

Why Is Meditation So Hard?

Meditation and mindfulness are hard because the human mind is wired for distraction. Our bodies are designed to watch for threats and conserve energy. In some ways, to meditate is to fight the instincts that come most naturally to us. But with practice, it can become easier.



How to Make Meditation Easier

- 1. Start by properly celebrating your wins.** You probably already have a few of them. Recognize that mindfulness isn't something you achieve, it's something you simply practice. If you're doing that, you're already winning.
- 2. Make sure you're giving yourself a fair shot at success.** Commit to at least an eight-week test run of regular mindfulness practice. Assess yourself before and after, and watch your inner world closely through tools like journaling.
- 3. Make sure to protect your "mindfulness time" closely.** Guard it. This is a time to practice, just as you'd practice piano in order to get better at piano.
- 4. Add accountability into the mix.** If you have others interested in building their meditation or mindfulness practice, share experiences with them or even meditate together.