

Step 11.1

By

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One

“Sought through prayer and meditation to improve our conscious contact with God...” I must assume if you are reading this, you are familiar with this statement. **So, a hearty CONGRATULATIONS for getting to this point!!** Seriously, you deserve it! Together, we have overcome some horrible odds, and not only lived to talk about it, but to help others with our vast and hard-earned knowledge.

Two

The curious circumstance in which we find ourselves of being told to pray and meditate...but how, exactly, does one do that? I knew I was not going to be the one person at a beginner's meeting to ask that and be laughed at. So I just nodded when my sponsor began on this subject with me. But what does it really *mean*?

We have literally, or most of us, been to Hell and were shown a way back through AA. So, going to hell and back isn't a funny expression, but rather just what we've done. We have spent hours with sponsors, in meetings, working twelve simply written steps, written in simple words, and for so many of us, it seemed at times a futile and endless labor. We went through that "labor" to learn to correctly, properly, legally, socially, etc., how to live our lives as decent and responsible human beings, a minimum goal for every human on the planet. One can

stop there and live an adequate life, and we see that everywhere. In equally simple words “we have cleaned up our physical Being,” and we can think a little more clearly and almost reasonably now.

However....

....with some sobriety behind you, have you ever wondered “why did I spend all this time getting clean and sober? Something’s missing.” It’s that feeling after reading the 9th Step Promises that yes, they do come true...and...? I didn’t have this feeling until nearly 8 years of sobriety and was reluctant to even mention it; I almost felt ungrateful.

My sponsor had me make a list of everything I’d ever wanted in life, not childhood fantasies, but real desires such as real love, a home and family and security of a job, etc. I made that list and found that I HAD been given everything on my list already. Shocked? I was amazed! Wow, I truly was filled with Gratitude for and from

the realization of what I already had...and I didn't even know it. You have no idea how hard it is to whine about anything with this information staring you in the face. It might not have been exactly what or in the packaging I had expected or anticipated it would be, but I got it! What more could I want? It also showed me that the "toys" we collect along our Journey are not wherein Joy is found. Maybe a short while of happiness, but nothing lasting, nothing but AA itself had been strong enough to hold onto when the winds of life blew like a hurricane in my mind.

More, always more!! I asked my spiritual mentor about this and he told me that the need I was now feeling was not for more "toys," but rather my Soul's urging me to Aspire toward it, to learn more of who I really am and *why* I am here. I began my journey, and it has become The 9th Step Promises On Steroids.

To begin to move into this next level of being, spiritual sobriety, and spiritual

being, one must turn one's attention inward; inward *away* from the *outside*, noisy world, crazy thinking, drinking thinking, obsessions, compulsions and of course (the blank here is for you to squeeze in a few dozen of your personal favorites),

Meditation need not be lofty or abstract. People use many forms of it regularly just to stop, take a breath, and emotionally and mentally regroup and become centered; just to start the day, before a big meeting that is making you nervous, going to court, or just to de-stress after a long day. The simple guidelines I offer need take you but a second, once you learn and practice them, to get back to that "on the beam" feeling we, in the program, seek to maintain for our sanity and sobriety. For many, this is perfect! A sure-fire way to move beyond the emotions of the moment and into a quiet place (which always exists) where you can be receptive to what your Higher Power wants to convey to you, to assist you through your life. Funny that we ask questions throughout

our lives, but never bother to learn how to listen for the answers from The Best Source there is.

So what's this adventure about. *Meditation* always sounded to me something weird from the 1960's flower children. This adventure, however, takes you inward and where you will begin to see and *be* that which God, of your understanding, has planned all along for you to be. And for me, that was a BIG step from the bottle and DWI to finding that part of me who connects me with my God.

In my humble opinion (this Program is meant to be suggestive only!), my concept of God is not angry or chastising or resentful, but One who wants me, as a member of His Humanity to raise my consciousness up and out of the literal gutter where we too often find ourselves, and to become a Being who stands in the truth and light and sets an example for all those who are struggling on the path, on all paths. If you look at our Program outlined in The Big Book and The

12 x 12: We stand up from the gutter, with the help of AA, clean ourselves up, figure out where we wronged others and ourselves, and set out to clean this up and make it right, where we can, and then *help others* with the knowledge we have from our *vast past* experiences. Those sound pretty close in comparison to me.

If that is what you are seeking, read on, and if you want more than that, read on, because meditation can be, for many who practice it regularly, another giant step beyond the little world in which we see and identify ourselves. For me it made the Biblical passage "...Peace which passeth all understanding..." something I was able to touch, just a bit of, and with more practice, who knows, and this is so entirely an individual journey.

