



Deeply Relaxing Guided Meditations Online

How do I deal with frustration during meditation?

It's normal to experience a certain amount of frustration when you first start to meditate. This is extremely common and not a sign that there is something wrong with either you or the meditation. Frustration arises because we have been so conditioned in our culture to succeed and achieve through making an effort. Have you noticed how the more effort you make in meditation, the more frustration you encounter? It is the very activity of seeking peace or a particular mind state that gives rise to its apparent lack and the frustration. The peace we seek in meditation cannot be achieved through effort, but arises naturally when all the trying to attain it relaxes.

This relaxation comes about when, rather than being completely caught up in the trying and frustration, we firstly observe and feel these energies without any judgement, as a fact of this moment. Notice the arising and movement of frustration with curiosity. How does it feel? Where is that feeling located in your body? Notice the story that accompanies the feeling, and the tendency to get involved in that story or to distract yourself in a myriad of other ways, rather than fully feel the raw sensation. Approach your meditation practice with no agenda to change, fix, or get rid of these energies but with the willingness to meet them directly. Can you give full allowance to 'frustration'? With practice we come to see that no matter how intense these energies may be, once divested of all the labels and stories and allowed to unfold naturally as pure sensation, they come to rest in awareness.

This approach can be easier said than done of course! We can all benefit from some support with our meditation practice at times. The guidance we offer in our True Rest meditations at Rest & Be is designed to help you deal with the frustration that can arise. If you persevere with your practice, it will become easier. The benefits of meditation are well worth the perseverance!

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Discover True Rest in your daily life

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