ExPlorations in Mindfulness

Overcoming roadblocks to meditation and developing a practice

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

There are several roadblocks you may encounter when you’re starting mindfulness and meditation training such as wandering thoughts, fear of doing it wrong, negativity coming in, chronic pain or not having enough time. With planning and practice, you can overcome these roadblocks. When developing your meditation practice, you’ll need to identify a place, time and body position that works for you.

“Meditation provides a way of learning how to let go. As we sit, the self we’ve been trying to construct and make into a nice, neat package continues to unravel.” – John Welwood

# NOTES:

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Body Positioning

# Reflections from your meditation practice:

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