People spend their lives moving the chess pieces around the board of life trying to make something fit and, hopefully, at some point the jackpot bell will ring and we'll be "set for life!" As our Big Book tells us,

retirement is just another name for Sloth, and we must be vigilant. Combine that with the fact that every religion in our world “aspires” upward, and to grow and “better” ourselves. Even Nature Herself has instilled in the atoms of our Universe the need to aspire and grow, plants grow UP toward the Sun as they mature, animals grow UP and become wiser....and drunks who get and stay sober have grown, and can grow into the beautiful Spiritual Being God wants for us all.

Know that you are on one of the right track if you are here. You have cleaned up your physical Being, you are dealing with the emotions and ideas that are not expressions of the way you want to live your life now. GREAT...so what's next? Why the heck am I here, anyway? There has to be a reason for this whole thing called Life. It just can't be a Cosmic Joke.

As I said before, getting to this point is a huge accomplishment and never to be scoffed at; the majority of Humanity are not even to the point of seeing a need to change

themselves...BUT for me, at least, after a while life became routine, meetings were the same old ho-hum drunkalogs. That thought gave me a clue there might be a dry drunk hanging in the air for me and sure enough life became more confusing and frustrating and “people just wouldn’t do what I wanted them to do!” according to me. Oops, there it was. Dry and miserable, *but I was doing everything they said!* “Somebody must have lied to me about all this recovery!” was one of the voices in my head. “Yeah, that’s gotta be it!”

I first came into this Program with a mutt-dimensional background in religion, and that because my mother *had* to find something spiritual that looked just right. My father didn’t care, as long as a Champagne Brunch was in order after the somber Sunday ritual, during which he would play tic-tac-toe with me on the donation card. Methodist, Presbyterian, Northern Bible Study, Southern Bible Study, various New Age, New Thought

groups, nothing permanent...there was always “just something not quite right” about someone or something...and we’d drift away and on to another.

By the time I was 14, I was lead into an Episcopalian church. My personality reveled in the dogma, the pomp, and ceremony and within a couple of years, I was looking at The University Of The South to become a priest. The Priest who “mentored” me into the doctrine was a hero to me. We played golf together, Champagne brunch after the last Sunday service, and of course, Thursday Morning Mass at 5:30 am. Usually, there was only one elderly woman who attended that service, but the priest poured a full chalice of wine which *had* to be consumed before the service was over by the Priest and his acolyte. Thursday mornings in class were always very fuzzy and warm and cheery. To clarify, *this is not* “prayer and meditation!”

I was exposed to another, more spiritual form of meditation in my early

teens, but then (let's be real) alcohol came more into my life and not to be subservient to anyone or thing! I was off to a Texas Party School instead! Formal religion be damned, but...that other meditation thing still hung way back in my mind...but easily forgotten with a three-for-one Happy Hour!

After hitting my bottom in glorious skin tones of jaundice and eyes appearing Highlighted with a marker, and some time with a wonderfully patient sponsor, I worked through 10 Steps in the AA Program. He asked me what I knew of meditation. Not Crapola! Oh wait, that meditating thing I had tried before college!! My memory brought some of the basics back and I told my sponsor "I have that one under control!" Bad start, know-it-all.

I had several years of what I thought at the time was sobriety. Dry, is what I would say in retrospect because I was spiritually and emotionally sitting still, not even budging! At that point, my Higher Power took a leap of faith on me and "urged" me to attend a

“gathering” in California which taught “The New Thoughtform Presentation Of The Ageless Wisdom,” which was what I had been taught as a teenager. I guessed I should have listened to older and wiser advice and stuck with the meditating instead of martinis.

It wasn't long before life was getting a little “easier.” Situations and people weren't angering me, my workday seemed to flow rather than chug. Hey, wait a minute! I wasn't *Trudging* anymore! Is this a pink cloud? Good God, is that only as far as I've come is just Floating along?! Damn.....

As usual, I was short-changing myself, and I do that so well!

Three

meditation

[med-i-tey-shuhn]

[SEE SYNONYMS FOR meditation](#)

noun

1. the act of [meditating](#).
2. continued or extended thought; reflection; contemplation.
3. [transcendental meditation](#).
4. devout religious contemplation or spiritual introspection.

meditate

[med-i-teyt]

[SEE SYNONYMS FOR meditate](#)

verb (used without object), med·i·tat·ed, med·i·tat·ing.

1. to engage in thought or contemplation; reflect.
2. to engage in [transcendental meditation](#), devout religious contemplation, or quiescent spiritual introspection.

verb (used with object), med·i·tat·ed, med·i·tat·ing.

3. to consider as something to be done or effected; intend; purpose: to meditate revenge.

