

---

## meditation headaches

Posted by natural\_energy\_visible\_di - 2008/06/10 12:58

---

For a while now I have been getting headaches when I try to meditate. Does this happen to anyone else? I had a teacher tell me I was just not letting the energy flow. That I was trying to hard. But for some reason I don't think that that is it.

=====

## Re:meditation headaches

Posted by reiki2 - 2008/06/11 01:06

---

Hi  
It could be you are trying to hard, I know many individuals who find it hard to meditate.

I work with and use drumming(native American)all the time in meditation and also in my workshops and healing .... it seems to help every one.

So why not buy a Native American CD only buy traditional songs. I bet you it will work

I hope this Helps you

=====

## Re:meditation headaches

Posted by Johnson486 - 2012/01/12 20:30

---

Hardly only few times i will meditate myself in year but i didn't feel that kind of things.

=====