

## Step 11

**Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.**

The guiding principle of this Step is Awareness of God.

The first part of this Step tells us that we are seeking to improve our conscious contact with God. Conscious contact occurs when we are awake, seeking and receiving messages or feelings from our Higher Power. Conscious contact may take practice. Some Members experience inner clarity and having received something new, a sense of knowing.

This Step reminds us to put God first, *not* our clutter or busyness. We do this by praying the Serenity Prayer and learning to meditate. There are many ways to meditate. The easiest way is to proceed slowly and thoughtfully.

1. I select a special place in my home that is comfortable and relaxing.
2. I sit quietly, close my eyes, begin to focus on my breathing, and let my mind rest.
3. I pray the Serenity Prayer slowly.
4. As I feel my body relaxing, I enjoy peace within.
5. If I sense that thoughts have re-entered my mind and it is hard to quiet them, I inhale one word and exhale another until my monkey mind settles down. For example,
  - I inhale "I'm" and exhale "open."
  - I inhale "Bring" and exhale "peace."
  - I inhale "Come" and exhale "Lord."
 Then I return to #2 and #4.
6. I ask my Higher Power to replace my thoughts with love.
7. When my time is up, I continue deep breathing as I slowly open my eyes.
8. I enjoy the relaxed feeling that I am experiencing.

Start by meditating for five minutes and gradually work toward a 20-minute meditation. Some Members like to meditate in the morning, while others prefer the evenings. Some meditate twice daily or whenever they feel their peace has been disturbed. There is no one-size-fits-all formula for all Members. See what works the best for you and your schedule. “Take what you like and leave the rest.”

The second part of this Step is praying for the knowledge of God's will for us and then for the power to carry out that guidance. Determining God's will can be difficult, especially if we have never asked our Higher Power to show us. This is easiest when:

- I begin each day by asking God to reveal what is best to do today.
- I end each day by thanking my Higher Power for all that I have received throughout the day.

God's will for us will always lead us to living happy, joyous, and free lives, and not feeling burdened with clutter in any form.

The following questions will assist in working this Step:

1. Have I started my day by praying to God?
  - a. If not, why not?
  - b. Write about any reluctance.
2. Do I meditate daily for 20 minutes?
  - a. If not, why not?
  - b. Write about my meditation practice.
3. Am I willing to continue increasing my conscious contact with God?
  - a. If not, why not?
  - b. Write about building my relationship with God.

When you are praying and meditating on a regular basis, you are ready to proceed to Step 12.