



Navigating Meditation's Challenges

Embarking on a meditation journey often feels like navigating through a maze of wandering thoughts and fleeting focus. Yet, in this pursuit lies a profound opportunity for inner peace.

Join us as we unravel the enigma of meditation's challenges with Shery Clein, a seasoned meditator and the visionary behind MindfulLiving™. Through decades of personal practice and a passion for research, Shery illuminates the common hurdles we face on the path to mindfulness.

Discover why meditation can be such a formidable feat. Through Shery's guidance and the latest scientific findings, we unlock strategies to transcend these barriers and embrace the transformative potential of meditation.

Welcome to the gateway to MindfulLiving™.



Module 1: Simple Awareness – Chapter 7

Why We Find It Hard to Meditate

Adapted by Shery Clein from Ed and Deb Shapiro

Unraveling the Mystery of Meditation Resistance

Why is it that something as seemingly simple as sitting still and observing our breath can evoke feelings of panic, fear, and hostility? Despite numerous reports attesting to the mental, emotional and physical benefits of calm, there remains a significant number who resist giving meditation a try.



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Unraveling the Mystery of Meditation Resistance

Meditation presents its own set of challenges, particularly when its purpose isn't fully understood. Merely sitting and listening to the constant chatter in our minds can feel peculiar, and the prospect of doing nothing for even a short span of 10 minutes can swiftly lead to boredom.

Over years of listening to various explanations for the difficulty people encounter with meditation, we've distilled the reasons down to a select few:



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Finding Time Amidst the Bustle

"I'm too busy; I don't have the time."

This can be true if you have young children, a full-time job, and all that comes with it. However, we only talk about maybe 10 minutes a day. Most of us spend more time than that reading the newspaper or idly surfing the web. It only appears we don't have the time because we usually fill every moment with activity and never press the pause button.



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Embracing Movement in Meditation

"I find it uncomfortable to sit still for too long."

If sitting cross-legged on the floor feels uncomfortable, that's understandable. But remember, you can always sit upright in a firm and comfortable chair. Alternatively, you can explore walking meditation, yoga, or tai chi. These forms of moving meditation can be just as beneficial as sitting, and they might even feel more comfortable for you.



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Navigating the Turbulent Waters of the Mind

"My mind won't stop thinking: I can't relax. I can't meditate. I just can't! My mind will not get quiet; it flies all over the place! My thoughts are driving me mad! I'm trying to get away from myself, not look inside. Sound familiar?"



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Navigating the Turbulent Waters of the Mind

Surprisingly enough, trying to stop your mind from thinking is like trying to stop the wind – it's impossible. In Eastern teaching, the mind is described as like a drunken monkey bitten by a scorpion because, just as a monkey leaps from branch to branch, the mind leaps from one thing to another, constantly distracted and distracted. So, when you sit still and try to quiet your mind, you find all this manic activity going on, and it seems insanely noisy. It is nothing new; you are becoming aware of it, whereas before, you were immersed in it, unaware that such chatter was so constant.



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Taming the Busy Mind

"My mind won't stop thinking:"

This experience of the mind being so busy is very typical. Someone once estimated that in any one thirty-minute meditation session, we might have upward of three hundred thoughts. Years of an active mind, years of creating and maintaining dramas, years of stress, confusion, and self-centeredness, and the mind has no idea how to be still. Instead, it craves entertainment. It's not as if you can suddenly turn it off when you meditate; it just means you are like everyone else.



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Finding Stillness Amidst Chaos

**"There are too many distractions,
and it's too noisy."**

Gone are the days when we could disappear into a cave and be left undisturbed until we emerged sometime later fully enlightened. Instead, we all have to deal with the sounds and impositions of the world around us. But – and it's a big but – we needn't let it impose. Cars going by outside? Fine. Let them go by, but don't go with them. The quiet you are looking for is inside, not outside. The experience of stillness is accumulative: The more you sit, then slowly, the more the mind becomes quieter and more joyful, despite whatever distraction there may be.



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Discovering the Hidden Gems of Meditation

"I don't see the benefit."

Take my word for it. Some people understand how beneficial meditation is after just one session. You might notice a difference after a week or two of daily practice. This means you must trust the process enough to hang in there and keep going, even before you see the benefits.

Think of it this way: learning to play a musical instrument takes hours of practice to get the notes right, and in Japan, it can take 12 years to master the art of flower arrangement. Similarly, the stillness you seek in meditation may happen in a moment, but it may take some time before that moment arrives. That's why patience is key.



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Embracing Imperfection in Meditation

"I'm no good at this. I never get it right."

It's impossible to fail at meditation. Even if you sit for 20 minutes thinking non-stop meaningless thoughts, that's fine. There is no right or wrong, and there's no unique technique. Deb's meditation teacher told her there are as many forms of meditation as there are people who practice it. So all you need do is find the way that works for you (even if you prefer to do it standing on your head) and keep at it.



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I deeply appreciate your invaluable time and dedication throughout this journey. Your commitment to self-improvement and mindfulness is truly commendable.

If you encounter any discomfort or obstacles, remember that I am here, ready to assist you. Your well-being and progress are my utmost priorities.

Above all, remember to savour each moment and find joy in your practice.

If you have any concerns or questions, please don't hesitate to contact me via WhatsApp at +27824588151 or email at shery@sheryclein.com.

Blessings, and may you stay healthy and safe.

