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***Helping People Get Better Faster***

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How to Meditate (transcript)

… I’m going to teach you a quick and easy way to meditate. A lot of people don’t meditate because they think it’s too complicated or their minds are too active to be able to do it.

The object of meditating is to Relax Your Mind. Since the anxiety in your mind is a great distraction from doing what we really want to do, it is going to be most important to learn how to relax our minds.

Meditation doesn’t have to be complicated and you will experience a significant difference in just 5 minutes no matter how active your mind is as long as you follow my simple instructions. Of course you would have to practice this method over time to get greater experiences of relaxation and peace but I’m going to get you started.

So here we go. So-called experts on the internet and some gurus make a big deal about sitting in a certain way, while breathing a certain way, and some even say you are supposed to touch your tongue to the roof of your mouth, etc. in order to benefit from the process.

Not true, I’m going to prove it to you that it will help your mind to relax in just 5 minutes.

So I’d like for you to find a quiet space where you’re not going to be disturbed for the next 5 or 10 minutes. Get comfortable in whatever position is best for you. Also know that, if you need to for whatever reason, you can just pause this audio to catch up, spend more time doing something, etc.

Okay, the most important part of this process is going to be for you to pick an object that you’re going to be focusing on (visualizing) for the entire 5 minutes. A very common object that people choose to focus on is a lit candle in front of them. You can choose something else if you wish, like a calm nature scene or something like that but it has to be something that is stationery and doesn’t have any moving parts that will be distracting.

Okay, choose your object. Got it? If not, pause this audio until you get one you like. Then when you’re ready we will begin.

Know that’s it’s your job to focus on the object you chose for the whole 5 minutes that we are going to be doing this exercise. But, before you start I want you to think about how “wired” or active your mind is right now, 0-10, 0 being no activity and 10 being the most activity. If you are not sure, just think of the first number that came into your mind. That number is your intuition and it will be the number you’re looking for. If no number comes to you then guess. Again, that will most likely be the number you’re looking for.

Once you have your initial number, start visualizing the object that you chose for this exercise. Know that, beyond a doubt, you will drift off of this object many, many times within the 5 minutes of this exercise (and this is where most people think they can’t meditate because they can’t focus on one thing for any length of time without drifting off it). But this is not important and doesn’t matter. The important thing to know and do is every time you realize you have drifted off your object you’re just going to come right back to visualizing that object, with as little self-judgment as possible each time. It’s just about coming back to that object when you realize you have drifted off which, believe me, you will do many, many times within the 5 minutes.

Okay, so I am actually going to stop talking while I time you for the next 5 minutes while you practice focusing on your object. Mostly I will be staying quiet but I may come in every once in a while to gently remind you to go back to your object.

So here we go, I’m going to be timing you and I will tell you when the 5 minutes are up. Remember, your only job is to come back to your object when you realize you have drifted off. Okay, we’re starting now…..

5 minutes of meditating…

Okay, the 5 minutes is up so just let yourself come back slowly into the room. Take your time. And, when you’re ready, I’d like you to take another measurement of how active or “wired” your mind is at the moment, 0-10, 0 being the least active and 10 being the most active. Whatever number comes up first in your mind is the right answer even if it doesn’t seem possible.

Now compare that number with the first number you got before you started this 5 minute process. It would surprise me greatly if the second number was not less than the first number you got. As a matter of fact, I’m going to guess that the second number was 2-33 points less than the first number you got before doing this exercise. And if you only got a result that was 1-2 points less, it still worked because your mind is less active than when you started this process only 5 minutes ago.

So imagine what you can do if you practice this exercise more often, increasing the amount of time that you do it over time, or not. Either way, have fun working with this very easy and quick exercise.

As you can see, I have a lot more methods to help you relax and to make you feel better overall. I also have methods that will help you Release Your Stress once and for all, no matter what form your Stress takes (i.e., anxiety, worry, fear, panic, depression, anger, guilt, shame, even to help you with your physical pain, etc.)

Have fun trying out the “Tools” on this page as well as the information in the rest of this website.

So long for now.