Well, ok.....that IS a definition but didn't answer any of my questions on **HOW** to do it. Instead of intellectualizing this process into oblivion, let's just DO it! And, as it seems most things in AA which truly

work, *this is only a suggestion based on my personal experiences!*

I was originally taught this technique when I was first exposed to meditation. I will be the first to admit that my meditations are almost unrecognizable from when I first started, but this is the basic way from which others I have studied seem to flow. It was suggested that I take about 5 minutes, twice a day (to start and finish the day, just like a 10th step).

Find a comfortable chair such that you don't slouch. Before sitting, **SHAKE IT UP!** Stretch and shake EVERYTHING and let all the tension go, dance around the room, yell, shout. Whatever it takes to get the kinks and tight spots out of your body so you can now....

Sit with your hands comfortably in your lap, preferably palms up, sit straight.

Take a couple of deep, slow breaths in and out and then check to see if your physical body is relaxed and can sit quietly for a few minutes; if not, go back to shaking. Now, close your eyes and quiet your

emotional body (This can be the hardest area for us alcoholics with non-stop minds and melodramatic emotional reactions for every situation) It worked best for me to mentally picture a calm, serene, high mountain lake and get into that feeling....and then blow the hell out of it. Yes, an explosion in the center of the lake containing all your day's angers, gripes, complaints, resentments, and watch and *feel* it **BLOW!!** If you need to, do it again, and again. And when those tensions and attachments feel dissipated, envision that same lake, crystal clear and clean, and so calm you can see the reflections of the mountains behind. Sit for a moment with that....wow, different than when you walked in the door from work, right? And if it's not, stand up, literally shake off what's bothering you and start over...because with meditation comes answers to our life and we can't hear those subtle answers when our body, mind or emotions are running us in all different directions. You have dominion over your feelings, thoughts, and physical natures. It's time to take control.

Any time in meditation, that monkey-mind may try to creep back in with....a new item for the grocery list, or remember to pay the gas bill, or or or. At one point, I found it helpful to visualize myself on a raft, gently floating down a slow river with trees hung over so there is no shoreline. And as those intrusive thoughts appear, I see them as a rock in my hand, and, without any effort or reaction, I allow it to roll off my hand, an open hand, and fall into the river as I continue to ride on by. Feel its weight fall from your hand. I can drop anything so that my mind and emotions are peaceful, quiet, empty.

Now that you have more of a calmness in your emotional body, turn your attention to your mental body, where you do all your thinking. (When I was getting an English degree in college I had this dream before a big exam. I was laying on the ground and couldn't get up because a giant dictionary was pouring words all over me, burying me. When I started to learn to calm my mental thought process, this image helped me to see in my mind that giant dictionary drowning me in words all over again....but

this time I took one step to the side and all the words kept falling beside me and not on me. My thoughts became quiet and the dictionary disappeared.) Next, those abilities to think need to be focused so you are not being pulled and tugged. For me, I saw a squirrel sitting atop a high rock in the mountains overlooking a huge valley and his little head darting around and back and forth, and then he stops, motionless, seems to see everything in his gaze. As if he were focused on the entire valley. That was my one-pointedness of my mental body.

It is extremely important to learn to calm your emotions and bring to a focus your mental abilities, not just now, but for the rest of your life. Trust me, that *will* make sense soon!

Next, you take that relaxed calmness and focus within yourself. It's not hard. To start, let's envision 3 lights aligned in front of you; a red sphere in front of your throat (which they call the Mental body), a blue one around where your heart is (your emotional body), and a misty white one (your etheric/physical body) right about where your

lower back will begin to hurt you any time after the age of 40! And if you are younger, it's just above where your pelvis is located.

Now, in your mind, take one step forward and feel those spheres of light and energy where they truly are: within your body and slightly behind your spine. You may have heard of these as “Chakras” or Energy Centers. These are the doorways to your three bodies that make up the human being. In future meditations, see those bodies within and behind you, where they truly exist, you don't need to and shouldn't “Step into” them every time; that's just an invitation to get you started and initially feel their presence.

Now surround yourself in a golden light, in an egg shape around you. Yes, sitting in a brilliant, golden egg and allow that golden light to permeate every fiber of your being. This is the light of your Soul, or Higher Power, or Guiding Spirit or *bodhisattva*, or whatever you envision is above, that guides you...*but only when and if you are willing and listening!*

If you want nothing more from meditation than this calm, relaxed and

Loving space you have created for yourself, that's fine, and you can re-enter this place any time you want! This light is healing, loving, and safe. It is a great help to put yourself in that wonderful space just before going into a big presentation or interview or the like.

