

The 5 Stages of Meditation

Building a meditation practice is hard work. Sometimes, setbacks occur. There are five common stages of meditation that most people go through as they attempt to start a meditation practice. Failure is part of the process of building a sustainable practice.



1. Optimism

- **"Everything is different!"**
- You're feeling good about your progress
- You're overly ambitious with your goals (long meditation sessions)

2. The Slump

- **"Meditation is hard"**
- It feels like results aren't coming as quickly
- It gets harder to motivate yourself to take action

3. Unraveling

- **"I can't meditate"**
- Meditation turns from a habit into something you occasionally do
- You're not sure if it really works for you anymore

4. Abandonment

- **"I used to meditate, but not anymore"**
- Meditation is no longer a part of your identity. It's something you tried once, but it didn't seem to work well

5. Rediscovery

- **"I can do this sustainably"**
- Something helps you rediscover meditation
- You reboot your practice at a sustainable pace