Buddhism to practice this.

Two: I’m switching off my camera now. You can do the same if you want some privacy.

Three: this is just work-in-progress, and has never been tested before. Much work is in order.

So, whenever you are ready, it goes like this:

*It’s good if you close your eyes now.*

*Breathe like you breathe every day. Feel the air touching your nose when you breathe.*

*Can you feel the air touching your nose?*

*It’s good if you can feel it.*

*The air in your nose.*

*It moves in your nose.*

*Upwards,…*

*…downwards.*

*Feel the air touching your nose. Nothing else.*

*Touching your nose, the bottom of your nose*

*Maybe you are not feeling it. You can’t feel it. This is not bad.*

*Maybe you are feeling something in another part of your body,*

*You are thinking about something else. This is not bad.*

*When you know this is happening, one more time: feel the air touching your nose when your breathe.*

*Nothing else, the air moving in your nose.*

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