

Can a Book About Stillness Speak to the Scrolling Generation?

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The Science of Stillness adopts a contemporary approach to philosophical writing — using shorter passages, reflections and deliberate pauses to encourage readers not to scroll faster, but to stop, think and absorb.

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We have become a generation of scrollers.

From news and social media to emails and entertainment, much of modern life is consumed in fragments. We move from one piece of information to another, often absorbing an idea in seconds before moving immediately to the next.

But could the reading habits created by the digital age be used for something very different — **to encourage contemplation rather than distraction?**

That is one of the ideas behind the structure of *The Science of Stillness: Awakening Divine Consciousness – An Unfolding Meditative Journey*, by spiritual philosopher and meditation teacher Rajesh Ananda.

Rather than presenting philosophy through page after page of dense, uninterrupted prose, *The Science of Stillness* has been deliberately structured around shorter passages, clearly defined ideas, quotations, reflections and generous visual pauses.

The intention is deceptively simple: **read something, stop, consider it, absorb it — and only then continue.**

“We have become accustomed to scrolling and absorbing information in small pieces,” says Ananda. “I wanted to use that habit differently — not to make people consume more quickly, but to encourage them to stop. Read an idea. Ponder it. Absorb it. Then move on.”

Philosophy for the Scrolling Generation

The approach reflects a wider challenge facing writers of philosophy, spirituality and serious non-fiction: how do you communicate ideas requiring thought and contemplation to readers living in an increasingly fast and fragmented information environment?

Ananda's answer was not to dilute the philosophy, but to reconsider its presentation.

Throughout *The Science of Stillness*, changes in thought are given room to breathe. New theories and perspectives can begin afresh rather than disappearing inside long blocks of text. Reflective passages interrupt the conventional flow of prose, while quotations and moments of visual space invite the reader to pause.

The result deliberately echoes something familiar to the contemporary reader — the experience of encountering ideas individually — while attempting to produce almost the opposite psychological response to social media.

Instead of scroll, react, scroll, the invitation becomes: read, pause, reflect.

Using a Modern Habit to Rediscover an Ancient One

There is an intentional paradox in designing a book about stillness for people accustomed to scrolling.

Digital culture encourages movement. Stillness asks us to stop.

Scrolling encourages the next piece of information. Philosophy asks us to remain with an idea.

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Social media frequently rewards instant reaction. Contemplation asks us not to react immediately at all.

For Ananda, this distinction reflects one of the central arguments of *The Science of Stillness*: that stillness is not simply the absence of activity, but a different relationship with our thoughts, emotions and experiences.

The book brings together philosophy, psychology, neuroscience, meditation and spiritual insight to explore what happens when human beings become less dominated by the continual activity of the mind and begin to experience the quieter awareness beneath it.

Its physical structure therefore becomes part of that message.

“Philosophy should not simply be understood intellectually,” Ananda says. “Sometimes one paragraph contains enough to contemplate for several minutes. I don’t necessarily want the reader to reach the next page quickly. I want an idea to remain with them.”

From Information to Reflection

The approach also raises a larger question about the future of books.

The digital revolution has changed not only *where* people read, but potentially *how* they read. Yet rather than treating shorter attention patterns purely as a problem, *The Science of Stillness* experiments with meeting the modern reader where they are — and then inviting them somewhere deeper.

A reader can consume several pages at once or stop after a single reflection. The book does not demand speed, nor does it require every chapter to be consumed in one sitting.

In that sense, the structure is intended to make philosophy more approachable without making the ideas themselves less substantial.

It is philosophy adapted to the rhythm of contemporary life — **but with the intention of changing that rhythm.**

Perhaps the most succinct expression of the idea is also the simplest:

“We have learned to scroll. Perhaps now we can learn to pause.”

And in a world increasingly designed to keep us moving from one thing to the next, that pause may be precisely where *The Science of Stillness* begins.

About The Science of Stillness

The Science of Stillness: Awakening Divine Consciousness – An Unfolding Meditative Journey explores stillness not as an escape from modern life, but as a way of becoming more deeply present within it.

Drawing upon philosophy, psychology, modern science, meditation and spiritual wisdom, the book explores the relationship between the mind, body, emotions, consciousness, love and the experience of the Divine.

Its central invitation is not simply to understand stillness intellectually, but ultimately to experience it.

About Rajesh Ananda

Rajesh Ananda is a spiritual philosopher, meditation master, author and teacher. His work explores meditation, consciousness, love and the practical application of spiritual philosophy to contemporary life.

He wrote *The Science of Stillness* and teaches meditation and spiritual unfoldment internationally.

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Rajesh's Author Web: www.rajeshananda.guru

FISU Meditation: www.fisumeditation.org

Amazon Book Site: <https://mybook.to/thescienceofstillness>

Images attached from the book cover and inside

Library/bookstore interests: spirituality, philosophy, meditation, personal development, psychology/wellbeing and mind-body subjects.

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