

MINDFULNESS

THE 3 OBSTACLES

When trying mindfulness meditation for the 1st time, many people will give up quickly when faced with these obstacles, thinking such a practice is not for them.



DROWSINESS

Antidote: Practice with the eyes 10% open (looking down) and focus on your inhalations to re-energise your body and mind.



TENSION

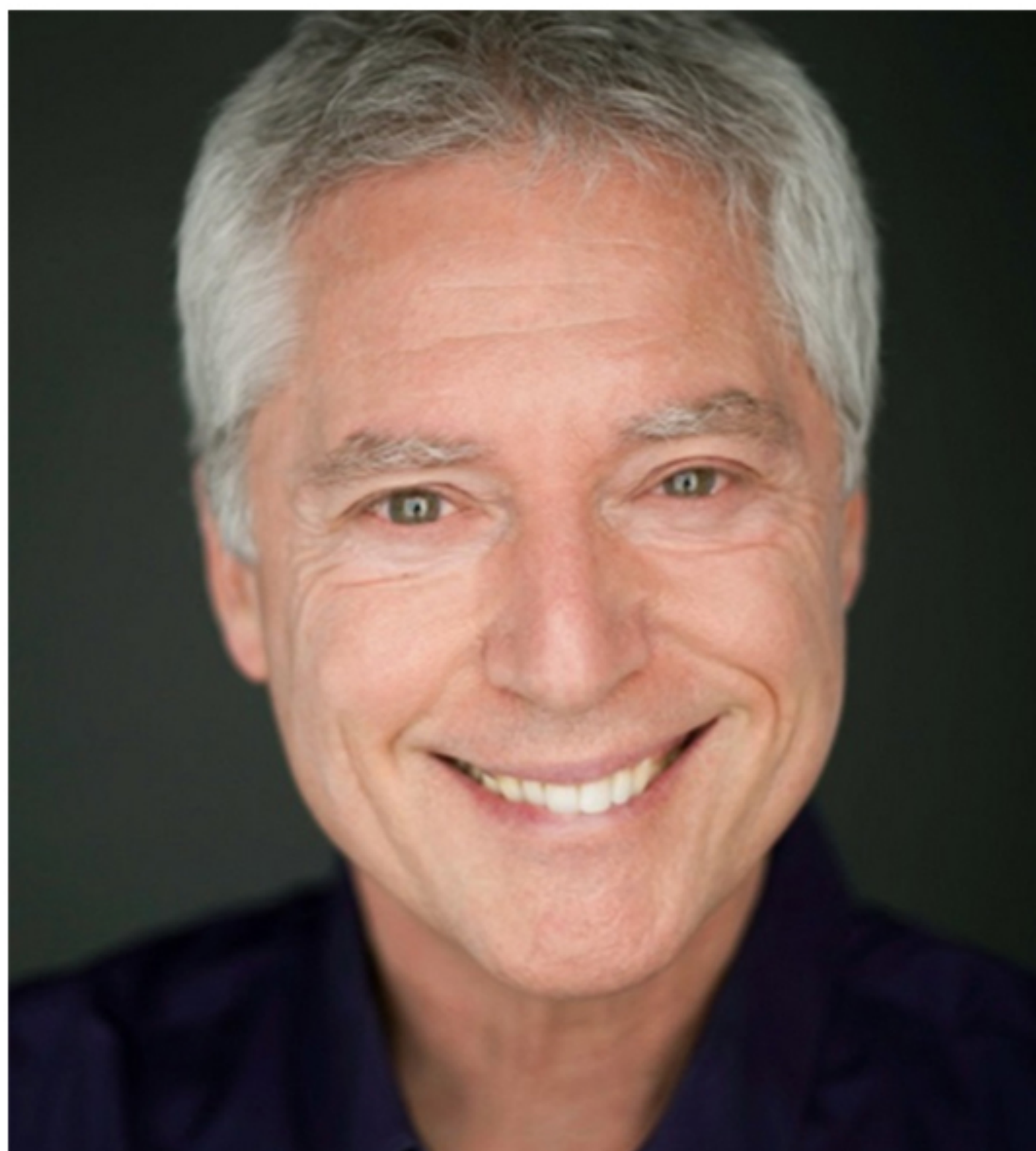
Antidote: Consciously relax in each exhalation. Mentally scan the body from head to toes and let go of any unnecessary effort.



RESTLESSNESS

Antidote: Resist the urge to fidget and focus on the out breath. Alternatively, experiment practicing lying down in shavasana pose.

As Allan Wallace PhD, a renowned mindfulness researcher and scholar, suggested in his book *Attention Revolution*:



“Simply noticing how chaotic our minds are, is a fantastic sign of mindfulness progress!”

Allan Wallace

The Attention Revolution

Good Luck!