

Attendee of a workshop on meditation in recovery was asked several months later, So how's the meditation going?

Email response

My experience with meditation is fairly limited because I have only just started meditating regularly for the last few months. I had hopes and expectations about its benefits that were probably unrealistic. I was hoping that meditation would allow me to feel the presence of God in my life. This hasn't happened, and it may very well never happen, but I believe I have benefited from my endeavors in this spiritual exercise. I don't "feel" the presence of God more acutely than I did before I started meditating, but I believe my faith that God is with me and in me and in all of us is growing stronger through meditation. I believe my God consciousness is slowly expanding, and as a result, I think I am slowly growing calmer and more likely to "pause when agitated or doubtful and ask for the right thought or action" than I was before I began meditating.

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And the response

Thank you for your written response.

Expectations are a real killer. Applied to all of my thinking processes, it took time and practice to "right-size" that part of my thinking. Right size being virtually zero. Have had multiple 'spiritual experiences', the aw-ha realization or physical sensation of utter calmness, absolute centeredness. They would pass, yet the realization that they had occurred opened me to the next one. Not that I could MAKE it happen, just that the possibility increased that it would. And it did.

Enjoy

Early meditation also raised the specter of what DID the 'presence' of God feel like. Came to an understanding that childhood provided me with a coloring book of images and words that my childlike thinking accepted as the way it MUST be. The real world has been different.