Understand that your meditation is all about you. Just as no two people are alike, no two meditations are alike.

When people are learning meditation, they sometimes ask, “How can I tell if I just meditated?”

It’s important to understand that everyone’s experience will be a little different. It all depends on you. Each meditation will be different, so there’s no point comparing one meditation with another or expecting the same experience as last time.

Remember: meditation is not about trying to blank your mind, stopping all thinking. Meditation is about directing your mind into positive and uplifting thoughts, leading you into experience.

Copyright 1995-2026 Brahma Kumaris World Spiritual Organization