

What Does Meditation Feel Like?

Meditation is an intensely personal experience. **But generally, there tends to be three types of meditation sessions: calm and relaxing, "just okay," and difficult and frustrating. Each creates a distinct feeling.**



Calm & Relaxing

- **It often takes 15 minutes** for the sediment of your thoughts to settle down, leaving the rest of your mind more clear.
- Calm, relaxed meditation sessions are marked by **a kind of "fog" lifting from your mind.**
- You may also experience a feeling of **clarity and lightness, and even euphoria**

Just "Okay"

- The bulk of your meditation sessions may feel like you're just **"putting in the work"**
- The experience of being in this type of meditation usually feels **not great, but not terrible**
- You may spend significant time **lost in thought, and struggle to achieve clarity**

Difficult

- Often happens when going into a meditation session in a **low mood**
- Your mind may spend **the whole session spinning**
- Your body may start to hurt
- It feels like you're **making no progress.**
- **These sessions are still helpful** towards building awareness