

TSW FORMAT
for
INFORMATION GATHERING
"Ideas that Work"

Type of Project: Recovery/Carrying the Message

Project Name: Learning How to Meditate (Step 11)

Project Goal: Encourage members to have a daily meditation practice. By practicing meditation in a group for 5 minutes, members can learn to sit still and not fear it.

Organizing Service Body: Nassau County Intergroup, Region 6

Contact Information: Roberta, rlustig@aol.com

Resources Needed (budget, volunteers, materials, etc.): Meditation reading and timer, group of members willing to write up words to begin the meditation.

Implementation Process (incl. length of time for planning and implementation): Group of members get together to plan and write a short meditation reading, which is then approved by intergroup. Leader of meeting reads the meditation at the beginning of the meeting and when finished reading, the group continues to meditate for 5 minutes (see attachment).

Additional Comments (incl. things of which to be mindful): Once the meditation begins, we close the door and have a sign out which asks members not to enter during meditation.

Results: Members enjoy the practice and some have begun to meditate daily on their own.

LEARNING HOW TO MEDITATE (STEP 11)
5 MINUTE MEDITATION

Welcome...

I now invite you to practice five minutes in meditation in seeking whatever place your HP resides in by becoming truly still and peaceful, by suspending your involvement with all of the outer world.

Perhaps you would enjoy closing your eyes to separate yourself from outer stimuli, by turning off all internal dialogue, all judgments, and all worries. Surely everything can be suspended for five minutes.

I suggest that you gently settle your body comfortably in your chair, relaxing and resting your hands in a comfortable position, letting go of any tension in your feet, your legs, your body, your arms, your neck, your shoulders, your facial muscles. They can all let go now and be at peace for these few minutes.

I ask you to take a series of slow, deep breaths, letting each one exhale as if a sigh, releasing worldly tension and concerns, surrendering to the feeling of simply being here now.

Journey inward to the very center of your body, to the still point where time does not exist and all is well and our energy flows.

We will linger each in our own sacred space, releasing our conscious minds, permitting them to rest peacefully as we practice becoming quiet and open to our Higher Power's voice, to strengthen our inner rapport and develop a peaceful outlook on all our lives.

In prayer we are busy talking but in meditation we become serenely silent and willing and open to let that which is authentic within us have room to strengthen and grow and eventually learn to speak to us in loving maturity.

(STOP SPEAKING AND MEDITATE UNTIL TIMER RINGS)

Now we will gather ourselves up from our private place and re-enter our shared world. We breathe, we stretch, we accept all that lies before us this day, to learn and to enjoy with a new reverence for this Life with which we are each blessed.