

A Beginner's Guide to Meditation

November 14, 2017 | 1062 upvotes | by [\[deleted\]](#)

Introduction

Meditation—just like reading or exercising, it's something we've all been told we *should* be doing regularly.

You will often hear people giving blanket prescriptions for daily meditation without providing any compelling reasons to do so, accompanied by some shoddy write-up about “focusing on the breath.”

While their advice isn't wrong, it is repeated ad nauseam and doesn't help beginners who are unsure of how to begin.

In this post, I will attempt to cover as many bases as I can in regards to the **whats**, the **whys**, and the **hows** of meditation.

Why Meditate?

1) Changes in neural composition

When we meditate consistently, we actually change the composition of our brains.

Over an 8 week period, participants in a study of mindfulness meditation showed:

- Increased gray matter in the left hippocampus (information retention).
- Increases in gray matter of the the posterior cingulate cortex (willpower and meta-cognition).
- Increased gray matter in the temporo-parietal junction (empathy and compassion).
- Decreased gray matter in the amygdala (stress, anxiety, fear, and anger).

These changes in brain composition pay huge dividends in increasing mental function in the mentioned areas while reducing our proclivity towards negative emotions.

2) Emotional detachment

Consistent meditation helps you develop the skill of detaching from your emotions.

No, this doesn't mean becoming an emotionless robot. It means freedom.

Freedom not to be driven this way and that by pain, pleasure, desire, or loss.

As you begin to pay closer attention to the thoughts that go through your head, you start to realize when it's your emotions that control you, rather than you controlling them.

Our minds override our rational thinking with negative feelings of fear, jealousy, desire, loneliness, and anger.

With meditation we suddenly have the power to choose whether these emotions have any effect on us.

3) Inner peace

As you get deeper and deeper into a meditative state, you become overwhelmed with a radiating sensation

of peace that flows through your body—the peace of *being*.

By bringing your consciousness to the present moment, you will feel a deep sense of tranquility that carries over into your everyday life.

Marcus Aurelius said it best:

For nowhere either with more quiet or more freedom from trouble does a man retire than into his own soul, particularly when he has within him such thoughts that by looking into them he is immediately in perfect tranquility; and I affirm that tranquility is nothing else than the good ordering of the mind.

4) Freedom from anxiety and depression

Two elements must therefore be rooted out once for all—the fear of future suffering, and the recollection of past suffering; the latter no longer concerns me, and the former concerns me not yet.

-Letters from a Stoic, Seneca

Depression comes from what you have already endured.

Anxiety stems from the uncertainty of what you are *about* to endure.

When you are truly in the present moment, it is impossible to feel any regret about the past or anxiety about the future.

As you develop a steady practice of sitting meditation, you will find yourself naturally transitioning into this peaceful state whenever you start to feel the onset of negative emotions.

5) Discipline and self-control

Meditation makes us more aware of the thoughts that take hold of us.

When we are tempted to indulge in instant-gratification activities, the mental awareness gained from meditation cuts through your mind's bullshit rationalizations for cheap pleasure.

In addition to helping you avoid sabotaging your capacity for willpower with toxic activities, meditation trains your discipline.

It takes an iron will to meditate every single day.

Let's face it: sitting for 10-20 minutes doing nothing but being present and aware of your thoughts and emotions is *hard*.

To make matters worse, there is no quantifiable measure of progress per session like there is for something like losing weight or getting stronger.

In other words, *there is next to no gratification when you complete your session*.

This leaves many people thinking they did something wrong or worse yet, turns them off of meditation altogether.

Sticking to an unshakable habit of meditation for weeks before seeing any obvious results will train your discipline like nothing else.

How to Meditate

Position

Positioning in meditation is all about maintaining an optimal balance between comfort and alertness.

1) Body

No, you don't need to sit in full-lotus position to meditate.

Some people like to sit with their legs crossed on the floor.

Others like to sit in a Japanese seiza position.

It's up to you.

Anything that's comfortable enough for you to be relaxed and not too comfortable that you start dozing off works.

Personally, I like to sit in a chair.

Somewhere between laying down and standing would probably work best.

2) Hands

Up to you.

I like to place the back of my right hand on top of the palm of my left, thumbs touching.

This helps me maintain a bit more alertness than I would if I just let them hang freely.

Really anything works as long as you're not clenching your fists or sitting on them.

3) Posture

Upright is better but if it's too uncomfortable, lean against a wall or backrest.

