

Obstacle #5 - Doubt

Part 12.1

Working With Doubt

doubt
comes in
many forms
during
meditation



Sometimes,
it comes in
the form of
doubting
ourselves



“Oh, I'm just no good at this.”



“I was never meant to be a meditator.”



“I'm never going to get this right.”



“Why do I always make the same mistakes?”



Sometimes, doubt comes in the form of doubting the practice, or the method.


So we might wonder,



“Is this really working?”



“What's the point of
doing this?”



“Why should I follow
my breath?”

Doubt can be a huge hindrance
to meditation practice.

It can actually derail your
practice completely.

It can make you not even want to sit down to meditate, or to get up and actually leave your meditation once you've started.

this is why we have to really be
careful with doubt

How do we actually work with
doubt?

just noticing and labeling doubt

that's all you have to do

Whenever you're aware of a thought that is full of doubt, or full of self judgment, we're just going to label it,

“Ah, there is doubt again,”

just as we did with the painful, or
negative, or difficult emotions

We just want to notice it, and
then allow it to be there.

We don't have to push it away,
but just label it.

Next Video

Noticing Doubt in the Mind