

## **Debunking 7 Meditation Myths**

It is fascinating how our perceptions can cloud the facts of many things in life, and meditation is no different. The word meditation has many different meanings to many different people. The media, movies, initial exposures to meditation, upbringing, and other factors can color how we view meditation. Or people make a half-hearted attempt to practice meditation and then give up if it doesn't work for them immediately. These perceptions and initial experiences cause people to resist trying meditation, quit after one attempt, or go through obstacles that wouldn't be necessary if they had the facts. This report will debunk some popular meditation myths that may be preventing you from progressing in your meditation practice.

### **Myth#1 – I have to sit in lotus position to meditate.**

This couldn't be further from the truth. Now, there are some meditation practices that prefer a firm upright posture. But meditation is a mental discipline. There are numerous stories of people performing miraculous self-healings with the aid of meditation. Those people were stuck in hospital beds the entire time. I personally prefer to lay crossways across a bed with the shades drawn. But I have also had tremendous meditation sessions while on a commuter train in downtown Chicago where I lost track of time. Trust me; there is no way to sit lotus on the Metrarail!

### **Myth#2 – Meditation requires years of deciphering cryptic statements from long-bearded robe-wearing gurus.**

Meditation requires one thing – your intention to meditate. There are many wonderful meditation masters that can train and guide you to heights that might take years to reach on your own. But every reputable meditation master with integrity will teach you the tools so that you can meditate on your own time without the need for anyone or thing. I enjoy studying from many masters of meditation. I then incorporate the teachings that resonate with me into my home practice.

### **Myth#3 – Meditation is that weird silence at the end of yoga class for the hippie people.**

I first encountered a meditative state at the end of a vigorous ashtanga yoga class. I got up after the practice and felt amazing. I was shocked to look around and see half the class had left during the meditation period! However, there is nothing wrong with that. Meditation can be practiced in your home, on a retreat, sitting at work, before you go to sleep, the possibilities are almost endless.

### **Myth#4 – Meditation is something by that weird religion.**

Meditation can be a great aid for whatever religion or spiritual path you want to follow. As your proficiency increases you will find a deeper internal connection to yourself, others, and your higher being of choice. But it is not specific to any one religion.

### **Myth#5 – I tried to meditate and my mind kept racing. I guess I can't meditate.**

One of my burning reasons for founding this site is because of this reason. There are **many, many** ways to practice meditation. You just need to find out the style that works

best for you. Think about if your first encounter with a piece of cake was a 5-day old hostess snack, and then the next time you were at a restaurant you passed up succulent Boston Crème Pie because you didn't like cake based on the dry crusty hostess cake! If you tried sitting and thinking of nothing and did not have success, try using meditation focus cds. If the meditation focus cds were distracting, try one of the many breathing meditations. If a breathing meditation didn't work, try a moving a meditation. There is a meditation path for every mind.

**Myth#6 – I can't stop thinking about all of this work I have to do, I don't have time to meditate.**

I find it hard to believe you can't find 10 minutes to sit with your eyes closed and focus on your breathing. However, if that is the situation, use a meditation focus & concentration CD. The meditation focus technologies will gently guide your mind into a meditative state where you can lock in and fly through work while your mind is calm and meditative. This positive experience can then convince someone to try a session of pure meditation without an outcome focus.

**Myth#7 – What benefit could there possibly be from sitting around thinking of nothing?**

Amazing benefits actually! Meditation is scientifically proven to lower stress and increase relaxation. This is a lot more important than you might think. Deeper and better quality sleep is one result. Reduced blood pressure and more blood flow to the body. More energy, less susceptibility to colds, and greater focus are also benefits that have been scientifically proven. All this from "thinking of nothing"!

There are many different types of meditation in the world. It sometimes takes people a little effort to find the path that resonates the strongest. I hope you don't let these myths stand in your way of exploring meditation. You can find out more about meditation at [www.TheMeditationMind.com](http://www.TheMeditationMind.com)