

## **6.1 Failure And Giving Up**

I was invited to give a meditation demo to a group of school teachers, and the person who invited me to do this gently warned me that some of them might walk out halfway as they were new to meditation.

The point is that we tend to judge things at first blush. But more often than not, we tend to give up when we find something (like meditation) is difficult. Sometimes we might even blame the method itself or the teacher (perhaps his looks, race, or even dress).

In fact, it is these people with such thoughts who really need meditation more than anyone else. So the meditation teacher needs to use every skill to “sell” the idea that they can meditate so that they will suspend all prejudgements and give themselves a chance.

A secret about meditation is this: there is really no such thing as failure, except for giving up.

The mind has a way of lying to itself, and does this in the most elaborate and convincing way.

© Piya Tan, 2009