4) Diaphragm

Relax and stick that Buddha belly out with every breath.

5) Mouth

Tongue suctioned to the roof of your mouth.

Teeth gently touching or slightly apart.

Lips relaxed, mouth closed.

6) Eyes

It's up to you.

I like to keep mine closed and relaxed most of the time.

For some, keeping their eyes closed causes too much sleepiness.

Meditating with open eyes is perfectly fine.

Meditation

Optional: Deep Breathing

Sometimes if you're feeling a little restless or anxious, a few minutes of deep breathing will help ground

you and bring your heart rate down.

I like to do the 4-7-8 technique.

Inhale for 4 seconds.

Hold it in for 7 seconds.

Exhale for 8 seconds.

Rinse and repeat.

1) Begin by breathing

The goal here is to become aware of the breath.

Feel each breath coming in and out.

Use the technique that Buddhist monk, Thich Nhat Hanh lays out in his book, *The Heart of the Buddha's Teaching*:

"Repeat with each breath:

In, out

Deep, slow

Calm, ease

Smile, release

Present moment, wonderful moment"

Don't try to control your breath, just observe it.

Become aware of the unconsciousness that breathing is.

You **will** lose your focus and get lost in thought.

Simply become aware of the fact that you are thinking and return to the breath again.

This is the essence of meditation.

2) Feel the body

Shift your awareness to your body.

Try to feel each body part all the way from your toes to the top of your head.

Is it hot, cold, tense, painful?

Feel the force of gravity working to push you into the ground.

Feel the weight of the air above your head.

After you do this for a while you will start to feel your body as a separate entity rather than just being inside it.

If at anytime your focus drifts away to your thoughts, simply become aware and return to sensing the body.

3) Embrace any emotions that arise

If at any point you feel any sort of emotion arising, shift all of your attention on it rather than ignoring it or hoping it'll go away.

Feel the way your body responds. Does your heart start beating faster? Do your muscles tense up?

Shower the feeling with mindfulness. Try to understand how it manifests itself, learn to recognize it, and become aware of what thought caused it.

4) Shift your consciousness to the present

By now you should be feeling pretty grounded and aware.

Try to shift your consciousness to the present moment.

Some people like to open their eyes for this.

What sounds can you hear around you? The ticking of a clock? Distant cars?

What does your mouth taste like? What can you feel touching your body? The ground? Your clothes?

If you open your eyes, what colors do you see?

Keep these sorts of questions in mind.

Become hyper-aware of your surroundings and do your best to **be**.

Daily Practice

If you are new to meditation, start with 5-10 minutes a day.

Increase to 15-20 minutes once you start to get the hang of it.

Use a simple timer with an alarm and try to meditate around the same time every day if possible.

Sometimes you'll have amazing sessions and you'll feel like a zen god, sometimes your mind will feel like a hyperactive monkey.

Most times will be nothing special so don't go in with any lofty expectations.

Go into it like you would a workout: try your best, do your time, just don't give up if it's not going well or spend any time dwelling on it.

Go out and start meditating today.

Until next time,

TMM

<http://www.themillennialmonk.com/beginners-guide-meditation/>

Archived from theredarchive.com

Comments

RedPillpls • 108 points • 14 November, 2017 05:00 AM

You hit the nail on the head with not being able to see tangible benefits right away. This is a slow boring process, but it'll be one of the best ways to increase your ability to hold frame.

Ive been meditating regularly for close to 9 months now and I notice myself being more quick witted, able to handle stressful situations calmly, conversations flow a lot better, etc

jacksonmaher • 15 points • 14 November, 2017 08:56 AM

Just curious as to what you said, this development of calm yet contemplative thought is a by-product of being actively involved on this sub (if you actually take action on what it preaches). Generally speaking anyone can get this increase in conversational abilities and calm mind just from experiencing more social interaction; explaining why a RP male (such as yourself) will sense the progress unlike our BP counterparts who avoid said social interaction.

My question is, are you accidentally conflating the increased social interaction's benefits with meditation or (for any reason) are you certain the meditation is directly enhancing the areas you spoke of?

RedPillpls • 10 points • 14 November, 2017 04:10 PM

I started meditating before I found TRP also. It's definitely helped, I think applying TRP recommendations has just compounded the effects.

[deleted] • 7 points • 14 November, 2017 03:36 PM

i started meditating way before i found trp. i experienced the same effects. the buddhist meditation comes with a whole bunch of "recommandations" that partly overlap with trp.

