

The logo for 'think recovery' is a teal circle with a white outline. Inside the circle, the words 'think recovery' are written in a white, lowercase, sans-serif font. The background of the entire image is a light grey with white, organic, wavy shapes that create a sense of movement and depth.

think recovery

How to Meditate

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Getting Started with Meditation: A How to Guide

Non-directive meditation, also known as "effortless meditation," is a simple and effective way to help calm the mind and reduce stress. Here's how to get started:

1. Find a quiet and comfortable space where you can sit undisturbed for 10-20 minutes. Set a silent timer or take note of the time as you start.
2. Sit in a comfortable, upright position with your back straight and your eyes closed.
3. Begin by noticing any physical sensations present in your body as you are about to start. Now, gently direct your attention toward your breath, simply observing it without trying to change it. As your body begins to relax, your breath will naturally become slower and deeper.
4. Choose a mantra that is easy to repeat and has a calming effect for you. See some examples below.
5. Gently repeat the mantra silently to yourself in your mind, allowing your brain to unwind. The purpose of the mantra is not to focus or concentrate on it, but simply direct your attention toward it to help your mind gradually settle.
6. You may have a range of experiences from "mental quiet" to "mental wandering" and each is equally valid. Neither is better or worse and you will experience the benefits of meditation regardless of how the meditation session itself feels.
7. When you have reached the end of your meditation, take another 1-2 minutes to gradually allow your body to transition back to mental activity and the busyness of the world by briefly scanning your body for areas of tension from head-to-toe and then gradually open your eyes when you are ready.
8. Perform this once or twice a day for 10-20 minutes.

Here are some benefits of non-directive meditation:

- Reduces stress and anxiety
- Improves focus, concentration, and creativity
- Increases feelings of calm and relaxation
- Enhances self-awareness and self-acceptance
- Promotes better sleep

- Improves overall well-being and mental clarity

Here are some sample mantras you can use during non-directive meditation:

- "Om"
- "So-hum"
- "Un-wind"
- "Calm"
- "I am"

Remember that the purpose of non-directive meditation is not to achieve a certain mental state or goal, but rather to simply practice ***non-judgmental awareness*** of whatever thoughts and feelings are present in the moment and to allow your mind and body to ***naturally unwind*** whatever stress that may be there. This is how meditation sessions can sometimes feel more peaceful and at other times feel more "busy-brained" depending on where your stress levels are at.

Remember, non-directive meditation is a practice. ***It is normal for your mind to wander*** or to experience difficulty with letting go of stress at first. With time and practice, you'll begin to experience the benefits of this powerful tool for improving your mental and emotional health. It is important to keep in mind that most of the ***benefits are experienced in-between sessions*** and with regular practice, not during the actual meditation session itself.

For more help with meditation or to ask questions, join our free, virtual, group meditations!

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