

5 WAYS TO MAKE YOUR MEDITATION 100% EASIER

(Without doing anything different...)



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Meditation, we are told, is the key to inner peace.

But, what if it's not?

What if our mind wanders the whole time and we feel like we haven't really meditated for more than a microsecond (if that).

Or, what if meditating actually brings up trauma from our past and/or makes us feel more anxious.

Does that mean we're doing it wrong?

TRUTH BOMB #1
There is no right or wrong way to meditate ♥

Whatever your meditation looks like – even if it's full of thoughts – it's still meditation and it's still correct. It's your version, not the Instagram version, and there is no right or wrong way.



Just like getting on a plane is not the same as a holiday resort; meditation is not the same as inner peace. It's simply one of the ways to get there.

When we look at it with that lens, we come to know that meditation is a *pathway*, not the answer itself.

With that in mind, if meditating leads you to a place of unease, give yourself permission to drop it.

Don't worry that you're not doing it right or not trying hard enough, or that you don't get it. None of that matters.

Let all of it go. If you struggle to meditate, do something else. Try gardening, swimming, walking, reading a book. Anything.

Really, meditation is not the only (nor most perfect) answer. ♥

TRUTH BOMB #2
Meditation is not the answer to life's problems ♥

As a meditation teacher, here's what I witness a lot...

People come to a class with an unconscious expectation of what meditation is and what it should be.

Through no fault of their own they have been led to believe that by practising in a certain way, they will be able to absolve themselves of their traumas and their busy mind.



These expectations live below the level of consciousness. If asked, most people will say they don't have an expectation. That they just want to feel better.

They think (or have been told) that meditation is a cure for their problems. Or at the very least it will minimise their stress.

Although there is the potential for that, there is also the potential for your problems to rise to the surface.

If anything, meditation can highlight your issues. Especially if they've been repressed.

Know this: meditation is a grand unravelling of our psyche and it is not for the faint hearted.



I liken the early stages of meditation to Spring...

When Spring arrives the earth is cool. During Autumn and Winter the ground gradually cools down, then, as the air warms up again it creates a pressure system that creates wind. The greater the relative difference between the coolness of the earth and the warmth of the air, the stronger those winds will be.

Meditation is the same.

We are high energy beings. Anxiety is energy. Stress is energy. Living day-to-day creates and requires energy. And that amount of energy creates 'heat' in the sense that our minds are busy, our lives are busy (or empty, which is also stressful) and all of it is piping hot with aliveness.

Conversely, meditation is cool like the earth.

It's still and quiet.

When the coolness of meditation meets the heat of our daily selves, it creates a breeze. The greater the dissonance between the two, the 'harder' or more wild our meditation will seem.

When our busy lives meet the quiet stillness of meditation it does not equate to inner peace. Initially, it results in a hot wind that can make us feel like we can't bear to sit still for a moment longer.

We feel like our insides will burst out through our ears while our bellies groan and gurgle under the pressure.

That is meditation.



To say that meditation can create an inner storm is not to say that it doesn't also hold the potential for deep serenity.

However, in order to meet ourselves in a quiet place, it's helpful to know that meditation won't always be calm and it won't necessarily begin that way, or stay that way.



The more off-kilter our lives, the more strenuous meditation can be.

Conversely, when life is cosy and we have plenty of time on our hands, the cool stillness often greets us at the door like an old friend.

But then, as soon as life throws us yet another curve ball, our meditation takes on a wiry quality, just like our mind.

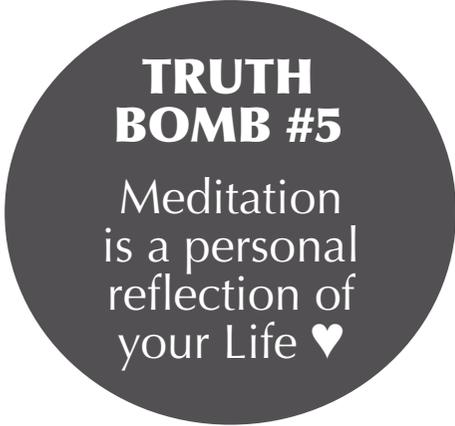
Meditation therefore, is a reflection of our inner state.

It is not constant and it is not consistent, even though our practice might be. Meditation will lead us down many curled and mystical paths. Some of them will be dark. Some will be sweet. Whatever our lives have been, our meditation will follow.

So, never worry that you're not doing it right.

Let your meditation be yours. Let it show you who you are. Allow it to reveal your innermost secrets. Let it rekindle your love and unravel your demons.

Let *it* show *you* what it is.



Meditation does not need to be patient.

It is the embodiment of your deepest, darkest *and lightest* truths.

It is the reflection of everything your life has ever been, can be and will ever be. It is not the journey you hope it will be, it does not care if you like it or not.

It is a wild and windy process and it does not need to be undertaken. You can just as easily choose something else.

If the purpose of your meditation is to reduce stress, be mindful if it is unintentionally creating more of the same. If it is, step back and reset.

It's OK. You're OK.

And whatever your meditation looks, sounds and feels like, that's OK too.



♥ **Meditation is a process**

♥ **It takes time to master the mind ...
meditation is one way, it is not *the* way**

♥ **You can't meditate wrong**

♥ **If it doesn't work for you, do
something else instead!**

For more information about meditation coaching, courses, classes and retreats + life coaching and wellness presentations, visit hannahhempstall.com ♥

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