LazyMagus • 1 point • 27 December, 2017 03:16 AM

Without meditation, my wittiness comes across as assholish sarcasm. With meditation, it's smooth and likeable.

FuckMichaelMcCoy • 3 points • 15 November, 2017 03:52 AM

Cliche ass question but how long did it take for you to notice strong benefits?

I have been on a 3 week streak, literally every day, on the Headspace app. I am now noticing small benefits but nothing like a life-changing X-FACTOR type of change yet. I am shooting for 3 months in a row, ideally then 6 months then 1 year.

I hear most people feel that X-factor around 1 year.. i imagine it like working out. 1 year of consistent working out can change you but 1 month wont.

CQC3 • 4 points • 15 November, 2017 09:05 PM

5-10 minutes a day and you'll see immediate benefits just due to how overactive most people's minds are.

After that initial obvious benefit you're only sabotaging yourself meditating for benefits. Practice is simple, but not easy. You'll continually fuck up by having expectations or desire for gain.

Like everything else regarding meditation...it's full of dualities. You know you receive benefit from meditation, but you cannot meditate FOR the benefits. Put it simply, you can't do it desiring benefit, and

you can't not desire benefit, so what do you do? Just sit I guess.

You'll never get it as long as you seek it. I'm glad meditation is being recognized as a great practice to ease our mental troubles, but that's a bit misdirected.

You see, meditation is about getting outside of your thoughts, learning to "not do" rather than to do. This probably seems like semantics but I promise it's not. In order to reap greater "benefit" you have to pretty much get past chasing it or feeling you need it.

RedPillpls • 1 point • 15 November, 2017 04:16 AM

I really don't think I've felt an X-factor level change, the changes are slow and only slightly noticeable I'm sure if you compared my brain Day 1 of meditation to right now there'd be a significant difference but it's just happen over such a slow time it's really hard to say.

Keep in mind that I've been meditating regularly but I've had a few periods where I wasn't doing it everyday like you really should and was missing it for a few days to a week a few times.

Also when your meditating everyday just like working out to see progress you need to increase volume as well. So try not to stick with the standard 10 minute meditation and push to the 15 and 20 minute ones too.

[deleted] • 0 points • 15 November, 2017 06:49 PM

You're suppose to get rid of attachment for full benefit. This mean no chasing women. All attachments can limit the benefits.

TheDarknessGoat • 60 points • 14 November, 2017 02:32 AM

Quality post, into an important and underdiscussed matter. Thank you.

Shaman6624 • 5 points • 14 November, 2017 01:21 PM

Underdiscussed? Isn't there one of these every month?

tropzumuch • 12 points • 14 November, 2017 02:29 PM

Yea or more, but as OP here said: these post are superficial and just partly helpful. I think this post is the best single post which qualifies for sidebar for the topic meditation.

Metalgear222 • 4 points • 14 November, 2017 07:02 PM

This is by far the best meditation guide I've read. I was going to suggest sidebar material as well. The mind comes before anything; decision or action. Its importance shouldn't be ignored.

Shaman6624 • 2 points • 14 November, 2017 10:04 PM

Yes I agree wholeheartedly, the mind is important and it shouldn't be ignored.

But it isn't ignored. underdiscussed also seems like the wrong way to put it.

It's overdiscussed but to few people actually put it into practice. It shouldn't be discussed at all, discussing it is not nessecary it's really simple. Sit down, pay attention to sensations. That's it in a nutshell really. and if you need help there are already plenty of sources on how to do it with all the bells and whistles on it. It's merit has also been proven without a doubt. So no need to discuss it really.

Shaman6624 • 1 point • 14 November, 2017 04:41 PM

I recommend that you check out headspace.. On the pirate bay :) they've ripped the entire app since those apps are way overpriced imo.

Dilusionavoid • 50 points • 14 November, 2017 05:24 AM

It's good to see red pill posting quality shit again. I think we can all agree the sub went through a period last year of some heavy shit posting.

WolfOfAnarchy • 5 points • 15 November, 2017 02:50 AM

It went through a period of people making retarded and fake FRs and half-incels blaming women for their own problems.

remain_unaltered • 20 points • 14 November, 2017 02:26 AM

Your way was awesome, now I really know and want to meditate for once at least.