The next step is to Move your consciousness within yourself, where that may be for each of us is different. Generally speaking, and right now, you could go into your heart center. See yourself as a little image or picture within that blue sphere you created earlier. You are calm and peaceful, hopeful and healing. Looking at this image, speak to yourself, inside, and say "You Are A Child Of The Creator....." **and then think nothing else.** Just be with the echo, the resonance of those words drifting slowly upward above you and away. Remain silent and *receptive* for as long as you can. This may be just a few seconds, and this is good. The next day, or next week, perhaps a little longer. There is no race to "the end" because there isn't an end...or race, for that matter. You will know when you are finished.

Before you end any meditation, from that special place within you, radiate outward into your 3 bodies, **Gratitude** for taking the time to cooperate with you in this silent endeavor. This is important because, perhaps for the first time in your life, YOU, the higher sober you, are taking charge over your integrated personality. YOU are saying “we are going to sit and meditate for 5 minutes.” And your body will learn that *this is so when you say it is!* So be thankful to it for cooperating with you; we were pretty poor at this for a lot of years!

Some people sound an Om, others Amen, just whatever is “comfortable” for you as an end to your meditation time. But make sure you say “And so it is, in Divine Law and Order” which tells the Universe “I am serious and this is where I am and what I want...as long it is *Your Will, not mine.*” This is important, we spent ages going against the will of God and now it’s time to show we are serious, **but** that we have now realized who is in charge.

I have spoken with some people who use calming background music during their meditations. There is a plethora of Meditation Music available for free on line. If your mind still won't quiet, try a guided meditation; sometimes it's easier to follow someone else's words as a training tool at first. Again, watch out what you choose; something about relaxation, or calming, or healing. Just stay away from "Meditate for 20 minutes and meeting the dream partner of your life who just won the Lottery!!" Well, I won't even go there...

The most difficult part of this process for me, especially in the very beginning, was quieting my mind! It seemed to chatter as much as when I had "drinking thinking" running around in there. That's sure what it seemed at first. The "hint" I will share with you that came to me the longer I could sit and quiet my mind and emotions was "*You are now quiescent, the noise remains the same,*" and the noise was all on the outside of me. Ah-ha! Once again, an inside job! Just leave the noise behind.

But that shift in perspective took day after day after day of just sitting in the silence with that single thought, expressed only once by me, and then allowed to drift away and leave me with calm and peace. Simply put, this is to bring your threefold nature (mind, emotions, physical) into a single, balanced point of focus; bring your separated experiences of this world, in this world, to a single point of conscious focus. I found that's me, down here.

Calming my emotions was also a bit of a chore early on. If the explosion technique didn't get it out of me, I tried some breathing exercises. Many yoga breathing experiences can remove one from one's outrageous emotional jags and take you to a calm place. Breath in on a count of 4 (you can increase that to 7 with time and patient work), hold it for the same count, exhale on the same count, hold and repeat. It brings a rhythm between your bodies and makes it easier to concentrate, and concentrate on something other than that "shiny red ball" running around in the interiors of our mind.

Again, it takes consistent practice and, for me, it seemed just as I was about to give up...I had a breakthrough and I was being spoken to by something higher than myself. PLEASE don't give up until the miracles happen....that sounds silly, I know, but as it was true with sobriety, so it is with meditation. Yes, there are many more miracles to be found through meditation and it's entirely up to you how far you go. Besides, beating yourself up for being unable to do any of this immediately? Where did that get us in AA? Yes, the same exact place here: even further from the right direction!

These are the basic, practical steps to starting your meditation practice. *It is a simple series of Steps that, when practiced regularly, will build a bridge to your higher Self.* It, like so many things, is One Day At A Time. I had no idea that was a theme in life when I first came into the Program; those slogans seemed more annoying and juvenile than helpful. It was a long time before I saw them as indicators to my emotional, mental,

and spiritual fitness at any given point. My reaction to them clearly showed me wherein lied any turmoil within myself and, thus, showed me what I needed to do to get back “on the beam.” But I had to learn to listen.

And now that I have had the audacity to “tell you exactly what to do and how to do it” you may ask, do you do this? Well...of course not, because that would have made too much sense! When I first started I felt stupid waving my arms around, but when I finally jumped into the middle of the herd, I saw it worked. After years of meditating, I do find it much easier, and am able to bring my bodies into a focus with a single slow, deep breath. But then there are those days when thoughts or emotions have to be consciously, and with Intent, placed aside (or me removed from them) so I can find the quiet within, or just decide not to meditate right then. You will find your own “tips & tricks” that work to get you into that focus of your three bodies.

The longer you practice this, the longer you will find yourself meditating. Be

aware, also, that like sobriety and life, there will be good days and not-so-good days to meditate, but consistency does pay off. Also, as is true with Sobriety, Meditation will change your life! Be prepared and expectant of a new perspective on life to be revealed.

Four

If you have turned the page, I assume just shaking off the day's stress and calming one's thoughts was not enough of what "*Sought through prayer and meditation...*" might mean. You are right.

