



REFLECTIVE COUNSEL

by Pine Street Sangha

Befriending Meditation. Exploring Experience. Integrating Insight

Finding Your Way with Reflective Meditation

Reflective Meditation is an open, receptive process. Allow whatever arises to be, bringing curiosity and kindness to your meditative experience. After meditation, reflect upon the process, developing awareness of how you meditate and how meditation supports and informs you.

Finding Structure

- Choose a comfortable position with the support of a chair, couch, cushion, or back jack. It's easier to settle when you are comfortable.
- Find a quiet place where you're likely not to be disturbed.
- Choose a length of time to meditate. Consider starting with 20-30 minutes.
- If that seems too long, try a shorter time. Don't stress yourself trying to meditate for too long. Whatever time you have available is good.

Moving Around

- Let your thoughts, feelings, emotions and attention move around. Whatever arises in meditation is okay; nothing is inherently taboo. Let your attention go where it is drawn. This might not feel like "meditation," though consider that this is another kind of meditation with different benefits.
- If you become uncomfortable, move slowly and carefully into a more comfortable posture. Stillness in meditation develops with practice over time.

Settling In

- At times you may want to ground your attention. You can focus on your body (feet touching the floor or body touching the chair), your breath or another focus object.
- If you are new to meditation, consider that you might already have a safe, still place that you access internally.
- If your meditation feels too chaotic or overwhelming, intentionally choose a familiar focus object or end the meditation early and take care of yourself.

After Meditating

- Take time to reflect upon your meditative experiences; this is how you'll develop more meditative insight.
- Journaling supports awareness and memory of the meditative experience:
- Write down what is easiest to remember first. Then fill in more as you remember it.
- Describe your experience in your own words.
- Try to stick with what happened in the meditation.
- Consider the tone of your emotions, the content of your thoughts, as well as the sensations in your body. Did you hear sounds, feel sensations, hear thoughts, see visuals? How did you relate to what happened?
- Whatever you remember will be enough. Don't be concerned with remembering all of it; it's not necessary or possible.

By Nelly Kaufer, LPC

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