

Overcoming Common Meditation Roadblocks

These are some of the common barriers every beginner will bump into sooner or later. When you encounter one, know that it is normal. There is no wrong way to meditate.

“I can’t quiet my mind.” 🧠

Great — you’re human.

Meditation isn’t mind-quieting; it’s mind-noticing.

When thoughts wander, gently return to your breath.

“I don’t have time.” 🕒

Try:

- 2 minutes before getting out of bed
- 5 minutes in the car before going inside
- 1 minute between meetings

Tiny pockets count.

“I get uncomfortable sitting.” 🧘

Try:

- A chair instead of the floor
- A pillow behind your back
- Resting hands in your lap for support
- Stretching before you sit

Comfort supports presence — not perfection.

“I feel like I’m doing it wrong.” 🤔

There is no “right.”

The practice *is* returning, not staying perfectly focused.

“I feel restless or emotional.” 😞

Totally normal. Meditation often reveals what you’ve been holding.

Pause, breathe, place a hand on your heart, and continue for another minute.

For more information about Indigo Alchemy, visit my [website](#). Follow me on [Insight Timer](#). Subscribe to my [YouTube](#) channel. Follow me on [Instagram](#).