

## Obstacle #5 - Doubt

Part 12.2

# GUIDED MEDITATION: Noticing Doubt in the Mind

close your eyes

Allow yourself to  
settle into your  
seat or your  
cushion.

Breathing in  
deeply

breathing out  
slowly

Just giving it a label and  
allowing it to be there.

There's no need to push it away  
or fight against it.

just label it



“Ahhh, there’s doubt.”

Bring your attention back to the  
breath or back to the body.

Setting that intention to remain calm when observing what arises to see if you can just notice what happens without reacting.

Practicing the labeling technique of just quietly in your mind saying the word “rising” with every in breath and the word “falling” with every out breath.

Seeing if you can bring most of your attention to the physical sensation

gently coming back without any  
self-judgment or self-criticism

A close-up photograph of water ripples on a dark, reflective surface. The ripples are concentric circles that fade out from left to right. On the right side, there is a small splash of water with several droplets in the air. The overall tone is dark and moody.

allow your awareness to go there

- 
- a sound
  - a body sensation
  - pain
  - emotions



A close-up photograph of water ripples on a dark, reflective surface. The ripples are concentric circles that fade out towards the right. On the far right, a small splash of water is visible, with several droplets in the air. The overall tone is dark and moody, with a gradient from light blue on the left to dark blue/black on the right.

just noticing what is arising in this  
moment

A close-up photograph of water ripples on a dark, reflective surface. The ripples are concentric circles of varying sizes, creating a sense of movement and depth. The lighting is soft, highlighting the texture of the water. The background is a gradient of dark blue and grey.

# practicing your non-judgemental awareness

Just notice it, give it a label.

“Ahhh, there’s doubt again.”


Just check and see what kind of  
thought is this.

you can give that a label

Just make the label very simple

reconnecting with the present  
moment





Thanking yourself for coming and sitting on the cushion or in the chair, knowing how beneficial meditation is for your mental health.

breathing in

breathing out

gently allowing your eyes to open.

Next Video

How To Deal With Pain in the Body