Datanami • 11 points • 14 November, 2017 10:06 AM

Meditating once won't do shit. It can actually be very frustrating at first, until you realise that those moments when you think "shit, I'm thinking again, I really can't meditate, that's too difficult for me", are the moment you ARE meditating. As said above, it's a long and slow process but eventually you'll learn to put more and more SPACE in between your thoughts and it feels great.

[deleted] • -5 points • 14 November, 2017 11:11 PM

I disagree, all the people i know who meditate become detached from everything, care less about everything and seem to be stuck in their heads. No drive, no sense of urgency. Everything is "is that really important?" "Is this reslly what I want?". If you have stress problems, drink less coffe and learn how to say no. If you have emotional problem, man the fuck up.

Datanami • 3 points • 15 November, 2017 12:40 PM

Maybe you should try it yourself

hahayeahthatscool • 10 points • 14 November, 2017 08:51 PM

Could you imagine what we could accomplish if even half of our posts were this conscise, informative and well formatted? Thanks OP

Psychocist • 8 points • 14 November, 2017 05:48 AM*

I'd also recommend a Vipassana meditation retreat for those looking to jump into the deep end. Personally, though, I found it too much, too fast. I went to a 4-day retreat yesterday.. lasted about 8 hours and came home. It was far too ascetic for me, and I'd not meditated properly in years.

Great post! Meditation and (especially) mindfulness can significantly improve the quality of your existence, regardless of circumstances. In fact, they can lead to such a sense of contentment that you realise you can be happy without all the change you thought you needed. For me that's a bit of a double edged sword. On one hand, I'm thankful that I can find happiness in the mundane and ordinary, but on the other hand it has sapped my ambitions because I know I don't need to achieve anything -- I've already arrived, and all conditions to happiness have been removed. Having said that, perhaps that's a good thing; now my motivations will be more selfless, and more about reducing the suffering of others.

Freedom not to be driven this way and that by pain, pleasure, desire, or loss.

A fascinating, though extreme, example of this in regards to pain is self-immolation. Some monks have achieved such a detached state from stimuli, that they can calmly burn themselves to death. For us, on a more subtle level, this means we stop categorising pleasure/pain through a lens of like/dislike. Everything is stimuli. Through practice, you simply bring awareness to this stimuli, and there is no moving towards or away from it. That is true freedom.

[deleted] • 4 points • 14 November, 2017 06:49 PM

I did a 10-day under S.N. Goenka and afterwards spoke to my roommate at the retreat, a navy veteran and father of 6 who said, "This was *by far* the most difficult thing I've ever done in my life."

Psychocist • 1 point • 15 November, 2017 05:26 AM

That's testament to just how difficult it is! I'm hoping to return when I'm a little more prepared.

theshiznut • 24 points • 14 November, 2017 02:23 AM

Great post but, I believe a prerequisite to all this rooted in changing the way you breathe. Diaphragmatic Breathing, that is; a majority of the population are clueless in regards to where the diaphragm is even located!

Psychocist • 5 points • 14 November, 2017 05:51 AM*

Not a prerequisite, but certainly important. The breath is a common object of meditation when first starting, which can lead onto diaphragmatic breathing and other, improved breathing techniques. I guess they can feed into each other. There are no prerequisites to meditation apart from being alive.

theshiznut • 1 point • 14 November, 2017 06:31 AM

Improved breathing techniques? My guy, what I'm trying to explain to you is, that this is how we were meant to breathe--from the very beginning.

Western ideology has it where masculinity is accentuated through the huffing of one's chest. So, chest breathing became the norm. Yes, toxic masculinity has been ingrained into our biology.

The capacity towards oxygen intake between chest and belly breathers shall speak for itself. Don't even get me fucking started with just how chest breathing is detrimental as a whole to even awakening your chakras in the first place.

Psychocist • 2 points • 14 November, 2017 06:40 AM

By breathing techniques, I'm talking i.e. pranayama techniques, etc. I'm not saying diaphragmatic breathing is an improved breathing technique. Yes, you're quite right - it is how we naturally breathe as children.

Interesting claim about why we generally breathe through our chest as adults. Do you have any sources? I'm finding it difficult to pin down through a couple searches.

There is no disagreement here regarding breathing technique, just the fact that proper breathing technique is NOT a prerequisite to meditation.

Eastuss • 3 points • 14 November, 2017 08:54 AM

Is that breathing by inflating the belly instead of raising chest?

