

POPULAR MISCONCEPTIONS ABOUT MEDITATION



There can be significant danger in the widespread misconception about a practice. This is because many people believe, and act on, whatever they are told without finding out if it's true or not. There are popular misconceptions about meditation that make it seem like there are more ways to fail than succeed at meditation.

If you're thinking of starting meditation to clear your mind and achieve a sense of calm, then you need to let go of anything you may have heard. In this article, we are going to debunk popular half-truths about the practice.

1. There's one kind of meditation

This is a popular misconception that there's only one type of meditation, where you sit with both legs tucked in and both hands spread out while humming. There isn't one kind of meditation: there's transcendental meditation, movement meditation, mindfulness meditation, yoga meditation, and several other kinds of meditations. Research has shown that the various kinds of meditation routines have their own impact on different biological systems [\[1\]](#). This means the numerous meditation variations have their different benefits; you can experiment with the different techniques and find the one that works best for you.

2. Meditation is mysterious

People often think that meditation is a mysterious practice that will take them into "the zone," or a state of mind where there will be total peace and quiet, but this isn't true. Meditation is all about being aware of your environment while focusing your mind on one thought. According to research on how to

expand meditation [\[2\]](#), there are fewer studied domains of meditation. People consider these unstudied domains as mysterious, but there may be nothing mysterious about them because meditation all comes down to achieving psychological and spiritual development through practice.

3. While meditating, the mind should be completely blank

If you're just starting to meditate, it's okay to be doubtful about your meditation process, but your mind doesn't have to be completely blank. It's impossible to have a completely blank mind; meditation is training that involves learning how to bring your mind back to the present moment. So, it's totally okay to have thoughts come and go. Benson of the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital and Harvard Medical School explains that when your thoughts stray during meditation, it is normal and expected. And, if this happened to you, just refocus on repetition [\[3\]](#).

4. Meditate for hours to see results

Meditation doesn't have to last for hours before you can see results. You can meditate for 10, 15 minutes and then go about your work or do something else. When you cultivate this practice, you'll be able to stay longer at some point. Benson explains that meditating once or twice a day for 10 to 20 minutes is okay [\[3\]](#).

5. Only meditate in solitude

You don't have to meditate alone or in a quiet place; you can meditate in a group or with a partner and talk about your experiences. This way, you can pass on the benefits of meditating to others and to the rest of your life, work, and relationships. Research shows that not everyone is capable of being alone or practicing meditation alone [\[4\]](#) because this may never lead to the peace they seek; instead, they become bitterly lonely. So, this loneliness should be avoided by practicing alongside others. Look at meditating in solitude from the perspective of being aware of where you are and focusing on the present moment rather than meditating somewhere alone.

Meditation has the potential to contribute to our physiological and psychological health and well-being. Before you believe anything you read on the internet, do proper research, and work out what works best for you (under proper guidance).