

Peter Twigg's School of Knowing

Meditation Mistakes Checklist

A quick self-audit for clean, effective practice

Use this list to periodically check your practice.

If you answer “yes” to several items, gently adjust—do not judge.

A. Attitude & Intention

- ✧ I am trying to *achieve* meditation or get somewhere
 - ✧ I expect specific experiences (peace, silence, bliss, insight)
 - ✧ I measure progress by how good or calm I feel
 - ✧ I use meditation to escape emotions or life situations
 - ✧ I believe more effort will produce better results
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B. Attention & Technique

- ✧ I force concentration or strain attention
 - ✧ My attention drifts for long periods without noticing
 - ✧ I practice mechanically without real presence
 - ✧ I ignore posture, breath, or bodily awareness
 - ✧ I unconsciously hold or control the breath
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C. Relationship to Thoughts & Emotions

- ✧ I try to suppress thoughts or emotions
 - ✧ I identify with every thought that arises
 - ✧ I judge myself for being distracted
 - ✧ I mistake emotional numbness for peace
 - ✧ I use meditation to bypass unresolved issues
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D. Nervous System & Energy

- ✧ I push duration or intensity too quickly
 - ✧ I ignore signs of agitation, fatigue, or overload
 - ✧ I practice stimulating techniques without grounding
 - ✧ Meditation leaves me disconnected rather than present
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E. Structure & Integration

- ✧ My practice is inconsistent or sporadic
 - ✧ I practice deeply without guidance or feedback
 - ✧ My daily life contradicts my meditative intentions
 - ✧ Meditation does not translate into everyday awareness
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F. Subtle / Advanced Traps

- ✧ I cling to an identity as a “meditator”
- ✧ I mistake insight for full integration
- ✧ I assume awakening eliminates conditioning

Alignment Check

Meditation is likely **off-track** if it increases:

- ✧ Strain
- ✧ Self-importance
- ✧ Disconnection
- ✧ Emotional avoidance

Meditation is likely **on-track** if it increases:

- ✧ Clarity
 - ✧ Sensitivity
 - ✧ Humility
 - ✧ Presence in daily life
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Physical Check

- ✧ Do your knees when you cause you pain.
 - ✧ Not elevating your bottom (use firm cushions) so that your knees are lower than your hip bones.
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A Key Reminder

Meditation is not about controlling experience.

It is about seeing clearly what is already happening.

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