



Meditation in Recovery

NURTURING INNER PEACE AND RESILIENCE

Welcome



Why Meditation?

Meditation is a valuable tool for finding serenity and strength amidst the challenges of living with someone else's alcoholism.

Today

We are creating a supportive and non-judgmental space for all participants to explore meditation practices.

Practice

Join us for a serene walking meditation right after our class. This is a wonderful opportunity to ground yourself, connect with nature, and integrate the day's learnings in a peaceful setting.

Understanding Meditation

WHAT IS MEDITATION?

A practice of training the mind to focus and cultivate awareness, leading to a sense of inner calm and clarity.

DIFFERENT FORMS OF MEDITATION

Mindfulness
Guided imagery
Loving-kindness meditation.

MEDITATION IS NOT

Meditation is not about suppressing thoughts but rather observing them with kindness and letting them pass.

NON-JUDGMENTAL

Meditation encourages a non-judgmental attitude towards thoughts and feelings, reducing the pressure to perform or achieve specific outcomes.

"Just for today I will have a quiet half hour all by myself and relax."

-- Courage to Change, p.7



Why Meditate in Al-Anon?

BENEFITS OF MEDITATION IN RECOVERY PROGRAMS

Offers a refuge from the chaos and stress of living with addiction.

PROMOTING MINDFULNESS AND EMOTIONAL HEALING IN AL-ANON

Helps manage overwhelming emotions and reactions triggered by the alcoholic's behavior.

ENHANCING SPIRITUAL CONNECTION THROUGH MEDITATION PRACTICES

Fosters a deeper connection with one's spiritual beliefs and a Higher Power.

STRENGTHENS OUR RECOVERY PROGRAM

Supports Step 11 of the Al-Anon program, which encourages members to seek through prayer and meditation to improve conscious contact with a Higher Power.

When Lisa joined Al-Anon, she was overwhelmed by her husband's alcoholism. As she worked through the steps, Step 11 stood out: "Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out." Struggling with prayer, Lisa decided to try meditation.

She started with ten minutes a day, focusing on her breath. Initially, her mind raced with worries, but she persisted. Over time, meditation became her sanctuary. It quieted her mind and brought her a sense of peace and clarity, which she began to see as guidance from a higher power.

During an Al-Anon meeting, Lisa shared how meditation had transformed her journey, helping her feel more grounded and connected. Her story inspired others to explore meditation, deepening their own spiritual practices.

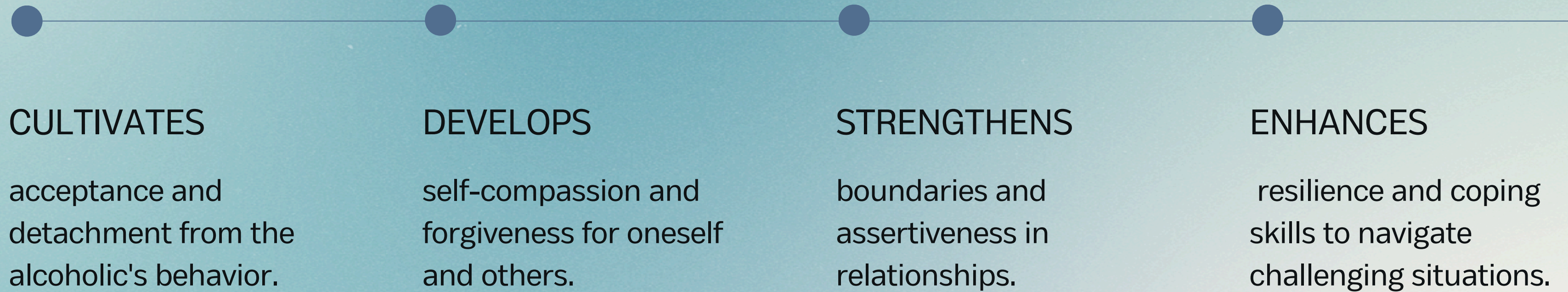
Through meditation, Lisa improved her conscious contact with a higher power, finding strength and direction in her recovery.



