

## **Meditations for Alcoholics**

### ***A message from Grace***

My name is Grace and I am in recovery from Alcoholism.

I have been sober now for almost 25 years and a big part of my healing has involved the use of meditation.

As my recovery journey progressed and I met more and more people from all walks of life, I noticed that quite a few of them were finding it very difficult to meditate, even when guided meditation was being used.

So, they simply didn't do it.

Since it had been such a wonderful help to me, I decided to create some meditations designed especially for Alcoholics in early recovery to see if they might prove helpful and inspire people to continue with a meditation practice.

These meditations are different because they not only introduce people to the rewards of relaxing the mind and body, they also integrate 12-Step philosophy into the actual meditation so we can also learn as we meditate.

This helps to relieve the restlessness that Alcoholics often speak about when they try to sit still for more than a couple of minutes at a time. It keeps us interested and the body still, as the familiarity of the program also helps soothes and quiets the mind.

We tested these meditations on Alcoholics, and so far, the feedback has been very positive. Many have gone on to develop a more complex meditation practice since they have initially had success with these.

My main goal was to promote the wonderful healing that meditation brings into the lives of Alcoholics and to make it easier and less stressful for the Newcomer to start a meditation routine.

Today's meditation is our popular "Morning Handover" which includes reflections on Steps 1-3 and also the 3rd Step prayer. All our recordings are best listened to with earbuds or headphones as they were designed with privacy in mind.

I thank you for the opportunity to share my passion for meditation and recovery, and wish everyone a peaceful and sober day.

Grace

[www.meditationsforalcoholics.com](http://www.meditationsforalcoholics.com)