



Practical Meditation

For You and Your Workplace

FAQ

My Mind Wanders – Is This Normal?

It is entirely normal for the mind for wander into thinking, planning, worrying etc. when we sit to meditate. This is the nature of the mind.

The meditative process is engaged when we notice the mind wandering and we bring it back to our anchor to the present moment (e.g. the breath), with kindness and a non-judgemental attitude.

We do this time and time again, throughout the period of meditation. In time, the mind may wander less and start to feel less busy. However, each time we practice, we will have a different and unique experience.