

One Minute Meditation

(Voices of Recovery, July 26th)

“Often the key to this kind of meditation is concentrating on something simple, such as one’s breath. Or we may just sit quietly, turning our attention to our Higher Power, allowing ourselves to be open to [their] grace and wisdom.”

Sex Addicts Anonymous, page 57

I had tried a little yoga as a kid, but I had never really practiced any spiritual discipline, so meditation was new to me. I started by simply lighting a candle in the morning, sitting in front of it for one minute, and just breathing. I knew I could sit still for one minute, anyway.

After doing one minute each day for a week, it was no problem to do two minutes. In two weeks I was up to three to four minutes, and soon, five to ten minutes of meditation each day was no big deal. I didn’t have to go to a mountaintop or a temple or anything; I just lit a candle in my little garret and sat still for a minute.

To me, recovery is an artistic gift to the world. It allows me to make beautiful life music. I make the world better by practicing my daily recovery plan.

The main thing was to start, and then build the habit by doing it every day. By keeping it simple and small-scale, I was able to stick to it, and my ability and awareness gradually expanded, a minute at a time.

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Today, I will take one minute to be still and feel present with the spirit of the universe.

Source: SAA Voices of Recovery: <https://saa-store.org/book/>
<https://saa-recovery.org/daily-meditation-from-voices-of-recovery/>
<https://saa-connect.org/january-1/>