Personally I've found it weird that people talk about it as not natural, this is my default, and I learned to not do it because I have a big belly... But it makes me stressed to do so.

[deleted] • -12 points • 14 November, 2017 07:39 AM

This sounds like a woman poster.

le_wolfe • 6 points • 14 November, 2017 06:03 AM

Good work on explaining on the benefits of meditation. Although, this must generate enough motivation and curiosity in fellow red pillars to start practicing mindfulness.

Let me also point out that practising mindfulness reminds you of your frame.

It makes you aware of your feelings and thoughts.

And gives you the power to choose to ignore the distractions.

Practising mindfulness over time strengthens your frame, instills calm and clarity.

steelersd26 • 1 points • 14 November, 2017 08:52 AM **[recovered]**

I lose focus really quickly and get distracted when I try to meditate. Any advice on this?

insuman • 6 points • 14 November, 2017 11:25 AM

Guided meditation on youtube. Once you've achieved the desired state a few times you will then be able to do it without.

BrownGummyBear • 2 points • 14 November, 2017 10:38 PM

Don't worry if you get distracted frequently while meditating. Every time you get distracted by thoughts just acknowledge the fact you've been distracted and return to the present moment. With time distractions should decrease. It's taken me over a year but I can see some solid progress now.

Run_Che • 9 points • 14 November, 2017 09:56 AM

The goal here is to become aware of the breath.

Have to disagree here.

The goal, is to let go of any thoughts/emotions once you notice them and then return the focus on the breath. Just focusing on the breath achieves nothing. The entire exercise is letting go of thoughts and emotions and not to get lost in them.

That's what helps you later on to not be anxious, angry, etc. because it's easier to just let it go.

Work_In_Progress92 • 6 points • 14 November, 2017 04:53 AM

Thank you for the post and giving me something to work on this week.

IDJOM • 3 points • 14 November, 2017 08:02 AM

Definitely something that's as important as taking care of your body- taking care of your mind. Quality introduction, as an experienced meditator I cannot stress enough how important it is to develop discipline in your practice. Like the OP says, it seems trivial to sit down for only 10-20 minutes but doing it consistently is a pain in the ass. Especially when there is no immediate gratification. There is quantifiable long term effects though, and in my experience they are definitely worth making time everyday to sit for.

Phiend4Phoes • 3 points • 14 November, 2017 09:11 AM

Thanks for this post mate, I think this will give me the final push into starting. Been thinking about it for a while and this was a very well written guide. One question though, would you advise meditating before or after lifting?

Doesn't matter?

CounterEarth • 3 points • 14 November, 2017 11:20 AM*

I think meditation is as essential to the "TRP toolkit" as lifting, studying social psychology, etc. Physical strength is nothing without mental fortitude. Moreover, most new guys here struggle with social anxiety, and meditation is perhaps the best tool to *get the fuck out of your head*, as paradoxical as that may sound.

The benefits of meditation are very subtle. You're not going to get compliments about your emerging vascularity like you did after 10 months of lifting to stroke your ego. It's going to be entirely internal, it's going to improve your patience and cultivate within you a stoic enthusiasm for life's difficulties.

trp_nofap_rewire2018 • 3 points • 14 November, 2017 02:18 PM

Simply beautiful bro

Meditation has been an ultimate tool for personal development and training my spiritual side

You covered it all really well, thanks for the quality content!

XZTALVENARNZEGOMSAYT • 2 points • 14 November, 2017 05:42 AM

How long do you have to meditate to get to the point where you can detach from any emotion and are invincible? Months? Years?

Psychocist • 7 points • 14 November, 2017 05:58 AM

Entirely depends how frequently and for how long your sessions are. It is generally recommended that beginners start with 20 minutes, twice a day. You'll see significant differences within months if you commit to it.

But, you don't even need to put time aside for meditation to get the full benefit. Look into mindfulness - that is essentially bringing meditation into all activity. I've not actually sat and meditated for a long time, but I've committed myself to bringing mindfulness to most everything I do, and it's helped tremendously in de-fusing from my thoughts and emotions, and in finding moments of bliss and fulfilment in the ordinary (washing, cleaning, etc).

You will never feel invincible, though. The object is to bring awareness.. and, factually, we are not invincible. A couple of the 4 remembrances is that we are of the nature to get sick, grow old, and die.

However, you will feel invincible in terms of how the world influences your direction in life. You'll truly become a wise, independent agent, and little will be able to sway you. Couple that with compassion and loving-kindness, and there isn't much that can suppress your will.

