

Mindfulness: Myth and Facts

MYTH	FACTS
I need to clear my mind and make it be quiet	Minds are naturally noisy and that's not something we can control. Instead, we just try to re-focus our attention on the present moment.
I should get to the point where I'll be automatically mindful	The very nature of mindfulness is about shifting <i>out of auto-pilot</i>. So while the skills can become more natural and inherent, the practice of your skills will always be necessary.
If I'm having a hard time focusing, I must be bad at this!	Mindfulness is a simple practice that is challenging to us all. If you're having a hard time, adjust your practice to what feels more manageable.
I should be able to be mindful for 10-15min every day - that's not a lot of time!	Our needs and stressors change moment to moment, day to day. Even for regular mindfulness practitioners, 1 minute of mindfulness can be difficult to achieve on a tough day.
It just doesn't work for me.	Our brains are hard wired for distraction and the world around us is seriously distracting. But just like all new skills, progress is all about practice! 1 min of mindfulness everyday is more helpful than 10min once a week!