

III

PART III

SESSIONS 13 - 20

STEPS 5 – 12

RELAXATION FOCUS – MEDITATIONS / PRAYERS

STEP 5

We can be alone at perfect peace and ease. ...We begin to feel the nearness of our Creator. (75: 2)

We thank God [of our understanding] from the bottom of our heart that we know Him better. (75: 3)

STEP 6

We ask God [of our understanding] to help us be willing. (76: 1)

STEP 7

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. Amen. (76: 2)

STEP 8

If we haven't the will to do this, we ask until it comes. (76: 3)

STEP 9

Our real purpose is to fit ourselves to be of maximum service to God [of our understanding] and to the people about us. (77: 0)

Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. (79: 1)
...Asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love. (83: 1)

The spiritual life is not a theory. We have to live it. (83: 2)

STEP 10

Every day is a day when we must carry the vision of God [of our understanding]’s will into all of our activities.

How can I best serve Thee – Thy will (not mine) be done. (85: 1)

STEP 11

We ask God [of our understanding]’s forgiveness and inquire what corrective measures should be taken. (86: 1)

We ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self seeking motives. (86: 2)

We ask God for inspiration.... (86: 3)

...Period of meditation...prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will.... (87: 1)

Thy will be done. (88: 0)

[Optional: *Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen. 12&12 99: 3]*

STEP 12

...The truth that faith alone is insufficient. To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action. (93: 2)

Lay out the kit of spiritual tools.... (95: 1) If he is to find God [of one’s understanding] the desire must come from within. (95: 3)

We have no monopoly on God; we merely have an approach that worked with us. (95: 4)

Helping others...(97: 1) Trust in God and clean house. (98: 2)

We put ourselves in God [of our understanding]’s hands.... (100: 1)