

## How to get pass resistance to meditating?

Posted At : October 24, 2012 10:48 AM | Posted By : Michael Smith

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Sometimes meditating is about feeling fear or pain and mediating anyway.

Actually experiencing "what is" instead of hiding from it is a great way to pass through that state to the other side. Which is usually feeling peace, love, joy and gratitude. Many people want to meditate to get this "good stuff" but don't like passing through experiencing body pain, worry, anxiety or any of the other things we spend all day avoiding. Or passing through self-thoughts such as "Am I doing it right?", "I am bored", "I don't like myself". I am not my thoughts. I am not my emotions. I am "I am".

I invite you to take just a moment and true be with what you are experiencing now. Then read the short [article](#) **"so you say you want to live "in the moment," do ya?"** by Kate "Courageous" Swoboda if it calls to you.

Sometimes, fear is what comes up "in the moment," you know?

If what you want is acceptance in your life, especially of yourself and the people you live with, examine your fears. Be with them. Get curious about fear. Dialogue with it.

But don't shut it away.

Breathing with and being with fear as it arises could be one of the most powerful meditations you could ever practice.

More at [so you say you want to live "in the moment," do ya?](#)

I find that when I meditate each day that my life flows better - less drama, more abundance. How is it for you?