

New Book Release April 2017!

PRACTICING THE HERE AND NOW

Being Intentional with Step 11

Using Prayer & Meditation to work All the Steps

By Herb K.

PRACTICING THE
HERE AND NOW

BEING INTENTIONAL
WITH STEP 11



*Using Prayer & Meditation
to Work All the Steps*

Herb K.

How do we unlock and experience the teachings of Step Eleven? Herb K. helps us realize that working - and living - this vital recovery "maintenance Step" doesn't have to be as much of a challenge as commonly thought.

With *Practicing the Here and Now*, you'll find guidance on using prayer and meditation to help you be present throughout each day, staying in contact with your Higher Power for ongoing inspiration and sustenance. By opening the connection to your Higher Power with what Herb K. calls "Intentional Consciousness," prayer and meditation can help you fully experience the cumulative power of the Twelve Steps to deepen and sustain your recovery journey.

Herb K. encourages people to embrace the importance and practicality of a spiritual path. A seasoned and respected spiritual counselor within the recovery community, he's the author of *Twelve-Step Guide to Using the Alcoholics Anonymous Big Book* and *Twelve Steps to Spiritual Awakening: Enlightenment for Everyone*. He has many years of experience helping both newcomers and old-timers in the program attain emotional and spiritual sobriety as they journey on the road of recovery.

Herb K. can frequently be found speaking about the importance of conscious contact. Find more information on his website ~ www.HerbK.co

Available on Amazon now for pre-order and for order on April 18, 2017

EXCERPT FROM PRACTICING THE HERE AND NOW

If you can think, you can meditate! If you can talk (at least mentally), you can pray!

Meditation and prayer are not complicated, mysterious, esoteric or even very difficult. They come from the natural function of the human mind to think and the human heart to want, to desire. We cannot stop the mind from thinking, or the heart from desiring. These are their normal functions. However, we can manage, influence, channel, and observe our stream of thoughts.

Chapter One:

Prayer and Meditation as Intentional Consciousness - Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out”.

We “have tapped an unsuspected inner resource . . . ”

Alcoholics Anonymous (*Big Book*) Appendix II, page 567

Key questions discussed in this chapter:

What is the actual meaning of prayer and meditation?

How do we actually do prayer and meditation?

What is the real value of this practice?

What is the “wee small voice”?

What are the obstacles?

How do we deal with these difficulties?

Key questions for you:

Please ask, hold, and reflect on these questions; only then write your answers in your paper or digital journal for this book:

What are Meditation and Prayer?

Is prayer important to you? Is meditation important to you?

Why? What is their importance to you?

Do you pray? Do you meditate? How often? What exactly do you do?

If you don't have a consistent, daily practice, why not?

Do you want to have a consistent daily practice?

Why? What would be the value to you?

Do you really believe all of what you just wrote?