

Written Guidance & Western Meditation

Meditation, in the language of the Big Book – means concentrated thought, specifically about what happened over the previous 24 hours and what needs correcting and about what I am going to do over the next 24 hours.

Directions:

Choose a quiet place. Take this time to silently connect to God and feel His presence. Breathe naturally and be with what is.

Meditate or repeat an inspirational phrase or word of your choice, which could include the serenity prayer, the 3rd step or 7th step prayers.

Take a moment to be grateful for all of the good that was done for you and for all of the blessings that you have received.

Create a positive visualization -- Imagine God's Goodness, blessings, kindness, and compassion flowing into you like fresh water from a spring.

Set your intension by writing a question that you would like intuitive guidance on. OR, another way is to just set your intension is to ask: "God, please show me what I need to know so that I can be free from wrong motives and do your will throughout the day."

Listen to your thoughts and cultivate awareness. As thoughts come into your mind, write them down. Guidance can take the form of images, thoughts, feelings or inspiration.

Stop writing when the flow of thoughts slows down.

Examine what you have written down. What is the voice of addiction and what is the voice of recovery?

Test each thought using the 4 Standards to separate God thoughts from self-thoughts.

- Are these thoughts completely **honest, pure unselfish** and **loving**?
- Are these thoughts in line with our duties, to our family to our country?
- Are these thoughts in line with our understanding of the teachings found in our spiritual literature?

Discuss what you have written with another person.

Commit to acting on "God thoughts" and discard the "self-thoughts."