

Meditation has helped tremendously.

Posted by Ontherise - 02 Jun 2014 01:03

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I don't know much about meditation, except for this one technique that a psychologist taught me. I have found this not only helpful, but essential. It enables a person to control what thoughts enter their consciousness before they consume your attention. By doing this, you can direct your thoughts and actions in the appropriate ways. It's very simple to learn, and just takes practice. Listen well.

(1) Go to quiet place with no distractions.

(2) Sit in a rigid chair (wood, metal, hard plastic; a chair that neither reclines nor engulfs you)

(4) Sit with back straight, feet flat on floor, knees close (not touching), looking ahead, and hold this position.

(5) Focus all your attention on your breathing.

(6) Count your breaths in your head from 1 to 10. When you reach 10, start over at 1 again.

-To illustrate: Inhale-1, Exhale-2, inhale-3...exhale-10, inhale-1.... etc

(7) Most important part: pay close--CLOSE!--attention to your thoughts. Focus ONLY on your breathing. If ANY thought distracts you from your counting, you must start over at 1 again.

-Even if you think "hey, this exercise is working well" this also is considered a distraction. Literally nothing can distract you.

-It is especially important to be in a quiet environment that is not distractive in order that you can have higher sensitivity to your thoughts.

(8 I like to do this for 10 minutes every morning. (Maybe start off with 5 mins to get used to it.)

This exercise has helped me control my thoughts and control my eyes.

If you have any more questions, feel free to email me at [jimmbob88@gmail.com](mailto:jimmbob88@gmail.com)

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Re: Meditation has helped tremendously.  
Posted by Pidaini - 02 Jun 2014 07:56

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Thanks for that, ontherise.

In the [Navigating through Shovavim](#) Workshop (which you can download [here](#)) that [Avi Tennenbaum](#) gave, In week three he discusses this method at length. It is also known as "mindfulness" and is becoming more and more popular in therapy.

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