

Fundamentals of Reflective Meditation

Reflective Meditation supports meditators where they are in their understanding and helps them grow naturally in insight, self-compassion, and calm. Reflective Meditation is an outgrowth of the Insight/ Vipassana tradition, based on Buddhist teachings. Our perspective also includes principles of Western psychology that help ground and support us in leading ethical and internally congruent lives.

Three things distinguish Reflective Meditation: the first is our emphasis on allowing our naturally active minds to be as they are during meditation. Reflective Meditation invites our thoughts and emotions, along with awareness of our breath, body, and sensations into our meditation.

Second, when the period of meditation ends, we take additional time to reflect upon both the process and the content of our meditation. We then put into our own words what we can remember of the experience, usually by recording this in a meditation journal.

The third distinction is a co-created conversation where the meditator and facilitator explore the meditator's experience, adding depth to the meditator's awareness. In groups where others are listening, this dialogue fosters a shared experience for the whole group. Finding language for often-elusive experience can help others see their own experience mirrored and enlarged.