

Guided Meditation - like Meditation 101. Introducing & leading the topic.

We need to bring into our prayers all the things that concern us. We pray about these things, not so we can get our way, but so we can bring our will regarding them into alignment with God's will.
Body Prayers
Drumming
Focus on senses
Waling Meditation
Gratitude as Prayer
Awe Walks

Listening and Talking to my Higher Power
Two Way Prayer
Meditation methods
How do I talk to God?
How to Reconnect
Step 11 Prayer and Meditation

Daily Step 11 in 3 10s
Read for 10 min
Write for 10 min
Meditate or Pray for 10 min

*Step 11 in 3 10s
nightly inventory*

Step 11:
Using nature to connect with high power, meditating outside, sitting in sunshine, grounding

Meditation Hike (weather permitting!)

Step 10:
Four G's inventory
3 Grateful
3 Things I did well
3 Glitches
3 Goals

Provide meditation & journal opportunities for Morning, Daytime, and Evening prayer so they have a resource to refer back to later.



Listen to soft Music.

The forgotten part of step 10
"Now turn to helping someone else"

Writing a 10th step and sharing in with someone

Go thru step 4 at end of day and review it with someone

List ways people pray
Memorized
Create your own prayer

Monitoring Emotional state and letting it go