One day, I had been sitting quietly and a thought drifted into the quiet within the golden egg. It was my thought since I thought it, right? No. This was not from me but *to* me, a gift to me. A gift from my Soul (Higher Power, Guardian Angel, etc) that I was on the right path in my journey! I had no idea I was going somewhere, but the words I *knew* were meant for me and I *knew* they were Truth rather than one of "those voices" I lived with before emotional sobriety began to come to me.

That "voice" in my head with those simple words was a welcome comfort. My personality tried to get me to believe I was

jumping to conclusions, but it felt that I had found something which knew ME better than I knew myself. And it was inside? Or not. Where did it come from? Just saying “outside” wasn’t at all right because I had “heard” it? Had I thought it or thought it? What exactly is the difference? Whatever it was, and I didn’t know it then, was going to become my best friend.

And about those freaking voices that had me doing all sorts of ridiculous and absurd things when drinking, I have found, with consistent meditation, fade into the background, become insignificant, become impotent. Sure, they hung around, but they were not driving forces in my life as they had been, but more transparent caricature or lifeless, faded cartoons. “Wow, what a silly thing to do,” a bystander would say first seeing the picture. I am finding, and it’s an ongoing process, that the further from a drink I become, and the more involved in my spiritual development I become, the more these are just faded shadows from the past, uneventful information that falls away, and

may disappear completely when I find they are no longer being of any service to me. *“Old tools for an olden time.”*

The art of meditation has been explored in a plethora of mediums, and I will not provide herein what is already available literally everywhere on the internet. What I will do is give you a flag to watch out where **NOT** to become involved. A lot of what you will find is actually Black Magic, so beware of the teachings which claim to “bring you fame and riches and” all sorts of material crap and false glory that you *don't* need, and don't even want to deal with. After a long time it became very clear to me that the true Art of Meditation is, strangely enough, *Service*. Meditation, like AA itself, is about service. One of the most interesting discoveries I have had over my many years of study is that *as one serves, one sees that one is serving one's Self*.

Five

I have found in my studies, and from a few enlightened ones on the path and disciples, I have had the great fortune to meet, that the universe is amazing beyond our wildest dreams, we are touching but a small fragment of it with our 5 senses. And, I have found a couple of times along the way, it really makes perfect sense, but I found that connectedness only when I was meditating. Everything seemed so simple, so connected, and so obvious, but then faded as I returned to the here and now.

Each time, however, something remained, and it became clearer and stayed with me longer the more I worked at it. It is the mechanics of bringing our thoughts, emotions, and senses into an intense but relaxed focus that I want to pass along to you, because this, I am told by the time-honored writings, is our next step in our evolution!

We will need these tools, just as we need the Tools of AA, in our new life's journey.

I want to offer you this with a perspective that is, has been, and (I'm told) will be for a long, long time, longer than any of us need to worry ourselves about. It is known as the Ageless Wisdom I mentioned earlier. This is the next step in meditation, and I found it through a ridiculously circuitous route. Save yourself time and keep reading!

[Reminder time! You are supposed to be meditating every morning and evening while reading this....yes, even if you put it down for a while, there is no time-out! Every drunk wants a free drink, I'll swear! How about 90 days and 90 meditations?]

In 1888, Helana P. Blavatsky published "THE SECRET DOCTRINE: THE SYNTHESIS OF SCIENCE, RELIGION, AND PHILOSOPHY" which was considered a huge leap into the "What's

It All About, Anyway?” category and was followed in the 1930’s by the Alice A. Bailey library of courses and instruction (Lucis Publishing, NYC). History was never my strong point, so I don’t attempt to dazzle you here. You have the names if you want to research them, but this is from whence came all I have already shared with you, in a condensed version, as the next steps of our growth in AA, our true spiritual growth. This is where we find a new depth and Synthetic meaning to the concepts of Joy, Peace, Serenity, and a purpose in our life, even beyond anything we have ever found before. This is the classroom to learn that our body may be alcoholic, but our Soul is not. It is simply experiencing this disease objectively, while we immerse ourselves in it subjectively. That means that we don’t *have* to live with an alcoholic mind overseeing our every thought and action. This is where we go to learn Truth and to learn we have dominion over our actions, emotions, and our thoughts. AND, conversely, responsibility for not just our actions, but even our thoughts.