XZTALVENARNZEGOMSAYT • 2 points • 14 November, 2017 06:12 AM

Amazing reply, thank you. Seriously, incredible post.

One last thing, how does compassion/loving-kindness play into all this?

Psychocist • 2 points • 14 November, 2017 06:21 AM

There are many objects of meditation, and compassion is one of them. You first start with compassion for yourself, then you extend to compassion for your family, then to friends, then to someone you have neutral feelings about, then to difficult people.

The idea is that if you have a default state of loving-kindness and compassion, you will, in the same breath, bring a great awareness to wherever that energy is directed.

If you come up against a difficult situation or person, and you instantly, automatically, bring

compassion to that thing, you also bring along complete awareness. Your thoughts and your intelligence is not polluted by anger or ill-will or resistance. You will always see clearly what is directly in front of you.

And you don't need to sit down and meditate for that. Just start cultivating that attitude and you'll definitely see some big changes in how you view the world.

XZTALVENARNZEGOMSAYT • 2 points • 14 November, 2017 10:34 PM

Thank you so much. What you just said answers so many questions for me, and it lines up with exactly what I've noticed in previous years.

ohnoes • 2 points • 14 November, 2017 08:30 AM

Would you recommend an app to get started ? Like headspace

Mattalec • 1 points • 14 November, 2017 08:32 AM [recovered]

I generally don't use any apps so maybe someone else could chime in?

I know a few who really like one called Insight Timer, but it's just a way to monitor progress mostly.

ohnoes • 1 point • 14 November, 2017 08:42 AM

Ok I guess people have been meditating for centuries without apps so... One more question, whenever I focus on my breath, I can't just observe it. I always control it too much, sometimes to the point of "forgetting" how to breathe correctly. Do I simply need practice or is there a trick to avoid that ?

Aternum • 2 points • 14 November, 2017 09:15 PM

Awesome post! This sub could use some more Zen posts for sure. Calm confidence is one of the strongest traits a man can have.

Pos26 • 2 points • 14 November, 2017 10:56 PM

I know people who meditated regularly for a lot of reasons other than TRP (quitting addiction, overcoming stress, etc) and the results are as amazing, tangible, and slow to achieve as training at the gym.

Give it months, literal months of practice and you will be impressed.

TRP_mask • 1 point • 14 November, 2017 09:31 AM

I talked about this yesterday because I was told I should do it but I couldn't really find a proper guide on how to do it anywhere. What a coincidence, thanks for posting!

IndigoChild • 1 point • 14 November, 2017 09:42 AM

How can you do the 4-7-8 technique by just observing your breath? This is the tricky part for me, I cannot get rid of having to control my breath.

NeverLace • 1 point • 14 November, 2017 12:18 PM

Thanks for the post, although I have one question. I have minor tinnitus, and I have found meditation hard to focus on - it's just me and the white noise. Any tips on how to overcome that?

Greek-God-Brody • 1 point • 14 November, 2017 12:34 PM

What's your opinion on guided meditation (using apps such as Headspace, Aware)?

JoRocKStaR • 2 points • 14 November, 2017 03:45 PM

Think of those apps as training wheels. They're good for beginners but after a couple sessions it's best to not use them.

ERumynskiy • 2 points • 14 November, 2017 03:48 PM*

Using headspace for about a year, in my opinion it's the simplest way to start. It's cheap, has good interface and really wide range of things to learn.

alcelentano • 1 point • 14 November, 2017 12:38 PM

I agree. Meditate regularly. But do not ever put the chicks wise about your meditation practise

FieldLine • 1 point • 14 November, 2017 12:58 PM

Sometimes you'll have amazing sessions and you'll feel like a zen god, sometimes your mind will feel like a hyperactive monkey.

It should be emphasized that the times you have trouble focusing and want to call it quits early are when meditation has the most positive benefit.

Think of it like grinding out those last few reps in the gym, when your arms are shaking and you feel like you're going to throw up. But you push through it anyway, because you believe in the process.

