

Mindfulness and Meditation in Addiction Recovery Processes
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Introduction

Your own heart spirit is your best guide to right attitude and right action in your addiction/s recovery process. Problem solving and decision making will be successful if you allow your heart-mind-body-soul to empower your process. Self-reflection, long-deep-quiet self-reflection, is a good way to encounter both your conscious and subconscious self. Protecting your true self is your personal responsibility, especially in the day of rampant levels of drug-alcohol overdose fatalities. What is wrong with us that we Americans require so much of the world's illicit drug supply to cope - and sometimes die. To me China's production and shipment of fentanyl-like substances feels like drug-warfare. We are destroying ourselves from within in this United States of America. What are we lacking to make us so, so dependent on false altered states. In this workshops you will learn and practice selected mindfulness and meditation practices that may bring you back to your own true self. If you are using 12 Steps, pay close, close attention to Step 11 here. You MUST practice.

Evening Workshop/Presentation;

- 1) Mindfulness of Breath - Staying Calm
- 2) Breath Meditation- Training Your Mind-Body to be Calm
- 3) Loving Kindness Meditation - Learning to LOVE Yourself
- 4) Gratitude for WHAT You NOW Have - True Contentment
- 5) Gratitude Meditation - Training Your Mind-Body to be Content
- 6) "Dragon Training" NOT Dragon Slaying - The Great Challenge of making space within yourself for your personal "dragon/s" - trauma, depression, anxiety, addictions, eating issues, emotion dysregulation, self-harming behaviors, repeating automatic negative thoughts. etc. You do realize that your "dragon" is already a big part of your self. So make peace with it and love yourself more. You may discover that when peace occurs between you and your dragon/s, things get better.

However, you must regularly practice mindfulness and meditation skills.

- 7) L. Hay: “May I accept and love myself just as I am with my imperfections.” “May I accept and love myself even as I suffer from_____.”

Fill-in here - what is the dragon you suffer from?