We have learned already that words have power, the power to hurt and to heal. Words can be devastating, or they can save a life. It is a fact that energy follows thought (and if you don't believe that, go back to a day when you needed a drink and none was to be found—energy followed your desperate craving into **A DRINK OR BE DAMNED** manifestation; some more ugly than others. We suffered the consequences of our own manifestations...hmmm “...*So our troubles, we think, are basically of our own making.*”...hmmm

They say on Page 83 of AA's Big Book that “if we are painstaking about this phase of our development, we will be amazed before we are halfway through.” If you are reading this, you have probably found your own version of “halfway through,” and now it's time to get into the Promises from the perspective of meditation. You have been told countless times by those with the experience(s), that to one degree or another the Promises do come true, just not always as we might have expected. I can tell you that I

found them through this form of meditation, and “they” are boundless. Yes, meditation changes your lifestyle, but so did sobriety, and I hope you feel for the better! (If not, I understand there is still a refund of your misery available directly from your sponsor or home group.)

If you will go back to the initial outline of meditation I gave earlier (and there is a Summary in the back of the book you can tear out and take with you), there is a time in which you speak inwardly and this is known as a *Seed Thought*, and literally, you plant a concept and it grows. In that outline, the seed thought was “I am a child of the Creator.” This is a message you send to WHATEVER you consider your Higher Power or God to be. The longer you practice this, you will eventually establish a line of contact with YOU, yes, the real you who overshadows the you down here going to AA meetings. THAT is the one who has all the correct answers, knows everything about you, and will, if you aspire to it, help and assist you, show you Your Higher Power, and the path through life

that doesn't have to be arduous and painful and seemingly unending. Remember stepping on that damn rake!

This is a process and just like walking through the 12 Steps with your sponsor; it does not happen in an afternoon, and some are quicker than others....I should know after being told by many Old Timers many many times "keep coming back, Jeff" and then shake their heads at me, and I thought they just liked me and thought I was smart. Patience and constant practice will truly reward you beyond anything you now think you know. So, *keep coming back!*

Six

The Wisdom is not religion, though it is applicable to it; it is not education, nor science, nor psychology, nor healing, nor government, etc., though it is applicable to, and within, all of these. It is, then, a profession in itself, which will, when adequately developed, express itself in many specialized aspects.

Its purpose will be to synthesize, through its magnetic quality of Light, the consciousness of the many into a One, i.e., to attract, relate, and integrate the separative consciousness of human beings into a living totality of One Humanity

- *Nature Of The Soul* By Lucille Cedercrans.

There was a cutesie saying around during the 1980s, I believe, “Meditation is NOT what you think” and to some degree that is correct. Prayer is a time to ask for

guidance, strength and help, from whoever you conceive God or your high power to be. Meditation is the time to listen and hear answers. One cannot hear when one is busy talking, inwardly or outwardly.

There was a period in my life when I felt everything was in turmoil and I could not center myself or quiet the craziness in my head. I felt, through that 2 months of hell, like I was living in the clothes dryer. I asked for (Meditating on) “Order” in my life...damn if it didn't come!! It wasn't hours before I felt at least the dryer was turned off! And it continued to ease. Finally, I recognized that calm and “Order” had been granted me in my life, but *I had to a> ask for it and b> be receptive to the answer*, even if it isn't what I wanted to hear.

Here's another hint to save you YEARS of struggle (if not lifetimes, if you believe in reincarnation!). We know that the Universe (again God, Higher Power, etc.) is good and true and kind...yes, we really do know that! And the Universe is governed by

Laws (physics, mathematics, etc) which we have only begun to grasp, but there are a couple which we alcoholics REALLY need to be aware of to get, keep, and maintain our spiritual being.

First, **The Law of Attraction.** Simply put, that which you focus on, will come into being. Try to remember when you first walked in an AA room or treatment center. What were your basic, main thoughts? “I WANT A DRINK AND I WANT OUT OF HERE!!!” Let’s face it, we *really* thought and dreamed about wanting a drink. Our kind and giving Universe, in its perfect way, granted us exactly what we asked for: *the constant desire for a drink!* Yes, that is exactly what we asked for!! The longer we sweated it out, the stronger IT seemed to get....just what we kept asking for, the Universe attracted to us. The difference between “I want a drink” and “I have a drink” is the opposite of the same coin.

After contemplating this, I realized that “*So our troubles, we think, are basically*

of our own making...” (hmmm, that again) had a meaning I’d never considered. If, however, we focus our intent (our thoughts and energy) on, say service, we are *NOT* attracting “I want a drink” but rather “how may I be of service.” The shift in my perspective was night and day in how I saw events in my daily life. Instead of “my wife is yelling at me! Shut up!” my attitude became “She’s having a really bad day (been-there-done-that!) and what can I do as her husband to help make it easier?” Our entire life changes color and tone because at this point WE HAVE changed our perspective, to be IN line with the purpose of our Higher Power or Soul or God, rather than scraping through some idiotic idea my mind had made up such as “she’s pissed at me! What did I do? Poor me.” I literally found myself OUT of the little “I” and found myself thinking from the perspective of a much Bigger “I,” which would be “This is not my problem to solve, but I can be of service to ease her struggle through this problem...just as I would want someone to do for me,” just as we do in AA for the newcomer. We are now

a Newcomer to a much larger life, and through meditation, the Universe is offering us help, guidance, and knowledge, to a better and fuller way of life. All we have to do is ask, and listen.

