

Step Eleven

Conscious Contact

The difference between religious dogma and spiritual karma:

"Religion is for those who don't want to go to hell when they die."

"Spirituality is for those who have been to hell and don't want to go back."

Wisdom is Knowledge applied. Especially through Experience. AA's principles alter our old ideas, our prejudices, in a subtle yet ingenious way. We're all used to the proverbial,

"Practice makes Perfect."

Yet in AA we're more apt to adapt this proverb in a new way such as,

"Practice makes Progress."

Q. How can our Conscious Contact with the God of our Understanding, remove our tightrope of perfection and make forward motion in making Progress?

Q. What are some methods or daily practice in which we can incorporate Meditation into our daily lives?

While folding our laundry with purposeful awareness.

Collect wood, carry water.

Finding that special place to be still.

Making an irksome task or weighty responsibility to become an adventure or opportunity.

Let's Remember In How It Works,

God Could and Would if God were Sought—not if God were Found!