

5 Signs of Progress in Meditation

Here are five signs that meditation might be starting to work for you:

1



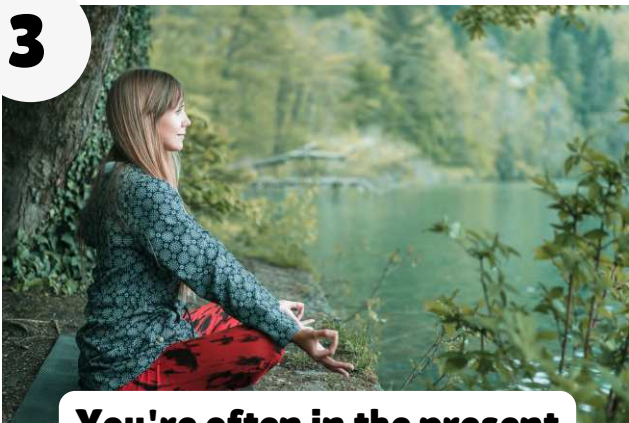
You're not as bothered

2



You're aware of your moods

3



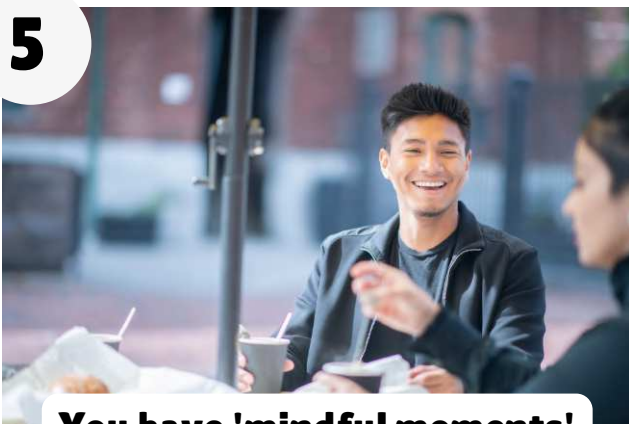
You're often in the present

4



Meditation is more enjoyable

5



You have 'mindful moments'