This is a simple shift in perspective whereby YOU use the Great Laws of the Universe to assist YOU in YOUR life, growth, and daily affairs. Growth does *not* have to be a drag and painful drudgery, but rather done with Joy and in the spirit of cooperation and helpfulness. I had always seen helping as me giving up something so someone else could have what they wanted...Life was a Zero Sum game. Boy was I *EVER* wrong! It is quite the opposite.

The seed thought is a key part. Here's the hint I mentioned: The Universe does not recognize the negatives in our speech, thought, words or writings. Hence, the thought "I don't want to be angry" gets you "I want to be angry." Wow!! Damn! No wonder...! That was a huge insight for me and changed my entire perspective about the

world. Instead, I should have kept everything positive and “act as if it already is.” “I am filled with happiness, joy, and peace.” Meditate on THAT for a week and see how life changes for you...or you change for life.

As much as it might seem otherwise, Life around you *does not* change, but **YOU** change. The way you see and interact with the world around you changes. We have learned our speech has power (and we have made amends for that a few times!) and now we are offered the opportunity to learn that our **thoughts** have just as much power. I’m sure you’ve heard “Watch out what you wish for...you might just get it!”

“Wait a minute! How am I going to change?” We have a sincere dislike of any change, don’t we? After practicing faithful, daily meditation, I felt an amazing “shift” within weeks....and then nothing, and I thought to hell with this, and gave it up, like a good little alcoholic; impatient, impracticable and want only what I want when I want it!

I was still drinking at that point in my life...need I say more?

Decades of drinking later, and over 5 years of sobriety, I managed to find my way back to meditation, real meditation along the lines of The New Thoughtform Presentation Of The Ageless Wisdom. The meditation I gave earlier is from that Presentation and is the basis from where you can go to enhance your life as much as you desire, and in a multitude of directions.

The next hint I want to give you is the Law that **Energy Follows Thought**. (Please feel free to examine, explore, fact-check these in the written Works of the 3 authors I mentioned above!) This concept is simple and we utilize it daily without even knowing what we are doing. “The thought takes a drink, the drunk takes a drink, the drink takes the drunk.” Wow, that was the quickest relapse I’ve ever conceived! And we know this to be true.

I currently live in a very hot climate and in the summer an all-electric house is not cheap when the weather is 115 degrees during the day and 99 at night. I know the electric bill is coming, and that for three months it's pretty hefty. I can spend a lot of time and personal energy worrying about how to pay that bill and it will seem to get larger and larger and harder to deal with. STOP it! My worrying can actually put into existence a series of physical and spiritual events that will actually make paying that electric bill harder for me than it would had I accepted its existence, and focused my thoughts and energy onto/into something positive....Service perhaps? Yes, I am saying your thoughts change your life. Hence the old saying *watch out what you ask for because you might just get it!*

By all this, I don't mean going out and working for "World Peace," but Real change which happens when it's growth *in your personal life* rather than going out to change the world. Simply, what can you do to help, rather than hinder? *At any given second in*

your daily life! Help out around the house? Offer to help your spouse with something she/he really doesn't like doing. It's **IN** your life that counts. What **YOU** choose **IN** your life makes the difference and demonstrates our growth. We choose daily how our life goes, with just the 2 Laws stated above. **WE** shape what is going to happen today, not some unseen force, or luck or chance, but **US!!!** The Big Book Even tells us about this in "A New Pair of Glasses" which is a new perspective.

You see, illumination, for all of us on this earth and at this time, is not sitting in a lotus pose and meditating until we float. It is **BEING** a better and better person than we were last year, yesterday, or just a moment ago. By practicing meditation one literally changes one's body frequency and chemistry. We are conditioning it in the direction of your Higher Power or Soul, such that your persona becomes softer, kinder, gentler, and much, much more Compassionate for the world around you. Why? Because you are now coming to an understanding, from a higher

level, that the person in front of you going through whatever they are...*is just like you*, struggling through life, trying to learn lessons just like you, trying to survive, do better, live, just like you. But the difference is, that you and I have now experienced some of that inner peace we talked about way back in the beginning of this writing. With that perspective, you will naturally want to offer your help (service) such as helping someone in the grocery store who is too short or too stooped-over to reach something. As we have heard “With Love, DO the next best thing with what is in front of you and for the greatest good of all involved...” That is a *perspective* of Service. It’s really not that complex, just hazy to see when your eyes are first opened to it.

