



# Unlearning Meditation: What to Do When the Instructions Get In the Way

*Jason Siff*

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When we meditate, our minds often want to do something other than the meditation instructions we've been taught. When that happens repeatedly, we may feel frustrated to the point of abandoning meditation altogether. Jason Siff invites us to approach meditation in a new way, one that honors the part of us that doesn't want to do the instructions. He teaches us how to become more tolerant of intense emotions, sleepiness, compelling thoughts, fantasies—the whole array of inner experiences that are usually considered hindrances to meditation. The meditation practice he presents in *Unlearning Meditation* is gentle, flexible, permissive, and honest, and it's been wonderfully effective for opening up meditation for people who thought they could never meditate, as well as for injecting a renewed energy for practice into the lives of seasoned practitioners.

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