

Meditations for recovery 7th run

Meditation practices to cultivate connection

8 sessions on Saturdays @ 4pm

6.11/13.11/20.11/27.11/4.12/ 11.12/18.12/25.12

Notes to Ground rules / Mindful Check-in

- Discuss and collaboratively establish ground rules at the beginning of the course.
- Share them before every session and ask if there are new points.
- Group and individuals' safety is most important.
- Explain Inquiry: we might interrupt if it goes off. We try to bring you back to the moment. When we do it doesn't mean that we are not interested or it's not important. We try to help you get back into the present moment. (inquiry)
- No cross talk.
- Facilitators start with checking in to give an example of mindful check-in.

Description

The opposite of addiction is often described not as sobriety but as connection. In recovery, we find that establishing a healthy relationship with ourselves, with others and a higher power or spirituality; fills the empty hole we were trying to fix with our addiction. We may have thought that endless compulsive behaviours will free us of pain and bring happiness, only to find the hole to become bigger and bigger. Not knowing connection, we found pleasure as a replacement, leading us into an unceasing craving instead of the promised satisfaction.

Course outline

Foundations of Mindfulness

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| 1. Being kind with the Body | Connecting, attending to the body. |
| 2. Relaxing in the Present Moment | Connecting with the Present moment. |
| 3. Making friends with the Breath | Connecting w the breath. |

Learning to develop and appreciate loving Kindness

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| 4. I'm good enough | Connecting w one's own, others kindness. |
| 5. Giving kindness to oneself & others | Connecting w self, others. |

Learning to attend and care for present difficult emotions / developing self-compassion

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| 6. Giving compassion to oneself & others | Connecting w present unpleasant feelings |
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Learning to meet, attend to and care for past trauma

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| 7. Opening the door to my heart | Connecting, attending to past trauma |
| 8. Resting in a joyful, peaceful place | Connecting, sitting with peace and joy |

Expanded Outline

Foundations of Mindfulness

1. Being kind with the Body Connecting, attending to the body.
Body scan with kindness, from toe to head, allowing it to relax, perhaps including gratitude for each body part.
2. Relaxing in the Present Moment Connecting with the Present moment.
Present moment mediation either using Rumi's poem "Guest House", the shopping bag meditation or the still forest pool meditation.
3. Making friends with the Breath Connecting w the breath.
Sitting with the breath as we would sit with an old friend. Just being, quiet, enjoying each other's company.

Learning to develop and appreciate loving Kindness

A wish for oneself and others to be happy

4. I'm good enough Connecting w one's own, others kindness.
Meditation on recollecting of one own kindness and good qualities. Potentially evoking feelings of "I'm good enough, I'm actually not that bad, I make mistakes but I'm not a mistake". Remembering also why others are kind, how everything around us, everything we have is due to kindness of others, leading to a conclusion that others too, are actually kind and not so bad as we thought they were.
5. Giving kindness to oneself & others Connecting w self, others.
Start with recollecting one's own kindness and good qualities. -> "May I be well and happy". Then recollect how others are kind to us. -> "May they be well and happy" -> touch every heart on the planet, light rays back to us... "May I be well and happy"

Learning to attend and care for present difficult emotions / developing self-compassion

Compassion: A wish to (learn to) care for one's own and others suffering

6. Giving compassion to oneself & others Connecting w present unpleasant feelings
Start with RAIN and then continue offering compassionate sentence to yourself:
„May I learn to care for the suffering and confusion in my life, may you..., may all...

Learning to meet, attend to and & care for past trauma

7. Opening the door to my heart Connecting, attending to past trauma.
(Suggestion: Opening the door to your Heart - Meditation) -> Connecting not to the story but the feeling; developing empathy, kindness and compassion for that version of me who has experienced the trauma

8. Resting in a joyful, peaceful place Connecting, sitting with peace and joy
Connecting with a safe/peaceful/joyful place within. (Suggestion: simple safe place Meditation like in EMDR)