

Meditation - Most Common Errors and their Remedies

Meditation is attempted by many people. But most people do not succeed. This is because most meditation enthusiasts make some mistakes. Below are some common mistakes committed while meditation, and their remedies -

- **Error: Putting too much effort into meditation.**

Remedy: Meditation goes wrong if you try too hard to get it right. This is not just clever play of words. It is the essence of pulling your act together for meditation. Meditation is an effortless exercise. In order to reach greater depths in meditation you must effortlessly reach deeper levels of your mind.

- **Error: Concentrating too hard in meditation.**

Remedy: Meditation is a pleasurable exercise of leaving all cares behind. If you try too hard to focus or concentrate your attention during meditation, you are bound to fail. Then you wonder what went wrong and try to concentrate harder still, the next time. And, you fail again. It becomes a vicious cycle. Now, you become disillusioned and discontinue. So just relax while attempting meditation.

- **Error: Trying to stop the thought process during meditation.**

Remedy: Meditation is not about stopping the thoughts. It is a process of becoming calm in body and mind. Actually, flow of thoughts cannot be stopped. So, if you attempt curtailment of thoughts, you are bound to fail. Instead, during meditation you are asked to become aware of all your thoughts, even the smallest ones that cross your mind. When you start becoming aware of all your thoughts, you automatically reduce the clutter of thoughts. This makes the mind calm.

- **Error: Attempting meditation with some discomfort in body and mind.**

Remedy: Never start the process of meditation with some discomfort in mind and body. You have to be totally free of any uneasiness. If you have any pain in the body, you are bound to get distracted. Similarly, if you have any troubling thoughts, they are bound to distract you while attempting meditation.

- **Error: Attempting meditation in a certain prescribed posture.**

Remedy: Since meditation is a process of complete relaxation, it is necessary that you do it in a posture, which is relaxing to you. There are no fixed postures for meditation. Choose the posture, which is most comfortable for you. Never stick to a posture if it is causing you any kind of pain or distraction. Many people develop problems in the back and head because of insistence on using certain prescribed postures while meditation. This only causes them discomfort and eventually forces them to discontinue meditation.

- **Error: Trying to follow guidelines that create conflict in mind and body.**

Remedy: During meditation, your mind and body should not be working against each other. The main task is to make the mind and body completely united. Then, and only then, you can aim to reach deeper levels in meditation. So, remember there are no set guidelines. One thing that may work for someone, may not work at all for you. It is necessary to choose and stick to only what works best for you and not bother about what does not work for you.

Relax and enjoy meditation. It is extremely important to enjoy each level you can reach. Remember, each attempt takes you to deeper level. Learn as you go.

Author: Neena Dayal

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