

Which Voice are you Listening to— The Voice of Addiction or the Voice of Recovery?

Voice of Addiction
Liabilities

Voice of Recovery
Assets

Fourth Step Test

Resentful ←————→ Forgiving
Fearful ←————→ Fearless
Selfish ←————→ Unselfish
Dishonest ←————→ Honest

Where had we been resentful, fearful, selfish, or dishonest?
("Big Book," p. 67, para. 2, lines 3-4, edited)

Tenth Step Test

Resentment ←————→ Forgiveness
Fear ←————→ Faith
Selfishness ←————→ Unselfishness
Dishonesty ←————→ Honesty

Continue to watch for resentment, fear, selfishness, and dishonesty.
("Big Book," p. 84, para. 2, lines 8-9, edited)

Eleventh Step Test

Resentful ←————→ Forgiving
Fearful ←————→ Fearless
Selfish ←————→ Unselfish
Dishonest ←————→ Honest

Were we resentful, fearful, selfish, or dishonest?
("Big Book," p. 86, para. 1, lines 2-3, edited)

Four Paths of Divine Guidance

As described in the second paragraph on page 14 of the “Big Book” (edited)

These were revolutionary and drastic proposals (the proposals are the Four Spiritual Activities of Surrender, Sharing, Amends and Guidance), *but the moment I fully accepted them, the effect was electric* (SENSATION of electricity). *There was a sense of victory, followed by such a peace and serenity as I had never known* (SENSATIONS of peace and serenity). *There was utter confidence* (INTUITION). *I felt lifted up, as though the great clean wind of a mountain top blew through and through.* (SIGHT of being on a mountain top and SOUND of the wind). *God comes to most (of us) gradually, but (God’s) impact on me was sudden and profound* (INTUITION).

<u>Method of Communication</u>	<u>Path</u>
<p>True Seeing (Visualizing)</p> <p>Perceiving, detecting or experiencing as if by sight. It includes, but is not restricted to, seeing or forming a mental image such as a mini-motion picture, photograph, or painting.</p>	Sight
<p>True Hearing (Listening)</p> <p>The process, function, or power of receiving auditory stimuli such as sounds, noises or tones. It includes, but is not restricted to, “the still small voice,” words, music, or songs.</p>	Sound
<p>True Feeling (Sensing)</p> <p>A generalized body consciousness or sensation. It includes, but is not restricted to, touch, taste, smell, or feelings such as warmth, cold, serenity, or anxiety. Manifestations include goose bumps, blushing, tingling in the hands or feet, or a tightening of the chest or stomach.</p>	Sensation
<p>True Awareness (Understanding)</p> <p>Knowledge, or intelligence that produces ideas, concepts, or observations. It includes, but is not restricted to, inspiration, realization, or insight. It has been described as the “vital sixth sense.”</p>	Intuition

Listening to the “God-consciousness Within”

Step Eleven ~ Prayer and Meditation

On Awakening ~ “Big Book” pages 86-87

Each morning we “**sit quietly**” as Bill W. describes on page 13 of the “Big Book.” During this time alone with the “**One who has all power,**” we discover the most important and practical thing we can ever learn—how to listen to the “**God-consciousness within.**” All we need is the willingness to try it honestly. Every person who has done this consistently and sincerely has found that it really works.

1. We set aside time to meditate.

At first, we may have difficulty quieting our mind. But with practice, we find this period of meditation more and more productive, because it is during these times that we find ourselves growing closer and closer to the “**One who has all power.**” “**(Sitting) quietly**” is an essential part of our morning surrender. It provides us the opportunity to move from the “**realm of the material**” to the “**Realm of Spirit.**”

It is when we “**sit quietly**” that our mission and purpose is made known to us. The quality and clarity of the revelations we receive is in direct proportion to the amount of time we spend alone in the “**Presence of Infinite Power and Love.**”

2. We relax and take it easy.

We can enhance our spiritual connection by practicing some deep breathing exercises. There are many techniques in use today. These exercises are very important because they help us alleviate intrusive thoughts and physical cravings.

We assume a comfortable position and enter into our “**meditation**” with the expectancy that it will work. We maintain an attitude of reverence, gratitude, and humility.

We let our imagination “go loose.” Images, thoughts, feelings, and realizations will begin to come into our consciousness. We need to be alert and receptive to all of them.

3. We write down or dictate, either during or after the period of meditation, the images, thoughts, feelings, and realizations we receive, so we won’t forget them and have something to share “(Throughout) the day” and to review “When we retire.”

Writing or otherwise recording our images, thoughts, feelings, and realizations is the key to the whole process. We don't try to clear our mind. Rather, we just observe what our mind is trying to reveal to us.

