

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.

11C – Meditation

How has meditation been “foreign” to me? What is my concept of meditation?

What practices for meditation am I familiar with? How can I learn about other practices?

What does this step say is the purpose for meditation? How is being open to listening to that which is outside of us allow us to connect with a higher power?

What do I see as the difference between meditation with this purpose and other forms of meditation and concepts such as “mindfulness”? What freedom does that offer to explore different forms and practices of meditation?

Some people connect with their higher power in group meetings. How is listening in a meeting a connection with a higher power and thus become a form of meditation?

How do the traditions encourage us to listen to all who come in the door – that they could be speaking for a higher power tonight?

How does the combination of prayer and meditation in this step give me techniques for being more connected with myself and with the reality around me?