Sit for the duration of the timer, even if it doesn't feel productive.

yumyumgivemesome • 1 point • 14 November, 2017 03:05 PM

Saved. I've begun meditating semi-consistently over the past two weeks, and this post is spot on with my experiences. I've had only 1-2 meditations that made me feel like a zen god -- most of the rest were hyperactive monkeys. So much progress to be made. Your post is a reminder that the discipline of meditation itself is already a small victory even before the benefits take effect.

whatsmyname17 • 1 point • 14 November, 2017 06:03 PM

I've meditated a decent amount of times, and with that being said I am also a runner. It is standard practice to breath through your mouth, as more oxygen gets used and pulled into your muscles. Is there something wrong with this practice when it comes to meditating? Is there really any difference between breathing through your mouth or nose. I'd appreciate both perspectives

AwkwardEmpath • 1 point • 14 November, 2017 06:48 PM

A good tip for beginners: start with 5 minutes and everyday add 1 minute until you get to 15-20 minutes. This is a really good way to slowly build up to it. Once you get to 15, stop adding minutes for a week, then go up as you see fit. This worked very well for me.

Mattoboxx • 1 point • 14 November, 2017 07:09 PM

When I 'get lost in thought', I always seem to think about random unimportant stuff. Just generally theorising about different things, thinking of random scenarios that have no relevance to be whatsoever.

I want to redirect my thoughts onto the topics I actually want to address in my meditation, but that involves taking control which seems to be the opposite of just letting things 'ebb-and-flow' like you suggest.

I'd guess the solution would be just let my mind roam free and one day it will address the topics that I want to address, but can you provide any assistance?

[deleted] • 1 point • 14 November, 2017 08:53 PM

Wow, great post and solid advice on meditation. A recent book that I have been reading; Joy on Demand, emphasizes very similar techniques.

hereinsteadofgym • 1 point • 15 November, 2017 12:01 AM

I've only skim-read your guide, but it seems really good. I'd like to add, though, they guided meditations can be really helpful for beginners. The Headspace app has been helpful for me, but there's a YouTube channel called The Honest Guys which is also very good.

FinancierGuru • 1 point • 15 November, 2017 06:03 AM

Hardest thing to do is not getting stuck in your thoughts.

anabolic92 • 1 point • 15 November, 2017 09:25 AM

Alright so I tried for the first time and have a few questions /u/Mattalec.

I did a few of the 4,7,8 and then began with 5 minutes meditation, concentrating in the in and out of my breath.

First of all, shall I hold my air in my chest or stomach? You mention something about bringing the belly out when talking about the posture but I am not sure.

During the meditation no direct emotions appeared such as fear, anxiety but the reason of them (currently a girl), but I feel like I couldn't feel like I went deeper into it, look for the reasons,etc...: I guess it requires practice?

Definitely felt a bit more relaxed, but more than the meditation itself it might be for the breathing techniques.

I'll keep doing it and we'll see.

ChadRight • 1 point • 29 November, 2017 09:32 AM

That's pretty good article. I have few years of on and off meditation experience and I am finishing my 30 days 100 minutes meditation a day program, I may post my own article and program about meditation here too.

pavlruslan • 1 point • 7 December, 2017 08:28 PM

Thanks for the quality post without bs! I just found this sub today, and the only regret I have is not stumbling upon it earlier.

goldgoon24 • 1 point • 14 December, 2017 11:26 AM

Yes I agree. Meditation has been known to 'hack and rewire' your brain therefore bringing in all the benefits and bringing positive psychological change in your life.

<https://theincrediblepath.wordpress.com/2017/12/10/how-to-hack-and-rewire-your-brain/>

nyxlucis • 1 point • 14 November, 2017 08:53 AM

I swear I'm not paid to share this , I've subscribed to a 7 weeks course from Weldon Green, an esport coach, that teaches you meditation and performance . Its definitely the best thing has happened to me this year you should check it out even if you don't play videogames or sports. Google mindgames Weldon Green, it's only 25€. He also has a YouTube channel with free content.

clme • 1 point • 14 November, 2017 07:32 PM

This post would have been good if you haven't conflated and mangled three distinct types of meditation, thereby sowing confusion: breathing meditation OR focus on body awareness OR focus on emotions and accepting them as they arise. In any given session, one should stick to only one type, otherwise the mind is not focused.

BrownGummyBear • 3 points • 14 November, 2017 09:56 PM

I disagree, I use HeadSpace and guided meditations there seem to focus on different types of awareness throughout the same session. This approach has worked awesome for me and judging by the app's popularity it has also on others.

FreeMuhMyind • -9 points • 14 November, 2017 06:18 AM

Meditation allows the devil to enter your body. It's true. Real men pray to Jesus everyday.