How Meditation Supports Al- Anon Recovery



How Meditation can help Al-Anon Members



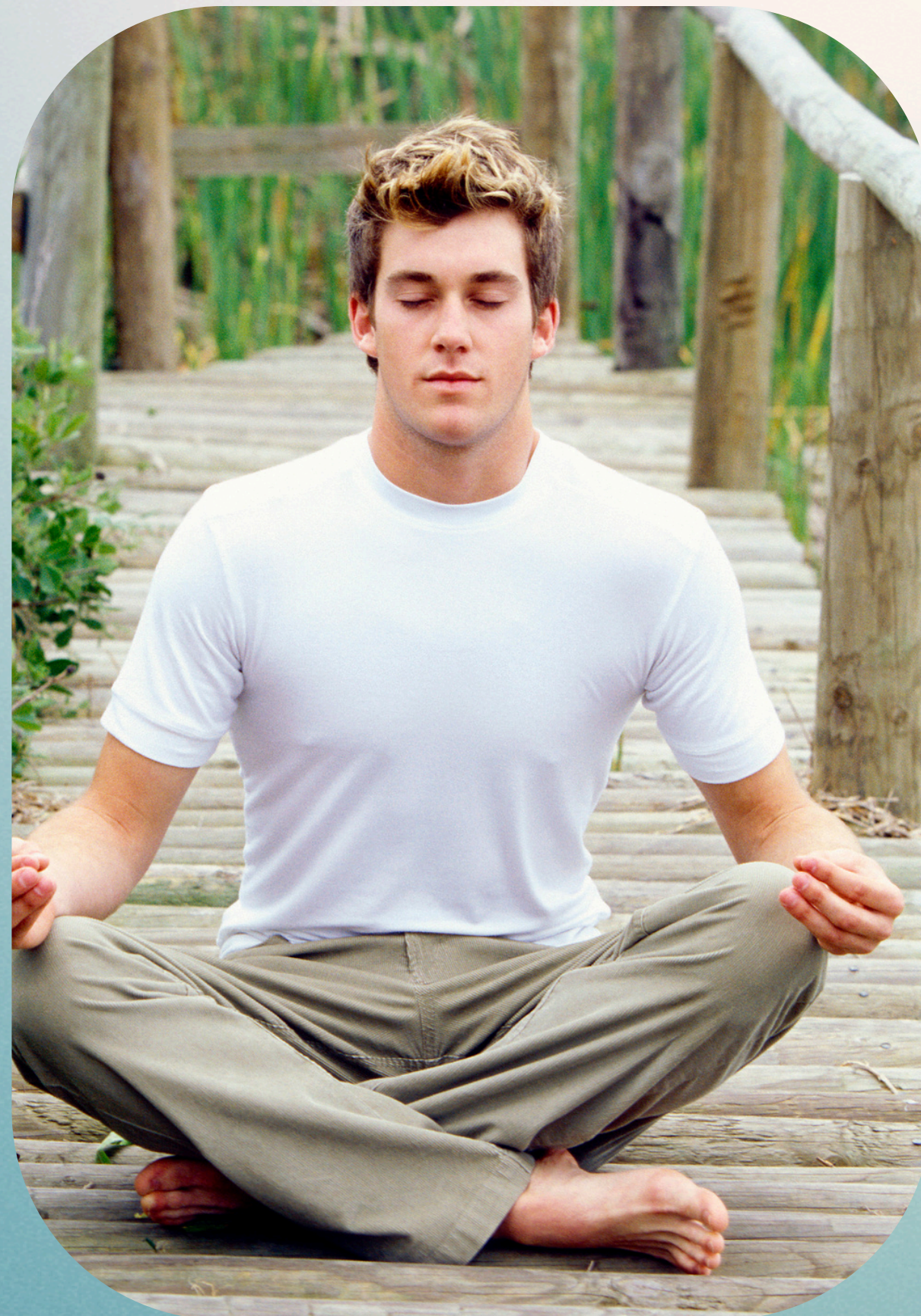
Other ways it helps:

Reduces Stress and Anxiety: Meditation helps calm the mind and body, reducing the stress and anxiety that often accompany the challenges of living with someone affected by alcoholism.

Enhances Emotional Regulation: By fostering mindfulness, meditation helps individuals become more aware of their emotions and manage them more effectively, leading to improved emotional stability.

Improves Sleep Quality: Regular meditation can lead to better sleep by promoting relaxation and reducing the mental chatter that can keep people awake at night.

Easy Mediatation Techniques



Simple Meditation Techniques Suitable for Beginners

MINDFULNESS OF BREATH

Focus on the sensation of breathing in and out, anchoring attention to the present moment.

PROGRESSIVE MUSCLE RELAXATION

Systematically tense and release different muscle groups to release physical tension and promote relaxation.

GRATITUDE MEDITATION

Reflect on blessings and moments of gratitude, fostering a sense of appreciation and perspective.

VISUALIZATION MEDITATION

Imagine a peaceful scene or visualize positive outcomes to cultivate inner peace and optimism.

experiment with different techniques and find what resonates with you.

Let's Practice...



Set Up Your Meditation Space

Place your cushion or chair
in the selected spot.
Ensure the area is clean and
free of distractions.

Assume the Correct Posture

Sit on the cushion in a
cross-legged position or on
the chair with your feet flat
on the floor.

Keep your back straight,
shoulders relaxed, and
hands resting on your knees
or in your lap.

Align your head with your
spine, slightly tucking in
your chin.

Focus on Your Breath

Close your eyes or keep
them slightly open, gazing
softly at a spot in front of
you.

Take a few deep breaths to
settle in, then breathe
naturally.

Focus on the sensation of
your breath entering and
leaving your nose.

Thank You

Gratitude for joining our Al-Anon journey into Meditation.