

## MEDITATION – True or False

### **Meditation requires much training to get it right**

False. Meditation is easy and can be quickly learned and practiced. There is no such thing a “right” and wrong” meditation.

### **You have to turn off your thoughts and make your mind blank**

False. The harder you try to quieten your mind, the noisier it will become. With practice your mind will naturally quieten (most of the time!) Our mind creates our thoughts and is sometimes how our stress is released in meditation. Allow the thoughts to arise and gently let them go.



### **You have to be good at focusing your attention.**

False. This is definitely not a requirement of meditation but is a benefit that will come with practice.

### **There is one specific "state of meditation" and the aim is to get into that state.**

False. There are many possible states of awareness you might experience when meditating, and they are all part of the *process* of meditation.

### **There is only one specific type of meditation practice**

False. There are as many varieties of meditation as there are teachers and students. You will find yours through practice. It is about what works for you.

### **To meditate you need to put your expectations aside.**

True! Follow the basic steps of your method and let go of all you have heard that is “supposed to” happen. Stay open to what does happen even if it appears to be nothing. Meditation will ignite positive changes on a deep inner level and you will begin to notice these changes manifesting in your outer life.

### **Meditation takes effort**

True! But it is a relaxed effort. All you do is turn up, follow the steps and finding that midway point between spacing out and strenuous concentration.

### **Meditation takes Time**

True. 10-20 minutes a day! But with less stress, fewer worries, and an enhanced ability to focus you will discover you can actually do more with your time and with less effort.

### **Meditation makes me Feel Uncomfortable**

Sometimes True! Releasing stored up "stress" may cause "physical/emotional responses. A valuable healing process is taking place as outdated thoughts, emotional responses are transformed and will pass quickly. The meditation process is transforming your energy so that it flows and enhances your vibrational patterns.