

I

PART I

SESSION 1 THROUGH SESSION 7 STEPS 1 – 2 – 3 RELAXATION FOCUS – MEDITATIONS / PRAYERS

3RD STEP MEDITATION / PRAYER

God [of our understanding], I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always. (63: 2)

7TH STEP MEDITATION / PRAYER

*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 defect of character which 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. (76: 2)*

11TH STEP MEDITATION / PRAYER

*We ask God [of our understanding] to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self seeking motives. (86: 2)
Thy will be done. (88: 0)*

SERENITY PRAYER

*God grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference. (12&12, p. 125: 2)*

What might a day in recovery look like?

ONE GROUP MEMBER'S DAILY DISCIPLINES:

- Upon awakening, read Daily Reflections (for example).
- Practice relaxation focus with meditation and prayer.
- Don't drink or drug.
- Go to a meeting; join a group; get active.
- Call your sponsor, contact another member of fellowship.
- Read from the Big Book; concentrate on one of the Steps.
- Complete a daily inventory (Step 1; Step 4; Step 10)
- Pause and ask for help.
- Have fun enjoying a sober activity.

ANOTHER GROUP MEMBER'S RELAXATION PRACTICE

[Optional: *As though lying on a sunlit beach, let us relax and breathe deeply of the spiritual atmosphere.... (12&12, 100: 1)*]

1. Relax the body:

- ~Sit quietly and comfortably, letting the body arrive here in this place.
- ~Close your eyes, deeply relax all of your muscles from your feet up to your face.
- ~Let all body sensations come and let them go. Feel your natural body embody you.

2. Relax the breath:

- ~Take three deep breaths, then let the breath be here.
- ~You may breathe through your nose. As you inhale, feel the cool of the air on your nostrils. Sense the sharpness in the back of your throat. As you exhale, note the softness as you follow the breath all the way out. You may repeat a word or phrase or prayer silently on each out-breath. For example some repeat, "Ah well.... Ah well.... Ah well...."

3. Relax the mind:

- ~ Let the thoughts come, and let the thoughts go.
- ~When you notice the mind wandering (it will !), just notice it and passively bring the attention back to the breath.
- ~Rest in that space at the end of breathing out, before the next breath.

When you finish, sit quietly for a few moments before you open your eyes and stand up. Practice for approximately 20 minutes every day or 3-4 times a week.