

Meditation

Posted by Sidewayz - 07 May 2019 18:38

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So I've heard that mediation can really help with getting sober and i was wondering if anyone knows exactly how this works and is done?

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Re: Meditation

Posted by ColinColin - 07 May 2019 22:47

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I know that meditation in Judaism must be done the correct way to get the correct spiritual benefits.

Rabbi Gutman Locks has videos on this on youtube.

I do not know how meditation can help staying sober.

But I have found that MINDFULNESS has helped me.

When I get the urge to fall, I treat each urge like a cloud, a thought, which can be put in a "box" and will soon enough blow away on the wind.

Rather than something I have to act on.

There are a few articles which can be found from this link

[www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior](http://www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior)

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