

My Meditation Myths Busted



Use this list to help free your mind.

MYTH 1 IT'S A NEW FAD

Meditation has been around for thousands of years. There are many traditions and leaders around the world who meditate, as well as people from all walks of life.

MYTH 2 I DON'T NEED IT

There are many reasons to meditate, to reduce stress, improve focus, improve health, improve relationships and help to create a life worth living. There is indeed something for everyone.

MYTH 3 I DON'T KNOW HOW TO DO IT

Chances are, you already know how: Sit and do nothing. More likely the issue is that you think it is harder than it is. While there are many details that can be learned, you can begin where you are by sitting and breathing.

MYTH 4 I TRIED BUT MY MIND STARTED RACING

It is likely that your mind was already racing. The meditation simply made you recognize it. Meditation is the solution to those racing thoughts, not the cause.

MYTH 5 MEDITATION IS TOO HARD

Can you sit and watch TV for 30 minutes? If so, you can meditate. Meditation is easy, if you let go of the judgmental mind.

MYTH 6 I DON'T HAVE TIME TO MEDITATE REGULARLY

You don't have time NOT to meditate. A few minutes of self-care helps to decrease stress and improve concentration. The result is a reduction in mistakes and improved productivity in life. By bringing your best self, you are more effective, saving time.

MYTH 7 I DON'T HAVE THE SUPPORT TO DO IT

Manage My Meditation is designed to help teach you the skills to begin meditation easily, and set up the support you need to make it an effective and lasting tool for success.

NEXT STEPS

Get a copy of *Manage My Meditation*. Use it to build a better today, and a better tomorrow.

