

At this point, we might simply enjoy this state of mind. We allow ourselves to be receptive to any thoughts we may have. We can focus on a solution to something that may be troubling us. We trust that our Higher Power will guide us.

The rewards of meditation.

Meditating at night may allow us to drift quietly to sleep. When we meditate in the morning, we can start our day connected to our Higher Power and face the world with a positive attitude. Throughout the day, meditation calms us and guides us to the next right action or thought when we face indecision or doubt. The rewards of a clean and sober life can be greatly enhanced by reinforcing our spiritual growth through meditation.

WHAT ABOUT MEDITATION?

Crystal Meth Anonymous

WHY DO WE MEDITATE... WHEN DO WE START TO
MEDITATE... THE REWARDS OF MEDITATION.



CMA Conference Approved Literature

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Meditation is encouraged throughout our CMA literature. Our Twelve-Step program specifically states, "Sought through prayer and meditation to improve our conscious contact with a God of our understanding, praying only for the knowledge of God's will for us, and the power to carry that out." In fact, each of our Twelve Steps gives us an opportunity to practice meditation.

Why do we meditate?

It has often been said that prayer is asking our Higher Power for help, and meditation is listening for the answer. We meditate to create inner peace and serenity whether we are trying to connect to our spiritual side or simply seeking to work toward resolving an issue.

The point of meditation is not to try to change ourselves into someone else. Rather, meditation gives us complete acceptance of ourselves. We become an unconditional friend to ourselves. We get a simple and direct relationship with the way we are.

Meditation lets us know that we are worthy; we each have merit. Quiet meditation creates a greater sense of purpose and inner strength as we face our day. Meditation often moves us toward more acceptance and compassion toward ourselves and others. We have found that time spent in an effort to increase our sense of self-worth, to simply relax or to capture a moment of peace, can be its own reward.

As addicts, we were used to seeking immediate gratification. In contrast, meditation often does not make us feel better immediately but may yield long-term rewards of personal growth.

We find that meditation helps to reduce the intensity and frequency of negative emotions and increases feelings of caring, compassion and love. Through meditation and our Twelve-Step program, we have learned how to quit reliving past events and instead focus on attempting to understand our Higher Power's will for us.

When do we start to meditate?

Our members found meditation benefitted us from the early days of our sobriety. We began meditating right away.

Addicts who may be full of confusion, self-hate, depression, resentment, inflated ego, fear or other character defects have a great place to start. Meditation is for anyone seeking to heal through spiritual growth.

How do we meditate?

Meditation is practiced in many different ways. There is no one right way to meditate. We accept imperfection in our meditation practices. We understand that we are on a journey.

However we choose to meditate, the object is to replace the chatter in our head, to quiet the mind and body, and to enter into a deep and restful state. We dispel the chaos and confusion of the day and create peaceful isolation from the material world until a sense of unity with our spiritual essence can be achieved.

Many of us who were new to meditation first looked to our sponsors for suggestions on how to meditate.

Some of us prefer to have a leader direct us through meditation. Others prefer to be alone. Some practice meditation by focusing on a candle, object or their breathing as they quiet the mind and relax the body. Some chant a mantra or hum a

single tone. Some concentrate on a prayer. Some focus on a daily meditative reading. Others focus on a glowing light within their minds. Visualization gives us the ability to focus more acutely and to channel our thoughts for longer periods of time.

In meditating on each of the Twelve Steps, many of us focused on the underlying principles. For example, we focus on the principle of courage when meditating on Step Four.

Other suggestions to help us in practicing meditation are fearlessly reflecting on ourselves, not focusing on others, mindfully staying in the present and unconditionally accepting our thoughts, our emotions and our bodies.

A meditation practice example

We can meditate wherever we find peace and quiet. Some of us sit. Others prefer to lie on their backs. No matter what position we choose, we should not select a position in which we feel distracting pain.

As we relax, we focus on our breathing. We inhale clean air through our noses and exhale the toxins of the day. We breathe and relax. We shake off the day by wiggling our arms, fingers, legs and toes. We take one last stretch and we relax.

We breathe and relax each part of the body. We allow ourselves to enjoy this deep relaxation as we enter into an even deeper meditative state.

By being grateful, we become receptive. We thank our Higher Power for all the good things in our lives and all the things that make us stronger. There is nothing bad in our lives—it is either good or it is a lesson from which we can learn. We see that we have everything we need. Our goal is a sense of serenity and happiness.