

Mind 01/03/21

Common difficulties during practice (1)

- ▶ **Sleepiness** – Acknowledge it with mental noting and become curious about the experience of being sleepy ; practice with your eyes open, standing up or keeping a hand raised if you are lying down
- ▶ **Boredom** is about lack of attention, so try attending closer to your anchor, become more curious about it
- ▶ **Restlessness and striving:** a sign of too much “efforting”, trying too hard to get fast results; the invitation is to relax back, make space for the lack of concentration and the agitation, saying yes to the life that's here



Common difficulties during practice (2)

- ▶ **Judgments** : When you notice the judging mind, simply make a mental note of it, “judging”, without identifying with it or condemning it, as that would create more judgement! Let go of it like any other thought, keeping a sense of humor about it “judging mind, thank you for your opinion!”
- ▶ **Doubt** : Doubt arises when we lack understanding or trust in the practice. To clear doubt, ask questions, read books and articles about mindfulness. Remember it is a practice, it takes time and commitment.
- ▶ **Desire or cravings** : Acknowledge what is happening by naming it “craving”, and be curious about it, investigate what lies beneath it, bring kindness to it

