

MINDFULNESS

THE 3 OBSTACLES

Many people when trying mindfulness meditation for the 1st time will face these obstacles and give up quickly, thinking such a practice is not for them. The reality is nearly EVERYONE trying mindfulness meditation will experience these challenges as a beginner.



DROWSINESS

Antidote: Practice with the eyes 10% open (looking down) and focus on your inhalations to re-energise your body and mind.



TENSION

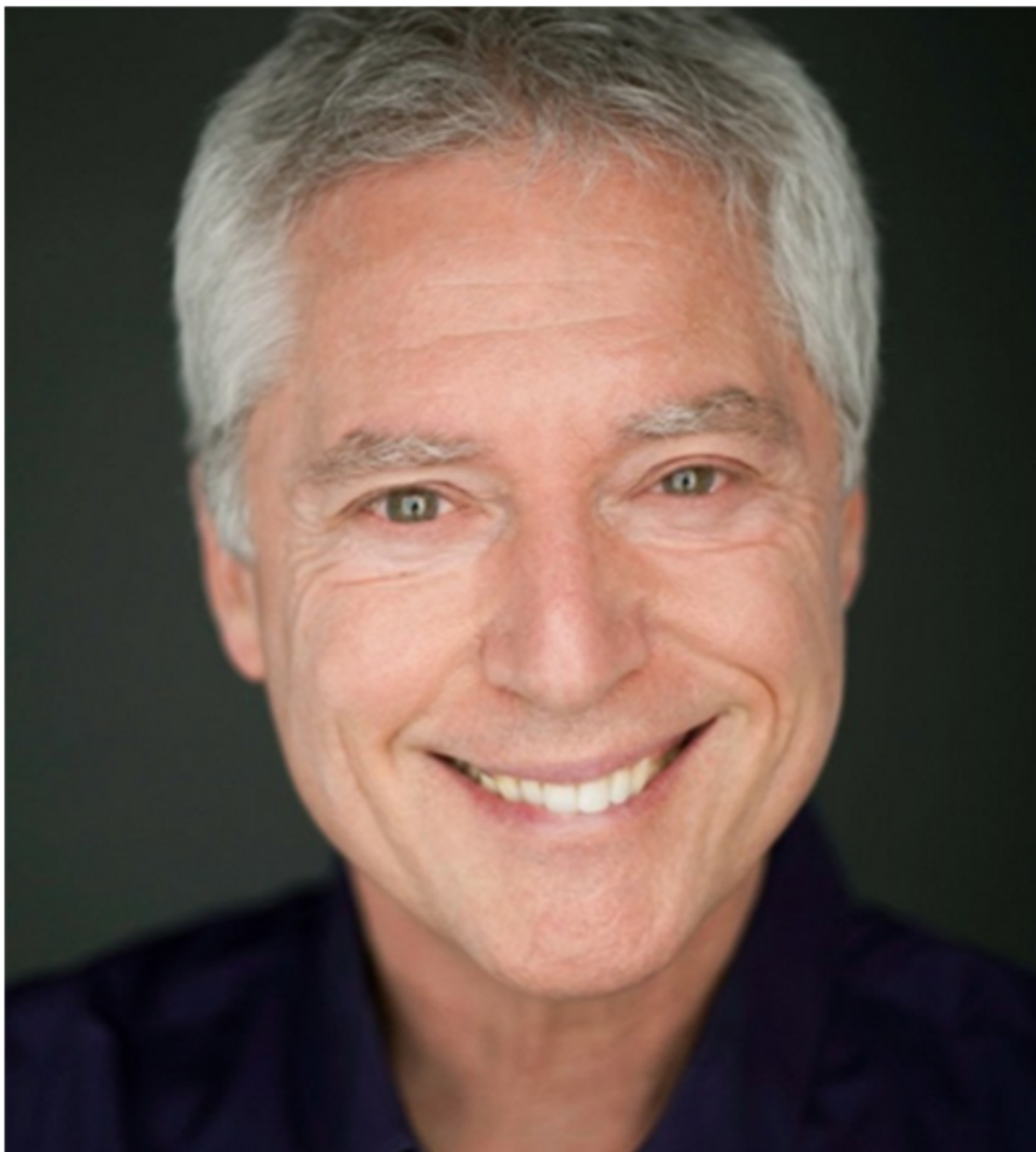
Antidote: Consciously relax in each exhalation. Mentally scan the body from head to toes and let go of any unnecessary effort.



RESTLESSNESS

Antidote: Resist the urge to fidget and focus on the out breath. Alternatively, experiment practicing lying down in shavasana pose.

As Allan Wallace PhD, a renowned mindfulness researcher and scholar, suggested in his book ***Attention Revolution:***



“Simply noticing how chaotic our minds are, is a fantastic sign of mindfulness progress!”

Allan Wallace

The Attention Revolution

Good Luck!



Keen to learn more?

BOOK A FREE CONSULTATION TODAY!

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