



Welcome to CSPMA where you can kick your addiction for good
Sex, Porn and Masturbation Addiction

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Spirituality

Spirituality can be a useful tool when recovering from an addiction. One part of our program includes practicing mindfulness meditation. This is a way to connect with your inner-self and be present with the current moment. Meditation has been shown to effectively reduce triggers, therefore, preventing a relapse. There are many ways to practice mindfulness and many ways to meditate. Some people prefer to use a guided meditation where others prefer to sit in silence. Either way, here are some tips to get you started.

Time and Place

Mindfulness meditation works best when you practice at the same time and place every day. Start with just 5-10 minutes per day and work your way up. Most people prefer to meditate right when they wake up or right when they go to bed. If you prefer a mid-day meditation, that's fine too. Just be consistent.

Setting

Sitting upright or laying down is the most effective way to practice mindfulness. Some people get too sleepy lying down. When you are in a comfortable position, relax your whole body, head to toe and focus on your breathing.

Breathe

If you are using a guide, follow their lead as most guides will have you focus on your breath. If you are not using a guide, breathe deeply in through the nose and out through the mouth until you get into a deep state of relaxation.

Focusing on the Present Moment

Guided or not, it's normal for the mind to wander. At first, this will happen often. Do not be frustrated with this as it takes time and practice for meditation to be successful. When you notice your thoughts are somewhere else, bring them back to the present moment and keep doing that until the session is over. Over time you will notice your thoughts will wander less and less.