

5 Reasons Why Your Meditation Practice is Inconsistent

(and what to do about them)

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1. You Don't Do It

If you want meditation to do something for you, you must do the meditation.

There's no other way.

Are you serious? Do you really think that you will get benefits from meditation if you aren't even doing it?

That's crazy talk.

Stop it, right now.

Solution

Start doing it.

It's really that simple. No need to complicate things. Just do it.

Now.

Or, later.

You decide. But please, do it.

2. You Don't Like Doing It

If you've made the decision to meditate, you might find that you're still not doing it.

Maybe it's because you don't like doing it.

Huh.

That's not meditation's fault. It's your fault. You decided to do something that you don't like.

Huh?

Why on Earth would you make that kind of decision? That's just asking for trouble.

Solution

Make up your mind. Either you like to meditate, or you don't.

If you don't like doing it, stop. Go do something you enjoy. If you do like it, great. Do it.

If you want to like it, but you can't figure out how, yeah, I can see how that would be a problem.

You're going to have to solve that problem, somehow. It may take experimentation.

Make it your business to find a kind of meditation you enjoy doing. Otherwise, you're just not gonna do it.

3. You don't know how to do it

You need to know how to do it.

So, if you don't, figure it out.

There are many different techniques you could try. What's important is that you have one, and that you are doing it.

You can't just say "I want to meditate" and not have a clear idea of what that means. That is a recipe for failure.

If you are clear on what you're doing, then it is much easier to DO IT.

Solution

Find a meditation technique.

Here are some examples:

- Follow your breath.
- Walking meditation: be aware of the sensations of your feet as you walk.
- Noting whatever shows up: if you're thinking, say "thinking", if you hear something, say "hearing," etc.
- Just sitting, doing absolutely nothing.
- Scan your body, observing whatever sensations show up.

Pick one and try it.

4. You're doing something else instead

If there's something you'd rather be doing, you won't be meditating all that much.

If you'd rather watch TV, you won't meditate.

If you'd rather eat, you won't meditate.

If you'd rather complain about how hard meditation is, you won't meditate.

It doesn't matter what. If you'd rather do it than meditate, what chance does meditation have?

Solution

Do the thing you want to be doing right now.

If it's not meditation, stop complaining about how you can't meditate.

Recognize that you can only do one thing at a time. That's it.

If you're not meditating, and you want to be meditating, then meditate.

5. You don't believe you can do it

I don't believe you can do it, either. So, there.

What do you say to that?

Come on.

If you suck at meditation, you need to meditate. That's how you get better.

Of course you can do it.

Solution

Meditate.

Even if you suck at it.

Just do it. You'll get better at it.

If something's getting in the way, and you don't know what to do about it, ask for help.

You're not the first person to struggle with meditation. There are solutions out there.

Let me know if you want me to help you.