



MIND-POWER FOR LIFE MEDITATION FAQs

If I have thoughts that keep popping into my head does that mean I am not doing it right?

No, Thoughts are a natural part of the process of meditation, sometimes they are just random thoughts, other times they are an indication of what is most prevalent in your mind at the time. Notice them, do not judge them as good or bad or intrusive and then let them go.

What does it mean when I am meditating and my body suddenly jerks?

The sudden muscle jerks that occur during meditation are similar to the same ones you experience at night just as you are falling asleep. It is a way of releasing stress built up in the body.

When I meditate I fall asleep, am I doing something wrong?

No, generally speaking it is an indication that sleep is what you need and meditating was a way for your body to enter that state. If you continue with the meditating you should notice that you fall asleep less and meditate more. Make sure that you are not lying down to meditate it sends a message to the brain that you are trying to sleep. Try meditating sooner in the day.

What if I stop saying the mantra or notice my breathing has changed?

Just notice what has happened, no judgment about it, and go back to saying the mantra and doing the breathing.

What if I notice that I am not saying the mantra and I am not having any thoughts?

CELEBRATE, that is the ultimate state of Quietness and considered by many to be the state of transcendence.

What happens if I don't have time one day to meditate or I forget?

Remember, Meditation is meant to help reduce stress! So if you miss it or forget about it don't worry about it, just do it the next day.