

GUIDING ZEN

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Some Barriers to Meditation



1. *"I've never meditated before, and I don't know how or where to start."*
2. *"I can't find the time to meditate. I'm just too busy!"*
3. *"I'm terrible at meditation. My mind wanders all over the place when I meditate."* [Patrick, 2012](#)

- [Background music](#)



Resources

- [Sample 5-Minute meditation](#)
- [Sample 10-Minute meditation](#)
- Simply search YouTube for "guided meditation for ___" or "___ minute guided meditation"