Seven

Enlightenment is not some far-off dream, it IS taking each item through the day and doing the BEST you can with it, all the while listening to that still small voice inside you. That voice is your Soul, and Aspiring to it will bring the RIGHT answers for you into being in front of you. We must learn to carefully listen and then speak with Intention, much like taking responsibility for our actions, as our Big Book directs us, but on an entirely new level. We have learned to take responsibility for our outward actions through working the 12 Steps, and now we are beginning to take responsibility for our emotional and mental, thought-life. We can learn in life one of two ways: 1> in this proactive aspirational way or 2> learn by the Law Of Karma.

All of us go through our daily lives learning by **The Law of Karma**. Now don't

get turned off by that because it can also be known as the **Law Of Cause And Effect**.

As a little child I found it fun to stick thumbtacks into electric sockets; I'd stick a bunch in and all of a sudden BOOM!! Sparks and flying tacks....what more could a bored kid want? I didn't know it, but I was just "teasing" with the Law of Karma: stick tacks into a live electric plug and shock ensues. Yes, eventually I did get shocked, and yes, I went right back to it, because I did not learn what Karma was attempting to teach this young alcoholic.

The Law of Karma was once described to me by a sage Disciple: "It's like a rake in the leaves. You step on it and the handle hits you in the face. Ouch. You do it again. OUCH! Do it again. WTF???! We will keep stepping on the rake until we "see" what we are doing and WALK AROUND THE RAKE, or perhaps even be of Service and pick the rake up and lean it against a tree. Daily meditation and spiritual practices will teach you to see the "rakes" in your daily

path, and once you have established contact with that Higher Power or Soul *through meditation* and are receptive to it...then that still small voice will BE there to warn you *right when you need to know* that there is a rake in front of you. And along that same line is Serendipity (comically not known as Coincidence) which is really having what you need right in front of you and exactly when you need it there. But before being able to tap into this resource, one has to be aligned, as we have discussed, and then great things are available to you. Yes, Meditation is the next door you walk through when reaching the 11th Step in our Program and decide to stop and investigate what this might hold for you, what opportunities will avail you. And great things *will* happen for you!

It IS simple, and it IS fantastic and amazing, and when you begin to experience it you will, almost magically, understand a bit more of the life that occurs on the path before you and how it pertains to you, and how you can learn to work with it. You will recall I said very early on to be very careful of

teachings that offer you “things.” As you further your meditation practices, you will learn to manifest “things” and then, laughably, you will learn you don’t want or need those “things” and that they are really a burden rather than a luxury....but I’m not saying we all need to put on a saffron robe and go through life Om-ing. I did that, once. I wore a saffron robe and a sign around my neck saying “Rule #62” to a meeting when a sponsee of mine was getting a 6-month chip. He caught very quickly what I wanted him to hear. “Don’t worry about what people around you think, and DON’T TAKE YOURSELF SO DAMN SERIOUSLY!” It worked. Months later someone asked to borrow my robe and sign.

[Reminder time! You are supposed to be meditating every morning and evening while reading this....yes, even if you put it down for a week or two, there is no time-out!]

OK, where are we going from here? If you practice meditation regularly, honestly, diligently and with Intent, the road you are to travel will appear before you almost magically. You will gently be lead from one, to another, and another “next right thing” in front of you to do. Your intuition will guide you through life as clearly as a road map...but only if we ask, and then only if we listen.

I *strongly recommend* the classes “The Path Of Initiation” and “Nature Of The Soul” (www.wisdomimpressions.com). None of this is AA Approved Literature as it goes beyond the limitations of Alcoholism and addiction. Both of these are for those wanting to move in this direction with their spiritual development. Both of these are best when taught in a class environment with others, but can be read alone. Just seek out those three names mentioned above for tomes of information, and those who teach this Intermediate Meditation of the New Thoughtform Presentation of the Ageless Wisdom. And you can always contact me but

don't expect an immediate response...LOL
r208468@gmail.com

Digital download of this booklet and a
Guided Meditation available at:

<https://www.dropbox.com/sh/x975u3rk157oqnk/AABUuy8-GCpGHGPx1DE0ZsLOa?dl=0>

My Blessings and Love go with you
as you walk *whatever* Path you have chosen!
Be Joyous! Be Free!

Meditation Outline

- A> Relax your Physical body
- B> Calm your Emotions
- C> Bring your Mental body to attention
- D> Focus your three “bodies” into your Ajna
- E> Go within to “your place”
- F> Place yourself in that Golden Egg,
The Light of Your Soul
- G> Sound forth your Seed Thought
- H> Be Still and Receptive
- I> Radiate Gratitude & love and sound the Om in completion and salutation.

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