Hi Jim,

It was great to meet you yesterday. Here’s a little intro to meditation from a clinical perspective (which overlooks the psychospiritual aspects of meditation that - to me - are at its core). I’ve attached a very messy working draft of a narrative review I’m working on that reviews complementary and integrative health use in binge eating disorder. You are of course free to review the manuscript in its very lengthy entirety if you are interested (though please do not share) but Id specifically suggest reading sections 3.1 (“Meditation”) excluding sections 3.1.1-3 but including section 3.1.2.1 (“The Biophysiological and Epigenetic Relaxation Response in Meditation, Mindfulness, and Yoga”) as well as sections 3.2 (“Mindfulness,” excluding sections 3.2.1-2) and 3.3 (“Yoga,” excluding section 3.3.1), as mindfulness and yoga are actually forms of meditation (as addressed in section 3.1). You may also find it beneficial to quickly pursue sections 3.1.1 and 3.1.2, only to note that there is an abundance of empirical support for the neurobiological benefits of meditation.

One thing I’d love to know that can help me better help you - and we can discuss this in person - is what are your interests in meditation, and do you have any desired outcomes? E.g., are you simply interested in knowing what meditation is and what it’s about or do you have any specific reasons that prompt your interests in meditation.

As the above sections will introduce - and as I’m sure you already know - there are many forms of meditation. The initial task is to find the form that works for you.

A few various forms of meditation I enjoy are:

1. [Michael Sealey’s hypnosis meditations (free on YouTube).](http://www.youtube.com/subscription_center?add_user=MichaelSealey) I like to start my clients with his meditations for [anxiety, stress, and irritable bowel syndrome](https://youtu.be/ftdhA7zpVE4?si=EEP4ZCnujfsdNu7B) (<https://youtu.be/ftdhA7zpVE4?si=EEP4ZCnujfsdNu7B>) and [ADD/ADHD/ruminating thoughts/quieting the mind](https://youtu.be/1vx8iUvfyCY?si=R7fU9g7KfRSUQdNM) (<https://youtu.be/1vx8iUvfyCY?si=R7fU9g7KfRSUQdNM>).
2. [Joe Dispenza’s meditations](https://youtu.be/EpOMk1jOzgk?si=IQ-eQIeIyR58dP4Z) (<https://youtu.be/EpOMk1jOzgk?si=IQ-eQIeIyR58dP4Z>, <https://drjoedispenza.com>). He has many books that are great. I personally love his morning meditation (<https://youtu.be/ltiOq43pOOo?si=kxHLQJYvqtnGIIQC>) as well as his longer “You are the Placebo” intro and meditation (<https://youtu.be/curhTrX7UuU?si=IHisfYmhiVWObZA6>).
3. Sam Harris’ “Waking Up” App/Program and Book/Audiobook - which I believe is for pay but includes a daily progression of meditation that provide a nice intro to a smattering of meditation forms. I suggest these to be done alongside reading/listening to his book “Waking Up.” (<https://www.wakingup.com>).
4. [David Ji](https://davidji.com/guided-meditations/) (<https://davidji.com/guided-meditations/>) was I think my first introduction to meditation. He has a great voice. I first listened to his “fear to trust” meditation (<https://davidjimeditationacademy.com/wp-content/uploads/2019/12/Transform-FEAR-into-TRUST-1.mp3>), which was suggested to me by a sponsor who could see it was exactly what I needed at that time, though any of his are great.
5. [A Course in Miracles](https://acim.org/acim/en) (<https://acim.org/acim/en>) also provides a progression of free daily meditations ([starting here](https://acim.org/acim/workbook/introduction/en/s/401): <https://acim.org/acim/workbook/introduction/en/s/401>) that are meant to be done daily while also reading/listening the text (available free in print here: <https://acim.org/acim/text/introduction/en/s/51> and on audiobook for free here: <https://youtube.com/playlist?list=PLZ6TEbT0J3F8WEXbSIBz6C_Iz5TqsPGVO&si=YXJkwX5r2QxKf6Sp> and for pay here: <https://acim.org/digital-editions/acim-audio-editions/acim-usb-mp3-audiobooks/>). NOTE: This is a Christian-based text and ultimately the meditations are Christian also.
6. Practicing the Mantra Meditation suggested in section 3.1.2.1 of the attached text on the relaxation response.
7. Jon Kabat-Zinn is essentially the person most researchers will credit with bringing meditation into the research/clinical world. Cognitive Behavioral therapy (CBT, the gold standard treatment for many mental health illnesses, including eating disorders) now incorporates mindfulness into its practices as a result of his work.
8. Thích Nhất Hạnh is another great spiritual teacher who provides instruction on mindfulness and meditation from a Buddhist perspective.

I’ll stop there. These are simply some of the “gurus” and traditions I use in my own personal practice based on what I’ve found works for me. They may or may not work for you; regardless, I do firmly believe there is SOMETHING that will work for whatever you are seeking on your journey and I’m honored to play any helping hand in that that I can.

Cheers,

Brenna