



7 DAY MINDFUL RESET

SCHOOL FOR PRACTICAL MYSTICS

10 Myths of Meditation, Dispelled.

1.) **Myth:** I have to sit in full lotus.

Truth: Sitting in full lotus is crazy for most of us. You can sit in a chair, on the couch, or even lie down in your bed. It's what works for you!

2.) **Myth:** I have to be or will become a vegan, vegetarian, raw foodie, etc...

Truth: Have your steak and meditate on it, too. Being a carnivore does not exclude you from finding inner peace. Neither does smoking, drinking, or any other habit that seems contrary to a meditative lifestyle. Your lifestyle is a meditative lifestyle, however that looks.

3.) **Myth:** All meditators are also spiritual.

Truth: Meditation is used for many purposes, including simple relaxation. You can choose to make it a spiritual journey if that works for you.

4.) **Myth:** I have to chant a foreign mantra.

Truth: There are many meditation techniques, you do not have to chant a mantra unless it appeals to you. If a mantra works for you, you are allowed to speak it in whatever language you choose.

5.) **Myth:** I have to stop thinking in order to be meditating.

Truth: The monkey mind rarely sleeps, even for experienced meditators. The trick is to watch your thoughts, instead of thinking them.

6.) **Myth:** I won't be able to sit still for more than five minutes.

Truth: You create your own reality... give 10, 15, or even 20 minutes a chance. Better still, ask your inner wisdom how long you should meditate. Listen. Follow.

7.) **Myth:** I'll have to give up wine, beer, cursing, sex, fill-in-the-blank. I'll have to change.

Truth: Meditation is not about giving up things, rather it is about experiencing life through a newfound awareness. You may feel pulled to give up or change certain things, you may not.

8.) **Myth:** I must pick one technique/method and stick with it.

Truth: The world of meditation is your oyster. You may eventually gravitate toward one particular method, but do experiment. It's fun!

9.) **Myth:** I will become a spaced-out hippy.

Truth: I love spaced-out hippies! Seriously, you will become more of your True Self. It won't feel like something foreign, rather a homecoming. Get ready for something special to be revealed :)

10.) **Myth:** I must do it exactly as my teacher, this book, fill-in-the-blank says.

Truth: You are the key master and the gatekeeper. You know the way "in" to you.

*In the space below, jot down any notions of meditation that you may have had that seemed unappealing, uninspiring, or down right un-doable for you.

"I now allow meditation to be --" and fill in the blank with whatever appeals to you; fun, adventurous, calming, loving, comfortable, etc...