We don't sort out or edit what we receive until our **"period of meditation"** is over. An image, thought, feeling, or realization comes quickly, and it can escape just as quickly if we do not record it.

Be honest. Record everything.

4. We test what we received while we were "(sitting) quietly" to determine if it is based in "the realm of the material" or the "Realm of Spirit."

We take a good look at what we have recorded. Not every image, thought, feeling, or realization we receive comes from a **"Divine"** source.

How do we distinguish between those that come from **"ego"** and those that come from **"Spirit?"** We test them using the first four items on the **Fourth Step Assets and Liabilities Checklist**. The Liabilities are associated with our **"ego-centric"** thoughts and actions, and the Assets are part of our **"Spiritual nature."**

5. We check our images, thoughts, feelings, and realizations with a sharing partner or partners.

When the flow of images, thoughts, feelings, and realizations slows down, we stop. We take a good look at what we have recorded. Then, we discuss our guidance with those who also regularly practice two-way prayer. We talk over what we have recorded because, "More light comes in through two windows than one."

6. We follow through with the guidance that passes the tests of Forgiveness, Faith, Unselfishness, and Honesty.

We carry out the guidance that appears to us and others to be of a **"Divine"** origin. But, we cannot be completely sure of the accuracy of the guidance we receive until we go through with it. "A rudder will not guide a boat until the boat is moving." Very often the results will convince us that we are on the right track. Keep in mind that the **"One who has all power"** will never guide us to do anything that does not pass the tests of Forgiveness, Faith, Unselfishness, AND Honesty.

Procedure for Listening (To be Read Before the Meeting)

During this meeting, we will conduct a five-minute meditation in order to make conscious contact and receive “guidance” from the “One who has all power.” Guidance can take the form of images, thoughts, feelings, and realizations.

We record a brief note about what we see, hear, feel, or realize while we are “sitting quietly.” We call this “two-way prayer.”

We share the guidance we believe passes the “tests” of Forgiveness, Faith, Unselfishness, and Honesty; and we feel comfortable sharing with other members of the group.

As we hear others share their guidance, we make a note of anything that is especially meaningful to us. When we receive guidance through another person or persons, we call this “three-way prayer.”

Eleventh Step Guidance Meeting Format

Good (morning/afternoon/evening). My name is _____, and I welcome you to our Eleventh Step Guidance Meeting. This meeting is open to “anyone and everyone seeking a spiritual way of life.”

Let’s open this meeting with a moment of silence followed by the Serenity Prayer.

(Optional) To cover meeting expenses, I will now pass the basket.

I have asked _____ to read the third paragraph on page 86 of the “Big Book.”

I have asked _____ to read today’s daily meditation.

We will now sit in silence for five minutes in order to listen to and record our guidance. You can use the blank lines on the sheet of paper we handed you when you entered the room to record the images, thoughts, feelings, and realizations you receive.

(Five minutes of silence)

If anyone needs more time, please raise your hand.

We will now go around the room. I ask that you share only what you have written or otherwise recorded without embellishment or explanation. This is called “two-way prayer.” If you haven’t recorded anything, please pass. I also ask that you identify yourself by your first name only.

(Share “two-way prayer”)

Did anyone hear something during the sharing session that he or she feels was directed toward them in addition to the person who shared it? If so, please tell the group what you heard and what it means to you. This is called “three-way prayer”—having the “One who has all power” communicate with us through others. If this has happened to you, please raise your hand.

(Share “three-way prayer”)

I would like to thank each of you for participating, either by sharing or by listening. I will now read part of the first and second paragraphs on page 87 of the “Big Book.”

Please remain seated. We will close this meeting with the Third and Seventh Step Prayers.

Eleventh Step Guidance Meeting Readings

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

The Third Paragraph on Page 86 the “Big Book” (edited)

In thinking about our day, we may face indecision. We may not be able to determine which course to take. Here we ask (the One who has all power) for inspiration, an intuitive thought, or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact, . . . it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

The First and Second Paragraphs on Page 87 of the “Big Book” (edited)

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, (and) that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will and are careful to make no request for ourselves only. . . .

If circumstances warrant, we ask our . . . friends to join us in morning meditation. If we (believe in a period of) morning devotion, we attend to that also. (In addition), we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. . . .

Third Step Prayer (edited)

God, I offer myself to (You)—to build with me and to do with me as (You will). Relieve me of the bondage of self, that I may better do (Your) will. Take away my difficulties, that victory over them may bear witness to those I would help of (Your) Power, (Your) Love, and (Your) Way of life. May I do (Your) will always!

Seventh Step Prayer (edited)

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single (liability that) stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. . . .

