

Anyone care to share their meditation routine?

November 30, 2020 | 15 upvotes | by [KingGerbz](#)

Meditating is one of those habits that I know are good for me and I'd rather start sooner than later. Those of you who have successfully or even unsuccessfully incorporated meditation into your lives, what are some practical tips you can give someone who wants to begin?

Archived from theredarchive.com

Comments

AutoModerator[M] [score hidden] 30 November, 2020 01:50 AM stickied comment

Please Post Your Question to [Forums.red/i/askTRP](https://www.trp.red/i/askTRP)

Browse our tribes and forums, or create your own today on <https://www.trp.red> free!

I am a bot, and this action was performed automatically. Please contact the moderators of this subreddit if you have any questions or concerns.

Capital_Recognition • 21 points • 30 November, 2020 01:56 AM*

I've been doing this a long time. I'm going to save you some time with tons and tons of research and tell you that mindfulness meditation is probably the most effective and beneficial.

Most people will tell you to "think of nothing" when you're meditating. Not only is that impossible, it's completely useless. It's an idea people have developed to "separate themselves from reality", which once again isn't truly possible without the use of drugs.

Watch yourself, you're always thinking. It just depends what about. The thoughts don't shut off, you just don't notice them. Even when you say "think of nothing", you're thinking of thinking nothing. It doesn't stop.

Instead mindfulness aims to draw your attention to the here and now. It will increase your ability to deal with stress, anger, along with loads of other things. Most importantly, it will teach you focus.

Meditation isn't what most people think, and mindfulness is actually something you have to work at everyday. I have progressed immensely the past 6 years in my practice of it, but the work never ends.

Go once in the morning, once at night. Start with 5 minutes and add 5 seconds to it everyday.

Since it's going to take some understanding, here's a great teacher.

<https://youtu.be/mH2sEqrCza4>

Oh, also read, "The Miracle of Mindfulness" by Thich.

NovaTempesta • 1 point • 30 November, 2020 02:49 AM

Do you recommend the book Mindfulness in plain english by Henepola?

KingGerbz[S] • 1 point • 30 November, 2020 02:55 AM

I really appreciate the insight. I've heard an alternative perspective to thinking of nothing is simply being aware and acknowledging your thoughts but no more. No judgement or jumping to conclusions, just thinking what you think and letting it occur.

I'm sure I'll figure out my own way of looking at it once I begin.

Capital_Recognition • 2 points • 30 November, 2020 01:09 PM

You're on to something with what you're talking about. Start with the video and you will learn. It's like anything else, repetition and dedication.

Smerdakas • 1 point • 30 November, 2020 10:53 AM

Not sure how correct this is, as it may sound a bit forced. Don't just acknowledge the thought, but also say to your mind "not now" every time you catch it drifting away, and gently bring your attention back to

your breath. I found the tip in a guided meditation video, and I think it boosts my focus.

It's also SUPER helpful against distractions at work too, eg when I catch myself opening YouTube or FB, I think "not now" and continue working.

Capital_Recognition • 1 point • 30 November, 2020 01:08 PM

This is wrong practice.

le_wolfe • 1 point • 30 November, 2020 10:50 AM

once at night

I've never tried twice a day. How better is it than doing it once ?

Unlikely_Composer • 1 point • 30 November, 2020 01:19 PM

Same as practicing an instrument twice a day is better than once a day

le_wolfe • 0 points • 30 November, 2020 01:43 PM

Do you do it twice a day ?

Wokmichelin • 1 point • 30 November, 2020 07:09 PM

With 5 minute periods you can do it 20 times a day if you like.

BlondeHornyElf • 1 point • 30 November, 2020 01:38 PM

what kind of benefits have you seen?

brave_snow02 • 5 points • 30 November, 2020 02:03 AM

Check out /meditation (the subreddit)

On their sidebar/wiki page they have some good explanations on different meditation techniques. On top of that there are some good YouTube videos explaining how to do it as well as guided meditations.

Make sure to do it daily to, just like the gym, consistency is key. You won't notice benefits immediately, but again, just like the gym, in a few months you should be able to see a positive difference it has made

inkwind • 2 points • 30 November, 2020 02:12 PM*

Get a copy of "The mind Illuminated"

It has divided things into 10 levels. You never have to read beyond your current level and the next level. It's not theory heavy. It's sole purpose is to get you to start meditating, explain things as you encounter them and help you progress through the levels.

That book is the only reason I can meditate. The first section of 'establishing a practice' by itself immediately pays the entire value of the book. It'll immediately teach you what to do, how to deal with distractions and how to gauge progress. Everything beyond that is a bonus.

I've tried a ton of books and apps over a period of 11 months. This book is what really did it for me.

Also checkout the streamentry subreddit. It's filled with people who have truly mastered meditation.

boy_named_su • 2 points • 30 November, 2020 03:42 PM

I get in the tub. Helps you focus on breathing when your ears are underwater

I practice tactical breathing. 4 seconds in, hold for 4, 4 seconds out, hold for 4. repeat

I notice blood pulsing through my veins, air flowing through my lungs, thoughts racing through my mind

I verbally list things I'm grateful for

I verbally list things I'm looking forward to

I practice Memento Mori. Remembering that everything I have/know/love will be gone and I should appreciate them while I can

I practice Amor Fati. Everything that has happened because it must have happened. I cannot control the past, only learn from it

5hr00m • 2 points • 1 December, 2020 10:45 PM

Try "loving kindness meditation" Breathe slowly and think about: You love Yourself and then extend your love to: Your family Your friends Humanity Animals Planet earth Universe

If you truly mean the love you send, you will have a happy feeling during the meditation

You will feel connected to everyone you send love and compassion to, we are all connected on a spiritual level

throw-away-1709 • 1 point • 30 November, 2020 11:34 AM

Binaural and isochronic tones (youtube)

Cok Sui - prana book

swipelyfe • 1 point • 30 November, 2020 04:34 PM

I use the Headspace app each day. It's seriously amazing and I couldn't recommend it enough. There is a bunch of free content to get you started. It does a great job of breaking down the concepts and helping you to integrate it into your life. The guy who runs it is a former Buddhist monk and has quite the way with words.

JonnyStecchino7 • 1 point • 30 November, 2020 04:35 PM

Stretching, Yoga, Wim Hof Breathing.

Just observing thoughts as they come and go. Not forcing anything. No clinging onto anything.

Meloxian • 1 point • 1 December, 2020 02:50 AM

30 minutes in the mornings, don't do it right when I wake up or I'll fall asleep; usually put on some orchestral type music on low and just relax

xxx69harambe69xxx • -1 points • 30 November, 2020 06:12 AM

get my dick sucked on the reg